



Modification work continues on OV-105 in the OPF

▲ **Shuttle Update:** Endeavour is proceeding through Orbiter Major Modifications (OMM) toward vehicle power-up currently targeted for Sept. 27. Work includes harness closeouts, panel installations, connector mates and water loop flex hose brazing. In the mid-body, wind leading edge Reinforced Carbon-Carbon build-up is ongoing. Tile work continues on the External Tank door, dome heat shield and body flap. Window No. 1 installation has been completed.

▲ **NASA Science** — Scientists funded by NASA are closer to making timely space weather forecasts. They have made big strides in learning how to forecast "all clear" periods, when severe space weather is unlikely. The forecasts are important because radiation from particles from the sun associated with large solar flares can be hazardous to unprotected astronauts, airplane occupants and satellites. You can read more about it in a release on the NASA's Web site <http://www.nasa.gov/audience/formedia/features/index.html>.

■ **August N.E.W.S. Program Workshop** — The monthly workshop for the Nutrition Education for Workers (N.E.W.S.) program will be on "Nutrition for Weight Loss." The workshop is being held Aug. 24 from 11:30 a.m. to 12:30 p.m. in the Operations Support Building, Room

6320. The hour-long N.E.W.S. program workshops are held the fourth Wednesday of each month (except November & December) with locations alternating between the Operations and Checkout Building (KSC Industrial Area) and the OSB (KSC Launch Area). For the entire year's schedule, go to the N.E.W.S. Web site at

<http://sgs.ksc.nasa.gov/sgs/sites/other/chs/omehs/occmcd/home/index.cfm?page=NEWSProgram>. For more information, e-mail Kris Calderon, KSC/CCAFS Health Education administrator, at Kristine.Calderon@jbos.ksc.nasa.gov or call 867-3414.

■ **NASA To Update Media About Space Shuttle External Tank** — At 2 p.m. Monday, NASA managers will provide the latest status of engineering teams looking into why a large piece of External Tank insulating foam broke off during Space Shuttle Discovery's liftoff. For background about External Tank engineering troubleshooting and for the latest information about NASA's Space Shuttle Program, visit <http://www.nasa.gov/returntoflight>.

■ **KSC Fitness Center New Healthy Lifestyle Program** — "W.O.W.," The Adventure Continues! Kennedy Space Center Fitness Centers are excited to announce the second round of the latest healthy lifestyle program, Wellness of the

Future weather reports may include space conditions

World, or W.O.W. This will be a 15-week program encompassing all aspects of wellness from cardiovascular health to nutritional information and even stress management. Not only will this program help to get you in shape, it will take you to some of the most exciting National Parks around the country.

Everyone who is ready to commit to a lifestyle change is encouraged to apply for this program. Application packets will be available at the KSC Fitness Centers to pick up between Aug. 29 and Sept. 2. They must be picked up in person at either the O&C or OSB facility. Only one packet per individual will be available and must be returned by the end of the business day Sept. 2. The Centers are open between 5:30 a.m. and 7 p.m. For more information, please e-mail Alycen LaBarca at labaram@kscems.ksc.nasa.gov.

■ **Reminder** — The Federal Women's Program Working Group is hosting a 45-minute session at 1 p.m. Aug. 19 in the O&C Mission Briefing Room about **hurricane insurance and processing hurricane damage claims**. Stephen Charpentier of Childress & Charpentier, P.A., Attorneys at Law, is the speaker.

■ **Did You Know?** Departure of Space Shuttle Discovery from Edwards Air Force Base on its ferry flight back to Florida is now planned for Friday.