



# countdown

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## STS-125 crew learns about mission hardware



### ◆ Shuttle Update:

The STS-125 mission crew members spent the weekend getting hands-on experience with hardware and equipment, called CEIT, or crew equipment interface test. Some of their activities included working with the cameras they will use on the mission (photo below) and getting a close look at space shuttle Atlantis' thermal protection system tiles on the underside.



◆ **ISS Reminder:** The second of two spacewalks is scheduled to start at 1:14 p.m. **today**, with coverage beginning at 12:30 p.m. Commander Sergei Volkov and Flight Engineer Oleg Kononenko will install a docking target and attach one experiment to the Zvezda Service Module and retrieve another. The cosmonauts will return to Earth aboard the Soyuz on Oct. 23.

■ **KEA-24: Fiber Optics** — Glenn Perez and Tony Pego will present "Lessons Learned from Implementing Fiber-Optic Cabling in Spacecraft," from 9 to 10:30 a.m. July 24 at the KSC Training Auditorium. Perez and Pego will present

new tools and techniques that have been developed and implemented in this unique spacecraft processing and launching environment for fiber optics.

NASA and contractor personnel are invited to attend. If you have any questions, please contact Gisele Altman at [gisele.altman-1@nasa.gov](mailto:gisele.altman-1@nasa.gov) or 867-4000. To view past KEA events or presentations, please visit the Web site: <http://kea.ksc.nasa.gov/courses.htm>.

■ **KSC Fitness Centers Present CrossFit Challenge** — CrossFit is the principal strength and conditioning program for many police academies, tactical operations teams, military special operations units, champion martial artists and hundreds of other elite and professional athletes worldwide. CrossFit's program delivers a fitness that is, by design, broad, general and inclusive, with universal scalability making it the perfect application for any committed individual regardless of experience.

Throughout the month of July, a new, weekly CrossFit-inspired workout enables registered participants to compete to post the best times and earn the highest score. All participants will be eligible to receive prizes at the end of the month.

For more information about this program or to register, contact Erik Johnson at <mailto:Erik.J.Johnson@nasa.gov> or 867-7829.

■ **July Cardiovascular Disease Screening** — Screening will be available 7-9 a.m. Wednesday at the Kennedy's Occupational Health Facility. No appointment is necessary. You must fast 12 hours prior to screening (water only).

## Watch space station spacewalk at 12:30 p.m. today on NASA TV

Please take prescription medications as usual unless instructed otherwise by your health care provider. The screening takes two hours.

You can pick up the 2-page CVD forms today at any medical facility or download them from the SGS home page/forms at: <http://ksbcoc-forms/KSCForms2/ref/KSC28-1010V2.itr>, or for a pdf version, go to: <http://hewp.ksc.nasa.gov/heart.cfm>. Please print each page separately and be sure to answer all the questions on the forms. If you have any questions, please call 867-3414.

■ **NASA Science** — The sun is entering its third year of eerie calm. Sunspots are rare and solar flares simply aren't happening. Is this "solar minimum" lasting longer than it should? A NASA scientist has examined centuries of sunspot data to find the answer, revealed in this story from Science@NASA: [http://science.nasa.gov/headlines/y2008/11jul\\_solarcycleupdate.htm?list29875](http://science.nasa.gov/headlines/y2008/11jul_solarcycleupdate.htm?list29875).

■ **Camp KSC** — Weekly summer camp sessions are still available for Camp KSC, through Aug. 15. Employees and retired KSC personnel can save 15 percent on the regular tuition of \$295 per child. Call 449-4444 for information.

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