



countdown

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Discovery heads home, to land Wednesday afternoon

◆ **Mission Update:** Space shuttle Discovery successfully undocked from the International Space Station at 5:32 a.m. EST Monday. Discovery's crew finished a fly-around inspection of the station to photograph its exterior for maintenance purposes. Final inspections of Discovery's heat shield wing leading edges and nose cap took place afterward. The weather forecast looks favorable for a landing scheduled for 1:02 p.m. Wednesday at Kennedy Space Center.

◆ **NASA News:** NASA briefings on the next space shuttle mission have been rescheduled to Nov. 16. The daylong series of media briefings from the Johnson Space Center will begin at 9 a.m. EST and will air on NASA Television. Shuttle Atlantis' 11-day mission, designated STS-122, is targeted for launch Dec. 6. The mission will deliver the European Space Agency's Columbus Laboratory to the International Space Station.

The schedule of briefings follows:
9 a.m. -- Space Shuttle and Space Station Program Overview
10:30 a.m. -- STS-122 Mission Overview
1 p.m. -- STS-122 Spacewalk Overview
2 p.m. -- STS-122 Crew News Conference



■ **Holiday Stockings** — If you would like to participate in the 'Stuff a Stocking Project' which is a part of the Salvation Army Christmas program for this holiday season, please contact one of the individuals listed below, pick up a stocking or two and have fun purchasing items to fill the stocking(s). Make sure you clearly mark the age and

either **boy** or **girl** on the outside of the stocking.

As a contingency plan, if the stockings run out as they did last year, please use the list below, fill a shoe box and mark it for appropriate age and either **boy** or **girl**.

Pick up from and deliver stockings to: **Sandy Eliason**, LCC/4P23B; **Jim Hall**, M&O/141; **Laurie Brown**, CIF/302B; **Valarie Franklin**, O&C/1020; **Arlene Broderick**, Comm. Maint. & Storage/110D; **Charmel Jones**, O&C/1073M2; **Dawn Partlow**, E&O/2030G; **Katherine Villane**, O&C/2052; **Sandra Getter**, EDL/203; **Mena Waters**, O&C/2084; **Linda Rhode**, HQS/1114A; **Lisa Zuber**, O&C/2103; **Cathy Hope**, HQS/1641B; **Jennifer Abernathy**, O&C/2019B; **Debi Bledsoe**, HQS/2142; **Pat Ouellette**, OSB/5101M; **Joette Feeney**, HQS/2209; **Brian Luther**, OSB/5301D; **Karen Dubois**, HQS/2488D; **Arden Belt**, Press Site/1000; **Vickie Hall**, HQS/2640F; **Lisa Peckham**, SSPF/3054A; **Charlotte Becker**, HQS/2647S; **Tamara Belk**, SSPF/3054K; **Jenny Young**, HQS/3427; **Sheila Frowiss**, SSPF/3054N; **Carol Moore - Jan Palin**, HQS/3490; **Tina Adams**, SSPF/3074D; **Lisa Simpson**, SSPF/3228L; **Ana Contreras**, HQS/3531F; **Debra Hill**, HQS/3619C; **Martha Carroll**, CCAFS 45 CES/DVP 205; and **Irene Laturno**, CCAFS R&D/109.

■ **KSC Fitness Centers Present: Fall Into Fitness** — Getting in healthy shape may require a change in your daily routine, from what you eat to how you manage your time. Many people, however, forget that changing everything at once

can be so overwhelming that often they revert to old, unhealthy behaviors.

If you want to make small, daily changes on the road to health and fitness, this 30-day challenge is for you.

Each morning, you'll receive an e-mail detailing your challenges for the day that will consist of the following categories: an active challenge, an exercise challenge, a flexibility challenge, a nutrition challenge, and a mind/body challenge. Each e-mail will also include a checklist to be filled out at the end of the day.

Fall Into Fitness will run to Nov. 30. For more information about this program or to register, contact Erik Johnson Erik.J.Johnson@nasa.gov or 867-7829.

■ **Education Opportunity** — You can register now for the spring semester at Florida Institute of Technology beginning Jan. 7. Master of Science degrees in computer information systems, computer science, software engineering, space systems and space systems management are offered at FIT. All classes are held in the evenings at either Kennedy or the new Rockledge Center.

For registration details or for your copy of the latest catalog, contact Sharon Anderson at (KSC) 453-2030 or (Rockledge) 504-4142, or send e-mail to sanderso@fit.edu.

Countdown is published every Tuesday & Thursday for NASA KSC employees. Deadlines are 10 a.m. Mondays & Wednesdays. E-mail news to anita.barrett@jbsc.ksc.nasa.gov. For questions or information, e-mail or call 321-867-2815. You can also find *Countdown* on the Web at nasa.gov/centers/kennedy/news/countdown/countdown-toc.html.