



1  
00:00:01,646 --> 00:00:02,996  
This is Mission Control Houston.

2  
00:00:03,476 --> 00:00:06,866  
This is a live view in the International  
Space Station flight control room located

3  
00:00:06,866 --> 00:00:08,666  
at the Johnson Space Center in Houston, Texas.

4  
00:00:09,246 --> 00:00:13,736  
This is a view from the back of the room  
where 20 different flight controllers are

5  
00:00:13,816 --> 00:00:18,086  
at their console positions monitoring the  
vehicle systems and supporting the onboard crew,

6  
00:00:18,486 --> 00:00:22,386  
the Expedition 28 crew on board, now in  
the early part of their crew afternoon.

7  
00:00:23,826 --> 00:00:27,006  
Leading the flight control team  
today is Flight Director Jerry Jason,

8  
00:00:27,006 --> 00:00:28,636  
who is shown here in the center of your view.

9  
00:00:29,186 --> 00:00:32,466  
To his right in the red is  
veteran astronaut Shannon Lucid.

10  
00:00:32,826 --> 00:00:36,696  
She is representing the crew office at the  
CAPCOM console and serving as the voice

11  
00:00:36,696 --> 00:00:40,016  
of the flight control team as needed as

they're working through their activities.

12

00:00:40,576 --> 00:00:42,646

The crew woke up at 1 a.m. Central time,

13

00:00:42,646 --> 00:00:46,766

which is the standard wake-up  
time for the orbiting crew.

14

00:00:47,476 --> 00:00:50,856

They had their routine morning  
inspection of the vehicle and breakfast

15

00:00:50,856 --> 00:00:52,356

and their daily planning conference.

16

00:00:52,966 --> 00:00:57,326

Then they also had a routine flight director  
conference, which is a weekly activity,

17

00:00:57,326 --> 00:00:59,686

a chance to tag up with the  
supporting flight directors.

18

00:01:01,246 --> 00:01:03,926

The crew members also had  
hearing assessments this morning.

19

00:01:03,926 --> 00:01:08,886

Those were conducted by NASA astronaut Mike  
Fossum and JAXA astronaut Satoshi Furukawa.

20

00:01:09,656 --> 00:01:13,736

They also conducted an oxygen repressurization  
from the docked Progress vehicle,

21

00:01:15,216 --> 00:01:20,866

and Satoshi Furukawa has been continuing  
work with one of the Lego brick payloads

22

00:01:20,866 --> 00:01:22,466

on board the International Space Station.

23

00:01:22,796 --> 00:01:26,476

That payload is a series of toy Lego kits that are assembled on orbit and used

24

00:01:26,476 --> 00:01:28,216

to demonstrate scientific concepts.

25

00:01:28,656 --> 00:01:32,686

Some of these models include satellites, a space shuttle orbiter and a scale model

26

00:01:32,686 --> 00:01:34,126

of the International Space Station.

27

00:01:34,536 --> 00:01:37,656

That video always available at the NASA and Lego websites.

28

00:01:38,056 --> 00:01:44,826

This is a view from the orbiting complex, now traveling at an altitude of 213 nautical miles,

29

00:01:45,156 --> 00:01:48,676

which is the equivalent of 243 statute miles above the Earth.

30

00:01:49,286 --> 00:01:53,816

At this time the crew members are scheduled to be working on a variety of activities.

31

00:01:54,136 --> 00:01:56,076

NASA astronaut Mike Fossum is working

32

00:01:56,076 --> 00:01:59,646

on the Space Linear Acceleration Mass Measurement Device.

33  
00:01:59,846 --> 00:02:05,816  
That is a piece of hardware on board that helps  
the researchers follow Newton's second law

34  
00:02:05,906 --> 00:02:08,676  
of motion by having two springs  
generate a known force

35  
00:02:08,676 --> 00:02:11,796  
against a crew member mounted  
on an extension arm.

36  
00:02:12,586 --> 00:02:16,166  
That resulting acceleration being  
used to calculate the subject's mass.

37  
00:02:16,626 --> 00:02:19,356  
The objective of today's procedure  
was to instruct the crew on how

38  
00:02:19,356 --> 00:02:22,946  
to perform body mass measurements  
using the SLAMMD hardware.

39  
00:02:23,446 --> 00:02:26,696  
The crew member will set up the software  
to perform body mass measurements

40  
00:02:26,696 --> 00:02:28,346  
and then conduct the mass measurements.

41  
00:02:28,816 --> 00:02:32,216  
Meanwhile their Russian counterparts  
are working on maintenance and testing

42  
00:02:32,306 --> 00:02:36,476  
of the docking systems on the Poisk module  
in preparation for next week's undocking

43  
00:02:36,476 --> 00:02:42,586  
of the Soyuz TMA-21 spacecraft, that to begin  
the trip home for NASA astronaut Ron Garan,

44  
00:02:42,736 --> 00:02:45,606  
Andrey Borisenko and Alexander Samokutyaev.

45  
00:02:46,116 --> 00:02:49,676  
They worked on connecting the docking  
compartment Kurs antenna feeder

46  
00:02:49,716 --> 00:02:50,736  
to the service module.

47  
00:02:51,016 --> 00:02:53,946  
They also performed physical  
exercise and Russian experiment work.

48  
00:02:54,826 --> 00:03:00,746  
JAXA astronaut Satoshi Furukawa has been working  
in the Japanese segment, specifically working

49  
00:03:00,746 --> 00:03:04,286  
on some payload computer  
configurations associated

50  
00:03:04,286 --> 00:03:06,356  
with the Multi-purpose Small Payload rack.

51  
00:03:06,976 --> 00:03:11,696  
He's also been working on the ARED, or the  
Advanced Resistive Exercise Device, maintenance.

52  
00:03:11,986 --> 00:03:16,526  
And NASA Astronaut Ron Garan is working  
on some hardware configurations associated

53  
00:03:16,526 --> 00:03:20,526  
with the Glacier-2, which is one of the

freezers on board the space station.

54

00:03:20,996 --> 00:03:24,746

Their end of day will include private medical conferences for Mike Fossum,

55

00:03:25,066 --> 00:03:27,246

and the team will end their day with a daily planning conference

56

00:03:27,246 --> 00:03:30,326

at about 1:50 p.m. Central time followed by off-duty time.