

Thursday, March 4, 2004

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Preparations on schedule for GP-B launch April 17



Mark calendars for KSC All-American Picnic March 27 at KARS I

▲ **ELV Update:** Testing of the Gravity Probe-B Experiment Control Unit shows it's performing as intended. The Gas Management Assembly "rate of rise" testing is complete, and the cryogenic helium dewar is reconditioned and sealed. Solar arrays are being installed March 8. The spacecraft is scheduled for transport to Space Launch Complex 2 April 1. Mating to the Delta II rocket follows. Launch is on schedule for April 17 at 1:09 p.m. EST.

▲ **KSC Annual All-American Picnic** is being held from 10 a.m. to 4 p.m. March 27 at KARS Park I. Advance tickets are \$5 for adults and \$3.50 for children 3-12. At the gate, tickets are \$7 for adults, \$5 for children 3-12. In either case, children under 3 are free. Every adult and child over 3 must have a ticket to enter the gate and food line. Tickets go on sale March 15 at the HQ, O&C and SSPF buildings, OSB Sundry stores, CCAFS Hangar I Annex Room 204 and the KARS Country Store. Tickets will also be sold on March 25-26 at HQ, SSPF, OSB and O&C cafeterias. For more information, go to the Web site at <http://kscpicnic.ksc.nasa.gov>. This year 3,000 "free entrance" tickets into Port Canaveral's *Seafest* are being given out at the picnic. If you're interested in enjoying the *Seafest* (being held the same weekend as the picnic), look for their booth at the picnic to pick up the complimentary admission tickets, which are good for Saturday afternoon and evening, or Sunday all day.

◆ **Transformation Space Launch And Operations Technologies conference** – The next Advanced Spaceport & Range Technologies Working Groups (ASTWG & ARTWG) Conference is being held May 24-26 in Washington, D.C. The title is "Transformational Space Launch & Operations Technologies." Key industry and agency presenters are lined up to make this a "do not miss" conference in 2004. The event is hosted by NASA/KSC, Air

Force Space Command, and the Future Interagency Range & Spaceport Technologies Program, and is sponsored by the Schafer Corporation. The conference specifics, flyer, agenda (draft) and registration forms are available online at <http://artwg.ksc.nasa.gov>. The Conference registration deadline is **May 3**. Please contact Tricia Gryn, ASRC, at 861-7469 to register. For all other questions or comments, please contact Michelle Amos, NASA, at 867-6681.

◆ **Better Health – What is a serving?** Dietary recommendations are frequently given in "servings," such as three to five servings a day of fruits and vegetables. Knowing the size of a serving can help you determine your portions – the amount of a particular food you eat at a given time. Here are some examples of serving sizes, for use in gauging your portions:

- ◆ Three ounces of cooked meat, fish or poultry is the size of a deck of cards.
- ◆ Two tablespoons of peanut butter is the size of a golf ball.
- ◆ A medium piece of fruit is the size of a baseball.
- ◆ A medium bagel is the size of a hockey puck.
- ◆ One ounce of cheese is the size of four dice.
- ◆ A small baked potato is the size of a computer mouse.
- ◆ The serving size for raw vegetables, yogurt and fruit is one cup – which will fit into an average woman's hand.

◆ **Did You Know? Indian River Bridge lane closure** – Beginning at 8 a.m. Friday, March 5, one lane of traffic eastbound will be closed on the Indian River Bridge. This lane closure will be in effect until 8 a.m. Saturday, March 6. Please refer any questions to SGS Security Operations, 853-5246.