

Thursday, Nov. 21, 2002



Shuttle managers say “Go” for launch on Friday

▲ **Shuttle Update:** Late yesterday Shuttle managers cleared Endeavour for launch on mission STS-113, resolving two technical issues that had been the focus of extensive analysis and evaluation. The countdown already is under way toward Endeavour’s launch on Friday. Official launch time will be released this evening.

▲ **Discount Days at the KSC Visitor Complex** — Delaware North Parks Services of Spaceport, Inc., will be offering the 30 percent holiday discount to all NASA badged and NASA contractor badged employees from Nov. 29 through Dec. 24. To gain access to the Visitor Complex to visit the Gift Shop, please show your NASA badge or NASA contractor’s badge for a free limited-access pass, available at any admissions booths at the front gate.

◆ **Nutrition Tip from the KSC Fitness Centers — The Holiday Season vs. Your Waistline.** What’s your holiday dining dream? Turkey with all the trimmings? Red velvet cake with a side of eggnog? Just the thought of the days and weeks ahead make many of us cringe. How can we face the holidays without going off the track of our weight-loss journey? The following are just a few suggestions that may help you greet temptation with confidence instead of holiday-induced helplessness.

- **Plan ahead** — Successful nutrition often boils down to successful planning.
- **Be a picky eater** — Instead of eating because it’s there save the ‘fat and calories’ for your favorite foods later in the day.
- **Go “veggie” for a day** — Take advantage of the healthier fruit and vegetable choices for a day. While all vegetarian foods are not necessarily lower in fat, they may provide extra nutrients in comparison to foods you are used to.

NASA/KSC employees to get holiday discount at Visitor Complex

- **Don’t run on empty** — Be careful not to go to a party hungry or save your appetite for the big meal at the end of the day. Eat a mini-meal before the office get-together or make yourself healthy snacks throughout the day over the holiday weekend at Mom’s.
- **Prepare leftovers to go** — Pack up the leftovers for your guests in portable “doggie bags” to take with them.
- **Keep a food journal** — Keeping a food journal is one of the best tools in proper nutrition tracking. It helps keep food intake in moderation.
- **Move it but don’t booze it** — Instead of downing extra alcohol (which may cause you to be extra tired and to even binge on certain foods), drink more water and make sure you get up and about. Go for a walk, go for a run, or even go to the local gym if possible. Incorporate extra physical activity whenever you can and wherever possible.

◆ **Did You Know? Housing Needed For NASA/KSC’S Co-Op Program Participants** — College students who participate in NASA/KSC’s Cooperative Education (Co-op) Program come from all parts of the country. New and returning students will be returning to KSC in early January and many of them are looking for safe, clean and affordable places to stay while they are at work through early May. If you have a room to rent or some other accommodations available, please send your name, phone number and details (monthly rent, location, other specifics, etc.). We will add it to a housing list to share with the students who would contact you directly if interested. E-mail Steven.Chance-1@ksc.nasa.gov, Cooperative Education Program manager, or call 867-4195.

KSC Countdown is published every Tuesday & Thursday.

Deadlines: 10 a.m. the day before. Send information, comments or questions to:

* E-mail - Anita.Barrett-1@ksc.nasa.gov * Telephone - 867-2815

Find Countdown on the Web at <http://www-pao.ksc.nasa.gov/kscpao/ksccount/2002.htm>