



# KSC Countdown

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## NASA to broadcast mission, crew news conference Nov. 6

## Employees can learn about relieving stress in workplace

◆ **Mission Update:** NASA will preview the next space shuttle mission, STS-116, during a day-long series of media briefings beginning at 9 a.m. on Nov. 6 from the Johnson Space Center. The briefings will be broadcast live on NASA TV and will include overviews of the space station and shuttle programs, the mission, spacewalks and a crew news conference. The schedule is:

- 9 a.m., shuttle and space station programs overview;
- 10:30 a.m., STS-116 mission overview;
- 3 p.m., STS-116 crew news conference.

Space Shuttle Discovery's 11-day mission is targeted for launch no earlier than Dec. 7 on a flight to the International Space Station. Discovery will bring a new crew member to the station, and astronauts will rewire the growing orbiting laboratory to bring online new power supplies generated by solar arrays installed in September.

The rewiring during the mission will almost double the electrical power available on the station. Discovery's astronauts will perform three spacewalks to rearrange the station's electrical and cooling systems and install a small, new component of the girder-like truss.

The work will require powering down and re-powering virtually all of the station's key systems in one of the

most complex assembly missions to date.

◆ **Stress-Less Days:** Today KSC focuses on relieving stress in the workplace. In the O&C Mission Briefing Room, vendor booths feature programs, services and activities such as massage, acupuncture, biofeedback, reiki, feng shui, life coaching, mental health counseling, travel/vacation planning, financial planning, dance, cooking services and holistic healing. Demonstrations/workshops/consultations are in the center of the MBR (unless otherwise noted):

- 10:30 to 11 a.m., *Reiki*
- 11 to 11:30 a.m., *Dance*
- 11:30 a.m. to 12:30 p.m., *Stress Management Workshop (O&C/2004)*
- 12:30-1 p.m., *Yoga/Pilates*
- Ongoing from 10 a.m. to 2 p.m., *KSC Coaching* sessions (sign up for a 20-minute session at the KSC Coaching tables; supervisors and administrators are especially encouraged to participate).

**Prize Giveaways:** Upon signing in, enter the raffle for great stress-relieving prizes such as horseback riding, spa gift baskets, indoor rock climbing, salsa lessons, wellness books and more.

■ **Reminder** — Only one week is left to contribute to the collection for Make A Difference Day, sponsored by the Space Coast Chapter of Federally Employed Women at KSC. Items needed range from personal

(toothpaste/brushes, shaving cream, etc.) to packaged food (canned soup, meat and vegetables; rice and pasta). Bring your donations before Oct. 26 to any of the people or sites listed below:

- ◆ Dawn Partlow, E&O Room 2030G
- ◆ Sandra Getter, EDL Room 203
- ◆ Linda Maust, HQ 1114A
- ◆ Kimmarie Barrett, HQ 2142
- ◆ Barbara Powell, HQ 2451C
- ◆ Karen Dubois, HQ 2488A
- ◆ Connie Dobrin, HQ 2643E
- ◆ Arden Belt, HQ 3321
- ◆ Sandy Eliason, LCC Room 4P23B
- ◆ Ana Cortreras, O&C 1066
- ◆ Charmel Anderson, O&C 1073 M2
- ◆ Brian Luther, OSB 5301B.

■ **Did You Know?** Students in kindergarten through grade 12 attending U.S. schools and children of American personnel overseas are being asked to help NASA name the next U.S. pressurized module, Node 2, scheduled for installation on the space station. The node will provide more room for station crews to live and work, but it needs a name. The module, currently in the SSPF, is targeted for launch in late 2007. The node will be a connecting port and passageway to additional international science labs and space supply vehicles. It also will be a work platform for the station's robotic arm. To learn more about the naming process, go to <http://esc.nasa.gov/>.

KSC Countdown is published every Tuesday & Thursday. Deadlines are 10 a.m. Mondays & Wednesdays.

E-mail news to [Anita.Barrett@jbosc.ksc.nasa.gov](mailto:Anita.Barrett@jbosc.ksc.nasa.gov). For questions or information, e-mail or call 321-867-2815.

Find KSC Countdown on the Internet at <http://www.nasa.gov/centers/kennedy/news/countdown/countdown-toc.html>