



Expedition 11 crew completes first month in space

▲ **ISS Update:** Expedition 11 Commander Sergei Krikalev and Flight Engineer John Phillips continued routine maintenance and science experiments aboard the International Space Station last week as they wrapped up their first month in space.

ISS Progress 18 is scheduled to launch from the Baikonur Cosmodrome, Kazakhstan, at 7:09 p.m. EDT June 16 and dock to the Station at 8:10 p.m. EDT June 18.

Serving as the NASA Station Science Officer, Phillips began participating in the “Journals” experiment after completing his orientation to Station life. The investigation records crew members’ perceptions through the mission to obtain information to assist in designing future spacecraft.

Phillips also prepared for his first session next week with the Foot/ Ground Reaction Forces During Spaceflight (Foot) experiment. For the experiment, he will wear an instrumented garment called the Lower Extremity Monitoring Suit and shoes with force sensors attached. The experiment records 12 hours of data to help researchers better understand forces imposed on the lower body and muscle activity in weightlessness.

▲ **2005 KSC BEST BBQ:** The Black Employee Strategy Team (BEST) cooks are firing up the grills

for another barbecue to foster positive employee relations at KSC and to welcome our summer students and faculty. All KSC/CCAFS employees and students are invited to enjoy volleyball; karaoke and homemade dessert contests* and prizes; a live DJ; and, of course, the food! Don’t miss the fun from 3 to 6 p.m. June 3 at KARS Park II.

[*For more information or to sign up to bring a dessert, contact Truemilla Johnson, 867-2307.]

Tickets are on sale for \$8 each through May 27 from the following: *Truemilla Johnson*, HQ/2610B, 867-2307; *Maggie Starke*, HQ/2223C, 867-3305; *Wanda Petty*, EO Office HQ/2321, 867-9165; *Maxine Daniels*, SSPF/3228X, 867-5976; *Shondrae Bain*, O&C/2169C, 867-1522; *Naja Somersall*, OSB/5309P3, 861-3256; *Joylene Hall*, Logistics/3820F, 861-1196; *Pat Johnson*, Hanger R/138, 476-3591.

For general information about the BBQ, contact Stacie Smith (867-5298) or visit <http://best/>.

■ **Cardiovascular Disease (CVD) Screening May 18** — The two-hour screening is available from 7 to 9 a.m. at the Occupational Health Facility. No appointment is necessary. You must fast for 12 hours prior to screening (water only). If you take prescription medications, ask your doctor how to manage these medications during your fasting. The

BEST invites employees to meet summer students at BBQ

two-page CVD questionnaire can be picked up at any medical facility, or downloaded from the SGS home page/forms at

<http://ksbcocforms/KSCForms2/ref/KSC28-1010.itr>. This form can be filled out online and then printed (please be sure to print each page on separate sheets of paper). A pdf version is also available via the SGS home page at <http://sgs.ksc.nasa.gov/sgs/sites/other/chs/omehs/occmcd/home/files/KSC28-1010.pdf>. This site will enable you to print the blank form only. If you have any questions, please call 867-3414.

■ **Professional Development Seminar** — The Space Coast section of the Society of Women Engineers is sponsoring a Professional Development Seminar, “Tools for Your Future,” to be held at the Radisson Resort in Cape Canaveral May 25. This full day of workshops will provide participants with tools to enhance their future, both professionally and personally. Workshop topics, schedule and registration information can be found on the Web at www.swe-sc.org/Seminar. Also, additional information is available from Patricia Ruddell by e-mail at patricia.a.ruddell@boeing.ksc.nasa.gov or phone at 861-3000.

■ **Did You Know? Hurricane Awareness Week** is May 15-21.