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Young times

► Crew members work for five or six days a week on the space mission



► The first part of the space station was launched by the Russians on November 20, 1998



Action stations

Happy birthday to the Nasa International Space Station. **Chloe Lambert** reports



If you find yourself stargazing on Saturday evening, look to the south and find the brightest light in the sky. You'll be looking at the Nasa International Space Station (ISS), which celebrated its tenth birthday yesterday.

Known as the most ambitious and complex technological venture ever taken, the ISS is a research centre 220 miles up in space.

In the 1980s and 1990s, America and Russia were in conflict, and

racing to get their own space stations up and running. Then, when the conflict ended, the countries decided to team up with other nations such as Japan and Europe, and build one centre to be used by astronauts from all over the world.

On November 20, 1998, the first part of the space station was launched by the Russians from Kazakhstan. Two years later the first astronauts moved in.

Today, the ISS is the size of a

five-bedroom house, with five sleep stations, two baths, two kitchens and two mini gyms. Everyone staying there must do two hours of exercise every day, to counteract the effect of gravity on their bones.

The station is operated by a huge computer system, powered by solar rays which collect light from the sun and turn it into electricity.

The crew work five or six days a week, learning about astronaut health and the possibilities of space

travel. They all eat together at a kitchen table fitted with bungee straps and Velcro to stop food containers from floating away.

In its ten years, the ISS has travelled 1.3 billion miles, completed nearly 60,000 orbits of the Earth, hosted 167 people from 15 countries and served up more than 19,000 meals. It is visible to the naked eye, and crosses our skies in Britain this weekend. Find out more at www.nasa.gov/station

daily dingbat

Which word or phrase is this? Say what you see.



Yesterday's answer Popcorn

Yesterday's riddles

Water
Under 'A'

puzzle of the day

square deal

Write the name of each object in its row in the grid and then read down the shaded squares to find a hidden word.



1				
2				
3				
4				
5				

Yesterday's answers 1. Microwave 2. Saucepan 3. Tea towel 4. Wooden spoon 5. Hand whisk

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