National Aeronautics and Space Administration

Roundup

Lyndon B. Johnson Space Center

September 2009

All in 365 days' work

Guest Column Melanie Saunders,

Associate Director (Management)

NASA PHOTO

In my first few months as Johnson Space Center's Associate Director (Management), I have been impressed by the creativity and determination that we display, figuring out how to do more with fewer resources. I had seen many examples over the years of that "can-do" attitude. No problem is unsolvable—and the harder it is, the better we are at dealing with it. It has been refreshing to see how our technical expertise and problem-solving has spilled over to solving problems of a less technical nature—namely, diminishing critical resources of people and budget. Headcount caps continue to challenge our ability to complete our missions, but we have looked for new and creative ways to strengthen our workforce and stretch our budget by reaching out and collaborating with other NASA centers, federal agencies, industry and academia. Here are just a few examples of creative solutions by JSC teams:

Our Engineering Directorate entered a partnership with Armadillo Aerospace to help them develop a cryogenic engine that runs on liquid methane and liquid oxygen (lox). Versus traditional propellants, lox/methane is non-polluting and weighs less. The venture has already proven to be fruitful. In July, Armadillo successfully test flew the lox/methane-fueled engine to an altitude of 300 feet. NASA performed testing of the lox/methane engine at the White Sands Test Facility as part of the agreement.

Our Life Sciences team partnered with the Department of Defense to develop a portable, patient-monitoring treatment device, the Lightweight Trauma Module. This device will benefit wounded soldiers on the battlefield, as well as astronauts requiring emergency treatment onboard the International Space Station.

Our Center Operations team is saving money on irrigation water by forming partnerships with the local water authority, which will allow us to meet needs without the water authority having to first turn it into drinking water.

The Constellation Program and its projects span multiple centers, drawing from the finest skills at each.

The Mission Operations Directorate has also completely revamped their approach to training by making it more efficient and streamlined.

I have not seen any indications that the future will bring increases in resources for us, so this focus on creativity, innovation and collaboration is something we need to keep and further evolve. It is our present and our future.

I realize many resist collaboration because of the upfront investment of time and effort in finding the right partner or the fear of losing work or supremacy in an expertise. After spending many years working on new and existing partnerships in connection with station, I saw how we become stronger and more robust as a team and as individuals when we combine our efforts with others. Does it take time? Yes, but the return on investment is impressive when the partnership is formed around aligned interests and a win-win attitude. Collaboration is a force multiplier. We don't lose work when we collaborate. We are far more likely to accomplish more and get additional work because of that enhanced productivity.

We are headed in the right direction, and there are many groups at JSC forming partnerships and collaborating on projects that I did not have space to list here. But I have a challenge for each of you: What are you doing in your area to get more from less? Are you thinking about how you can leverage talents across the agency to achieve our missions? Are you looking for partners in industry or academia who may be facing similar types of problems so you can help each other? Are you receptive to outside groups when they approach you to try a new way of working together?

There are resources out there, but they may exist in a different form than in the past. Yet they still represent real help and opportunity. Let's seize these opportunities. These are hard problems, and hard problems are what we do best.

On the cover:

European Space Agency Expedition 20 Flight Engineer Frank De Winne works with the Water Recovery System Recycle Filter Tank Assembly in the foreground of an International Space Station montage.

NASA/COOPER sts128-s-011

Photo of the month:

Viewed from the Banana River viewing site at Kennedy Space Center in Florida, Space Shuttle* Discovery *arcs through a cloud-brushed sky after launch of the STS-128 mission. Liftoff occurred at 10:59 p.m. CDT Aug. 28. The mission delivered more than 7 tons of supplies, science racks and equipment to the International Space Station.

Take me out to … NASA

By Sean Wilson and Lindsay Bromley

The first two stops of the 2009 Hometown Heroes campaign brought two astronauts back to their roots: John Grunsfeld visited his hometown of Chicago while Robert "Shane" Kimbrough went back to Atlanta.

Throughout the summer, six astronauts traveled to their home regions to throw out the first pitch at Major League Baseball games in celebration of the International Space Station's 10th year in orbit.

Grunsfeld's trip from June 23 to 24 kicked off with live TV interviews at local network affiliates, ABC and NBC. After talking about the benefits of space exploration with the morning show hosts, he went to WGN Radio to speak with nationally known talk show host Greg Jarrett. Jarrett praised Grunsfeld for his impressive career and asked him about his next steps.

"I'm hoping to get to travel to the International Space Station and live in space for six months," Grunsfeld said. "The station is the most incredible engineering feat ever done by humans in space, and it would be great to live up there and do science experiments that can help us here on Earth."

NASA/PHOTO jsc2009e147293

Astronaut John Grunsfeld poses with Southpaw at the White Sox game during the 2009 Hometown Heroes campaign in Chicago.

Grunsfeld's visit included stops at the Museum of Science and Industry and the Adler Planetarium. At both venues he gave presentations to student groups and capacity crowds and participated in podcasts for their Web sites. While at the planetarium, Grunsfeld returned a 200-year-old telescope that he flew for the museum on STS-125 to their president.

The trip wrapped up with an appearance at "Sox 'n Space Night" at U.S. Cellular field, home of the Chicago White Sox. Grunsfeld took to the pitcher's mound and threw out the first pitch of the game. He then signed autographs for fans and spent some time on air with Ed Farmer and Darrin Jackson of White Sox radio.

Kimbrough's appearance in Atlanta from June 24 to 26 marked the second stop of the campaign.

Kimbrough started his trip with an event-filled afternoon at the Fernbank Science Center, where he did media interviews and gave his postflight presentation to a group of aviation camp kids and the public. Kimbrough talked about the importance of education and raising the next generation's interest in science and space exploration.

Kimbrough's visit included live media interviews at the local FOX and NBC affiliates and an interview on "Kevin and Taylor in the Morning" on 104.7 FM.

Kimbrough talked about growing up in Georgia and the importance of space travel.

"All the things we do up there are to help people on Earth," Kimbrough said. "We don't do it for our sake or NASA's sake—it's to go up there and figure out how to live better on Earth."

His last stop of the morning was at WAGA-TV, where Kimbrough recounted his days of growing up in Georgia and why he became an astronaut.

Kimbrough also visited his alma mater, Georgia Tech, where he made a postflight presentation and signed autographs for students and summer campers.

NASA/PHOTO jsc2009e151928

Women in Engineering campers meet astronaut Shane Kimbrough on the Georgia Tech campus.

Kimbrough ended his trip with a major strike, participating in numerous pregame activities at the Atlanta Braves versus Boston Red Sox game. Later, Kimbrough gave the "Play ball" call to start the game. But his journey didn't end there. He signed autographs and gave a live interview in the Braves' plaza.

All of the Hometown Heroes astronauts not only had the chance to participate in America's pastime, they were able to educate the public about NASA and its goals through a wide spectrum of events.

Read about all six trips from this summer's campaign on JSC Features at:**http://www.jsc.nasa.gov/jscfeatures/**

For more information about the 2009 NASA Hometown Heroes campaign, **visit: http://www.nasa.gov/astronauts**

Stay tuned for the November *Roundup,* which will feature a full campaign recap and plans for the future.

Gray **matters**

By Catherine Ragin Williams

The word "storytelling" can conjure up images of restless toddlers sitting in a circle, waiting for their teacher to turn the page of the picture book. But when applied to Johnson Space Center, it becomes something more—a different way to learn something of value.

Thirsting for knowledge

Man has been telling stories since the dawn of time. In this technological age, we tend to ignore voices of wisdom for hard facts and research. But the JSC Knowledge Office is resurrecting the practice of storytelling, putting a new spin on a centuries-old tradition.

"Our most important knowledge isn't in a database, and it's not a computer application—it's in our stories," said Lessons Learned Manager Brent Fontenot.

The initial kickoff storytelling event, "Wisdom and Lessons Learned from the Power and Propulsion Division," showed JSC team members that what we learned initially with rocketry can be applied to the next generation of space vehicles.

Much of our workforce wasn't around during many of the projects and programs that encompassed NASA's lengthy history in space.

"We're hoping that storytelling will help put context around decisions, designs or activities that were done in the past," said JSC Chief Knowledge Officer Jeanie Engle.

Storytelling sessions aren't limited to obvious topics like space and aeronautics. When a certain hurricane descended on the center a year ago, we overcame challenges that also taught us valuable lessons.

"We thought that after Hurricane Ike, May would be a good time to talk about preparing for a hurricane. That led to Center Operations not only talking about preparing the center, but about rideout and recovery," Engle said. "You really don't know all an organization has to go though until you hear the issues they deal with firsthand."

More recently, External Relations partnered with the Knowledge Office to bring a three-day Apollo 40th anniversary storytelling event to the Teague Auditorium. In "Telling the Stories of Apollo: a Conversation With Apollo Managers," viewers had the opportunity to listen to panel discussions with former Apollo heavyweights and watch screenings of "Moon Machines," a Discovery Channel documentary series.

Engle is pragmatic when it comes to what storytelling will do for JSC. "Are we going to get to the point where all lessons learned are transferred or we never repeat a mistake again? No," Engle said. "But we feel like the people side is a very important piece of our program and adds tremendous value."

Sharing the knowledge

JSC is teeming with bright minds—rocket scientists, astronauts, doctors, aviators, engineers, analysts, communicators—you name it. And everyone has a unique story to tell.

JSC has developed a StoryCorps Program, an oral history project geared for JSC team members. The Knowledge Office will provide the platform for sharing firsthand experiences at NASA by posting your own DVD on their Web site and promoting it, just as with live storytelling events.

"Our goal is to make that experience accessible to all, and to find new ways to inspire people to record and preserve the stories important to them," Fontenot said. "Just as powerful is the experience of listening. Whenever people listen to these stories, they hear the courage, humor, the trials and triumphs of an incredible range of voices."

NASA/STAFFORD JSC2009E146785

"Telling the Stories of Apollo: a Conversation With Apollo Managers," gave past and present JSC team members a chance to hear personal stories behind the history of the Apollo Program.

"It can be a solo or group video. You can have someone 'interview' you, or just talk into the camera. The only requirement to produce a DVD is access to video equipment," Fontenot said.

After you have produced a product you are happy with, the Knowledge Office shoulders the work of putting it on their site and getting the word out.

Getting *your* words out is important.

"(We) say the most important thing is our people, but it is the incredible amount of intellectual capital that we have in each individual," Engle said. "StoryCorps is a great way to leave behind a legacy."

For more information about Storytelling events and StoryCorps, visit: ***http://knowledge.jsc.nasa.gov/***

Did you know?

The Oral History Office is working with the Shuttle Transition Team to give employees a chance to share their shuttle memories. Story Corps projects with a shuttle-related spin will be posted on a new Wiki hosted on the Shuttle Transition News Web site (http://rendezvous.jsc.nasa.gov), where employees can also post their written recollections. As the Space Shuttle Program heads into retirement, this will give employees a chance to pass down their experiences to the next generation of space workers.

NASA's 'Camelot'

By Catherine Ragin Williams

Apollo veterans tell the stories of our epic moon journey

As "Camelot" reigned with America's first family, NASA flourished during its own Camelot era—the 1960s. President John F. Kennedy challenged the nation's space program to seek its destiny in the stars by accomplishing the unthinkable: putting humans on the moon and returning them safely to Earth. Which, we did … but only because thousands of Apollo team members got us there and back.

Starting July 20, the Johnson Space Center Knowledge Office, in conjunction with the External Relations Office, hosted a storytelling series with the Apollo titans that helped make our extraterrestrial dreams a reality.

NASA/PHOTO S69-276099.

Lunar Module extraordinaire Bob Carlton, second from the left, in what is now the historic Mission Control Center.

NASA/PHOTO jsc2009e147347

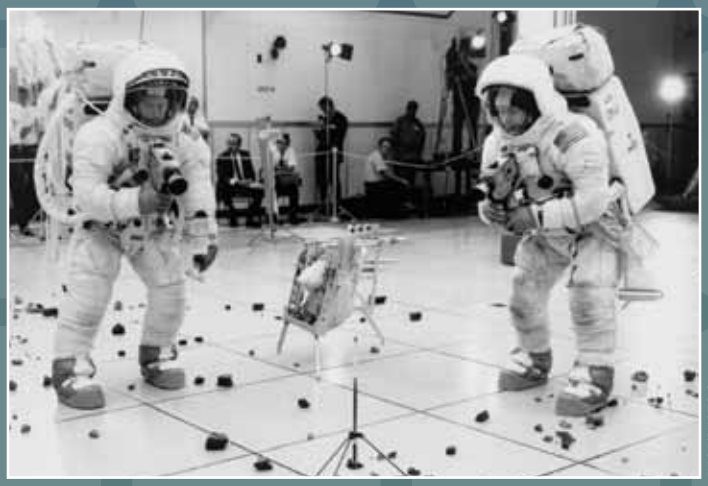
Carlton talked about how NASA really did the seemingly impossible when Apollo 11 landed on the moon.

"When I think about Apollo 11, and when I think about everything that had to work perfectly … it's amazing," said Aaron Cohen, former JSC director and Apollo Spacecraft Program Office Command and Service Modules manager.

A common theme throughout the storytelling series was the daunting task of exploring an unknown world. Nowadays, we take for granted the amount of knowledge we have about the moon and surrounding planetary bodies.

"Some people thought that when we went to the moon it was going to be made of cheese," Cohen said. "A Nobel laureate said we would sink into the surface and not be able to get off. We felt gratified to see the crew members step onto the surface and move around. There was a big sigh of relief."

"(After) each phase, you felt pleased you got through (it), but then you had to think about the next," said George Abbey, former JSC director and technical assistant to the manager of the Apollo Program. "There was a great deal of apprehension, and a lot of people were very quiet until he (astronaut Neil Armstrong) had landed."



NASA/PHOTO S69-54148

Two crew members of Apollo 12 participate in lunar surface spacewalk simulations at Kennedy Space Center. Here, Commander Charles Conrad Jr. (left) and Lunar Module Pilot Alan L. Bean simulate the photographic documentation of lunar rock samples. Before Apollo 11's success, many doubted the possibility of even landing on the moon.

Apollo accomplished a feat so great that even the storytelling panel members, to this day, seemed awestruck at the magnitude of what they did.

"They had an impossible task. If I had to put a label on Apollo, I would label it: when the impossible is accomplished. I thought they were crazy," said Bob Carlton, former Lunar Module flight controller and Guidance and Control section head, with a laugh.

NASA answered the gauntlet that President Kennedy threw down when Apollo 11 landed on the moon. However, that epic journey was made possible because we all rose to greatness as a team.

"Ordinary people don't do these extraordinary things unless there's leadership to carry it," Carlton said. "But they said, 'Let's go for it.'We went for it … and we made it."

Out-of-this-world dining

Meal times aboard the International Space Station

For astronauts aboard the International Space Station, food is just one thing they can count on to provide familiarity of home.

Meal times on station have special meaning, because the only people around to share the experience are fellow crew members. With a three-person crew and a hectic schedule, "it is not uncommon for crew members to go all day without seeing much of each other," said Mike Fincke, Expedition 18 commander. He said the crew shared at least two meal times daily.

"We would eat a meal together at the end of each day," Fincke said. "Those were the highlights … to just be together as a crew and talk about the day."

Fincke said to make meal times more enjoyable, the crew sometimes listened to music. He said they also spent time gazing out the window, a simple act that has a completely different significance when it is done from space.

NASA/PHOTO ISS018E015394.

Astronauts Fincke and Magnus hold Christmas cookies while posing for a photo near the galley in the Zvezda Service Module aboard station.

NASA/PHOTO ISS018E015379

Mike Fincke (left), Expedition 18 commander; Sandra Magnus and cosmonaut Yury Lonchakov, both flight engineers, pose for a photo as they prepare to share a Christmas meal at the galley in the Zvezda Service Module of the International Space Station.

NASA/PHOTO ISS018ED17005

Magnus poses with her personally made cuisine.

Food creations and International Partners

Kimberly Glaus Late, Johnson Space Center Space Food Systems Lab manager, said that last year 28 Japanese Aerospace Exploration Agency-developed food items were added to the approved list of foods for flight.

"This means that some of these items are included as part of the standard menu, and the remainder are available for inclusion in astronaut bonus and preference containers when available in inventory," Glaus Late said.

In addition, Glaus Late said the European Space Agency is also working on several food items that they would eventually like to have added to the approved list of foods for flight.

"The United States provides approximately 50 percent of the food system for station," Glaus Late said. "The Russians also provide approximately 50 percent. All International Partner foods, aside from those provided by Russia, are included as part of the manifested U.S. food."

"One of the joys of being on the International Space Station is the international cuisine," Fincke said. "(On) my first mission, we had a mix of U.S. and Russian food, so we didn't have to swap foods because in my allocated ration there was Russian food."

Cooking in space

Sandy Magnus, flight engineer, traveled to station as part of the

By Neesha Hosein and Hallie Mann

NASA/PHOTO ISS018E018423

Magnus holds food pouches in the station's galley area.

NASA/PHOTO ISS018E011486

A bag of fresh fruit floats in front of Magnus in the Destiny Laboratory of station.

Expedition 18 crew and was onboard for four-and-a-half months. Magnus used the opportunity to experiment with the astronaut food to create some new and unique dishes for the crew to try.

Magnus was equipped with very little compared to what is found in an ordinary kitchen. She relied on a dull pocket knife, zip-lock bags and duct tape to prepare most of her dishes. She was also lacking fresh ingredients, such as fresh greens, fruit or real milk and eggs. Magnus said she planned ahead with the food labs to get most of what she wanted for her creative dishes.

"I like to cook," Magnus said. "It is relaxing for me, and so I planned ahead to be able to do some cooking and experimenting while living on the station. I thought it would be fun and interesting, and hopefully could add some new flavors to our 16-day rotating menu."

Special occasions

"We had a lot of holidays onboard during Expedition 18 and tried to do something special for all of them," Magnus said. "I tended to concentrate my cooking experiments around the holidays for that reason. We all had special foods that we shared with each other. We honored each others' holidays and tried to make each one a special occasion. Having food from the different International Partners is great and really helps keep the menu interesting and varied."

For Super Bowl Sunday, Magnus went all out and attempted to make salsa and other party foods for the crew. She said she used

NASA/PHOTO ISS019E016481

Japan Aerospace Exploration Agency astronaut Koichi Wakata, Expedition 19/20 flight engineer, is pictured with fresh tomatoes and apples in the Zvezda Service Module aboard station.

her "graduate level" skills to create diced onions, and the salsa had a crunchy texture not often found in their food, which made it more enjoyable. Magnus found that food has a psychological component that is very important to a crew's extended stay in space.

Close to home

Magnus reiterated that meal times in space are a "time to relax, slow down and check in with everyone to see how their day is going, share stories and concerns, just like a family meal on Earth."

Fincke said that just as it is on Earth, some days on station were not so busy, and others left one wondering where the day went. Meal times were always a common ground.

"So sometimes it's just like it is (at home)," Fincke said. "And I think the more that we make it just like it is on the planet, the happier we are."

Transformations

By Donna P. Anderson

Innovation defined is to introduce something new. By pure definition, innovation is everywhere at Johnson Space Center.

The introduction of the Inclusion and Innovation (I&I) Council last year fast-forwarded efforts to pave new avenues of thought, process and progress at the center. The council launched several initiatives now taking hold and introduced new ideas through speakers and training.

The I&I brought in Dr. Steve Robbins, a nationally recognized speaker and author of "What if? Short Stories to Spark Diversity Dialogue," to conduct several training sessions at JSC. Robbins stripped away the audiences' defenses when the topic of diversity came up, explaining that exclusion is actually a natural behavior. He used sociology and science to make sense of our actions and how they apply to the workplace.

Robbins described the nature of the human mind and subsequent behavior in a way that did not blame, suggesting ways to adapt and modify our conduct. He offered clear examples of perceptions that lead to the exclusion of people and ideas.

Robbins said that active listening and the ability to entertain a new idea must be practiced to become more natural. He gave the example of a fire drill. Fire drills are performed to condition the mind and body into a practiced response if and when there is a real emergency. We, too, must practice and condition our minds to accept new ideas and work better with others.

In parallel with the I&I workshops, the Space Life Sciences Directorate presented Gary P. Pisano of the Harvard Business School, who led an exercise in mapping technology challenges. The day-long activity brought together dozens of minds to review, discuss, digest and determine the next best steps to finding solutions. Pisano also discussed the strategic pros and cons of collaboration, solutions from internal and external sources, and the barriers and benefits to both.

Enabling technologies for collaboration was also a main point of the presentation. Pisano showed models of companies that changed the way they innovate for greater success.

The I&I Council wants to give JSC team members the tools to become better communicators and collaborators—thus leading the way to a more inclusive, innovative JSC.

For more information about JSC's I&I Council, go to:
http://projects.jsc.nasa.gov/ii/default.aspx

Getting to the heart of the matter

By Lori Meggs,
Marshall Space Flight Center

When humans venture into space for long periods, their muscles tend to weaken. The heart of the matter is that muscles don't have to work as hard without gravity.

While doctors are well aware of this weakening of the heart in space—known as cardiac atrophy—a new study aboard the International Space Station seeks to find out exactly how much the heart muscle decreases in size over a standard six-month station tour and how quickly it occurs.

In addition to evaluating cardiac health in space, the investigation will also determine how effective the astronauts' current exercise program is at protecting the heart from getting smaller or weaker.

"This study also will help us determine if there is a risk of abnormal heart rhythms and how significant the risk is in order to develop appropriate countermeasures," said Dr. Deborah Harm, international project scientist for the International Space Station Medical Program.

"At this time, it is unknown if heart muscle weakening continues throughout a mission or if it levels off at some point. That's what we want to find out," Harm said.

Crew members on Expedition 20, which began in May and will continue through October, are the first to participate. Before, during and after flight, they are measuring their heart rates, heart rhythms and blood pressure for 24 to 48 hours before and after exercise sessions. They're also performing on-orbit cardiac ultrasound scans on each other before and after exercise to look at how effectively the heart fills with blood and pumps it to the rest of the body.

NASA/PHOTO

Astronaut Catherine (Cady) Coleman performs a remotely guided echocardiogram on a test subject, using the Integrated Cardiovascular protocols, while training coordinator Betty Chen observes

The data collected is being beamed down to the Payload Operations Center at NASA's Marshall Space Flight Center in Huntsville, Ala., and delivered to the investigator's team for analysis.

"As we move toward exploration missions where astronauts could be in space for longer periods of time, it is very important that we know to what degree they could experience cardiovascular risks, and prepare countermeasures to protect them," said Dr. Julie Robinson, International Space Station program scientist. "We are eager to see the results from this study."

For more information, visit:
http://www.nasa.gov/mission_pages/station/science

Are you **'safe, not sorry?'**

By Jenny Knotts

Have you seen a coworker stop someone from doing something dangerous or clean up a spill in a walkway? Have you wondered if there was a way to tell them "good job," so they knew their effort was appreciated? That's where the "Safe, Not Sorry" campaign comes in.

"We in the safety world were searching for a way to make recognition personal," said David Loyd, chief of the Safety and Test Operations Division. "The majority of our injuries are based on the simplest causes at an individual level. We aren't reminded enough that it matters what actions we take and what behaviors we demonstrate to prevent mishaps."

Loyd wanted a simple and lasting token of appreciation that could be given quickly to people who actively strive toward a safe work environment. What evolved was a small but significant antique-finished lapel pin, suitable for wear by anyone, with the simple letters "SNS."

NASA/HARNETT JSC2009E152824

Ginger Gibson beams after receiving her "Safe, Not Sorry" pin from Joel Walker, director of the Center Operations Directorate.

"We want employees to realize that a person can make a difference in someone else's personal safety and well being," said Rindy Carmichael of the Safety Awareness and Communications Office.

Regan Geeseman, lead videographer for the JSC Imagery Acquisition Group, is one "Safe, Not Sorry" pin recipient. While videotaping antenna testing on an Orion mockup, he heard a snap and a metallic sound.

Geeseman realized something wasn't right and immediately ran to the control room to notify the controllers. The testing was stopped and an inspection was done. It turned out that during the maneuvering, several welds in the structure had failed.

"When you think about it, being safe doesn't cost anything, it doesn't hurt, and at the end of the day, you leave with a positive attitude knowing you did the right thing," Geeseman said. "The whole experience has been incredibly positive. I feel Johnson Space Center and my JSC Information Management and Media Services contract management handles safety awareness really well. It makes a difference."

Ginger Gibson, Support Services specialist in the Center Operations Directorate, recently received a "Safe, Not Sorry" pin. She was escorting a film crew around Rocket Park when some of the crew proposed climbing on the Little Joe rocket display for additional video footage. The problem is the ladder for the rocket is about eight feet above a concrete pad, and if someone slipped, the results could be dire.

"I nominated Ginger for the pin because she told them 'No!' and probably kept one or more of them from getting hurt," said Bob Gaffney, Emergency Preparedness coordinator.

The design of the "Safe, Not Sorry" pin.

Gaffney jokingly added, "I know this won't help her reputation of 'not having a safety bone in my body,' but, in all seriousness, she stuck to her guns despite overwhelming pressure and stayed true to the highest ideals of the JSC safety culture."

Response to the campaign has been amazing.

"People are excited about being able to recognize their coworkers in a simple manner," Loyd said, "and managers are pleased to be able to give immediate recognition."

Individual requests for pins may be made to the JSC Safety Action Team at (281) 483-3218 or (281) 483-776. Directorates may request pins in quantity from the Safety Office at (281) 244-5078.

Spotlight Jonathan B. Reichel

Animation Specialist, Neutral Buoyancy Laboratory

Q: What is the coolest part of your job?
A: If I had to choose the "coolest" part, it would be creating the 3-D animations and pictures that look and feel real to aid the process of training here at the Neutral Buoyancy Laboratory. You see, if we show someone an image for an idea or training run that looks real, they will understand it better, faster and more efficiently in a much more rapid way than if you were to explain the idea, concept or run. One picture is worth a thousand words, and a realistic/lifelike picture is almost invaluable. Then, if you have an animation with thousands of these realistic pictures, you get the idea.

Q: Favorite hobbies or interesting things you do away from the office?
A: Well, I love working out, playing my electric piano, reading up on current events and running. Probably the most fun thing I do is create art, sculpture or 2-D paintings/drawings. I am an artist at heart.

Q: What did you want to grow up to be when you were a child?
A: From as early as I can remember, I wanted to be a movie director, like Spielberg or Lucas. I wanted to create monster and sci-fi movies with lots of special effects. As time went on, I began to focus just on the special effects attribute and got into 3-D modeling because of my father. Now here I am, directing/creating animations for astronaut training.

Q: What would people be surprised to know about you?
A: I was homeschooled my entire life. I attribute this to my being here. Because of homeschooling, I was prepared at an earlier age to start college than most of my peers. It also forced me to set my own pace and priorities as I grew up. It was a great experience.

Q: What is your favorite food?
A: Without a doubt, sushi! Followed closely by rare-quality steak. But I love all foods. If it's edible, I will eat it.

Q: What is your favorite sport?
A: Football. Go Cowboys! And if they are not doing well … go Texans!

Q: Favorite movie and why?
A: "Forrest Gump." It is just the right blend of humor, action, drama and amazing acting, with a near perfectly directed story. The character of Forrest Gump appeals to everyone, I think. He is simple and good—not at all selfish.

Q: Who are your heroes, and why?
A: My father. He is one of the greatest men, possibly ever. I hope to be half the man he is—honest, loving beyond reason and the hardest worker ever. Plus, he is a genius. Check his IQ scores, ha ha.

I also am extremely fond of President Theodore Roosevelt. One of the most interesting, hard working and determined men to walk the face of this Earth. His influence created the America of global influence that we have now, but at the same time, he was one of the most ardent populists ever—fighting corruption in corporate America like no one ever before him. He once took a bullet while doing a speech. That is awful, but the most interesting part is that he finished the speech before being attended to. A truly great man with untiring ambition.

NASA/BLAIR JSC2009E153224

Q: What is a quality you most admire in people?
A: Honesty! If there is no honesty, there is no trust. If there is no trust, there is no reason to even talk to someone.

Q: What does JSC mean to you?
A: Not kissing up here, but I am a true believer in the need to explore. We as humans need to expand into space, and one day we will require space exploration to survive. I think for what we get accomplished, we are one of the best institutions that American taxpayers are paying for.

WANTED!

Do you know a JSC colleague or team that does something extraordinary on or off the job? Whether it's a unique skill, interesting work, special professional accomplishment, remarkable second career, hobby or volunteerism, your nominee(s) may deserve the spotlight!

The Roundup shines the light on one special person or team each month, chosen from a cross section of the JSC workforce. To suggest "Spotlight" candidates, send your nomination to the JSC Roundup Office mailbox at jsc-roundup@mail.nasa.gov. Please include contact information and a brief description of why your nominee(s) should be considered.

Center Scoop

'FLY ME TO THE MOON' AT UNIVERSITY OF HOUSTON-CLEAR LAKE

On July 18, the University of Houston-Clear Lake invited space enthusiasts to relive that special day in July 1969, when man first set foot on the moon. The event recaptured the magic, music and memory of the moments that forever marked our Bay Area community.

Families were able to enjoy a 1969 family-style picnic, an outdoor viewing of the first lunar landing on a giant inflatable screen, stargazing with telescopes guided by astronomers, live entertainment, interactive games and activities for all ages, special guests and speakers, space-related giveaways and more.

NASA/MARKOWITZ jsc2009e146266

APOLLO 11 SPLASHDOWN CELEBRATION

On July 24, the Johnson Space Center community commemorated the historic Apollo 11 mission with an old-fashioned "splashdown party" at Space Center Houston.

Topping off the family-fun event were guest speakers from the gloried Apollo days, musical entertainment by "The Rockit Scientists," moon pies, hot dogs, unique exhibits and more. Visitors were even encouraged to wear 1960s garb to add to the ambiance of the evening.

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Roundup

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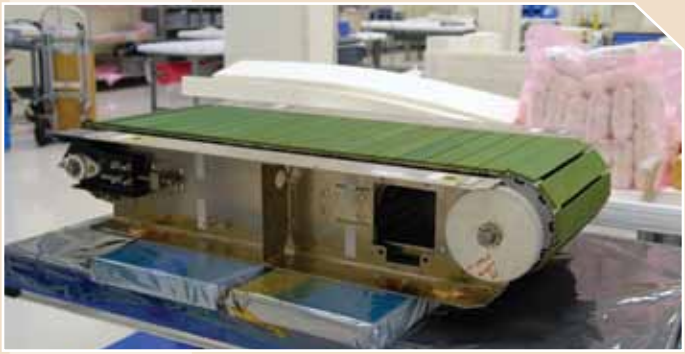
Excitement on the horizon

NASA is serious about its space station crew members exercising in orbit, but that doesn't mean the agency can't have a little fun along the way.

That's why a treadmill called simply T-2 for more than two years is suddenly famous as the Combined Operational Load-Bearing External Resistance Treadmill, or COLBERT. NASA selected the treadmill's name after comedian and host Stephen Colbert of Comedy Central's "The Colbert Report" took interest during the Node 3 naming contest and urged his followers to post the name "Colbert," which received the most entries.

"I think it's great for NASA that Mr. Colbert got his audience interested in the space station," said Curt Wiederhoeft, project manager for the treadmill under the bioastronautics contract. "Comedy Central attracts a lot of younger viewers, and the space program's going to need the next generation's support and interest."



NASA/PHOTO

"The treadmill is designed to last the life of the station. Although it is built to handle 150,000 miles of running, it will likely see about 38,000 miles during its time in orbit," Wiederhoeft said.

PHOTO JUSTIN DERNIER, EPA

Nature provided an awe-inspiring backdrop with the rollout of Space Shuttle *Discovery* to Launch Pad 39A at Kennedy Space Center. First motion of the shuttle out of the Vehicle Assembly Building happened very early in the morning on Aug. 4.

STS-128 delivered a new crew member and 33,000 pounds of equipment to the International Space Station. The equipment included science and storage racks, a freezer to store research samples, a new sleeping compartment and the COLBERT treadmill.