



KSC Countdown

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Sensor replacement begins in Discovery's external tank



◆ **Shuttle Update:** The external tank that will fly with **Discovery** on the STS-121 mission is

in the Vehicle Assembly Building checkout cell where work was scheduled to begin on Monday. Technicians will remove and replace the external tank's four liquid hydrogen main engine cutoff sensors, which indicate whether the tank still has fuel during its climb to orbit.

The replacement will be performed by the technicians from NASA's Michoud Assembly Facility who are most familiar with this particular work. This will take approximately 22 days to complete. The technicians will begin by removing the foam on the bottom of the tank and then remove a cover, called the "manhole." This will provide access to the area to begin the removal and replacement of the sensors.

◆ **ISS Update:** The Expedition 12 crew members have the International Space Station poised and ready for their replacements to arrive Friday.

Soyuz Commander Valery Tokarev and Expedition 12 Commander Bill McArthur moved their Soyuz spacecraft from the Zarya module to the Zvezda living quarters

Launch of Expedition 13 crew to ISS on NASA TV Wednesday

module last week. They will use the same vehicle to return to Earth April 8. Last week's move opened up the Zarya docking port for the arrival of the Expedition 13 crew, who are in Baikonur, Kazakhstan, awaiting launch.

The Expedition 13 crew, Commander Pavel Vinogradov and Flight Engineer Jeff Williams, are scheduled to lift off at 9:30 p.m. EST Wednesday. Coverage of the launch will be broadcast live on NASA Television beginning at 8:45 p.m. EST.



■ **Education Opportunity** — The University of Miami will begin accepting applications for the Master of Science in Management of Technology degree program starting June 2006 and the Master of Science in Industrial Engineering degree program starting July 2006. Both programs will be taught in Cape Canaveral. Courses are held Friday evenings and Saturdays to accommodate working professionals. For more information and to receive an application/brochure, please call Augusto Roca, program administrator, at 305-284-4100 or send an e-mail to augusto@miami.edu.

■ **KSC Fitness Centers Present W.O.W.** — The latest Health and Wellness Lifestyle Program is Wellness of the World (W.O.W.), a

15-week program encompassing all aspects of wellness from cardiovascular health to nutritional information and even stress management. If you do not have a team member in mind, one will be assigned to you if accepted into the program.

Application packets must be picked up in person between March 29 and April 6 at the KSC Fitness Centers in either the O&C or OSB facility. Only one packet per individual will be available. They will be due back by the end of the business day April 7. We will inform the chosen applicants by the end of the business day on April 13. The Fitness Centers are open between 5:30 a.m. and 7 p.m.

For more information, please e-mail Alycen LaBarca at alycen.labarca-1@kcs.nasa.gov.

■ **Protect Your Back** — Proper lifting techniques AND an understanding of your limitations can prevent most injuries to your back. The best way to avoid an injury is to lift properly. Educate yourself now and avoid pain and discomfort in the future. Information on how to care for your back can be obtained by contacting Jeanine Meister, OHF RN, at 867-8229.

■ **Did You Know?** The NASA Environmental Program Branch Web site is new and improved. You can visit the site at: <http://environmental.ksc.nasa.gov>.