1
00:00:01,460 --> 00:00:05,890
Good morning and welcome to today's
International Space Station update.

2
00:00:05,890 --> 00:00:08,810
On board the crew Expedition
30, very hard at work

3
00:00:08,810 --> 00:00:11,780
at some experiment and maintenance work today.

4
00:00:11,780 --> 00:00:17,070
That crew is comprised of NASA astronaut
and Expedition 30 Commander Dan Burbank,

5
00:00:17,070 --> 00:00:19,380
there in the center of your screen.

6
00:00:19,380 --> 00:00:20,850
He is on his third spaceflight.

7
00:00:20,850 --> 00:00:25,120
He is joined by Russian cosmonaut
Anton Shkaplerov, there on the left,

8
00:00:25,120 --> 00:00:28,980
and Anatoly Ivanishin on the right,
both on their first spaceflights.

9
00:00:28,980 --> 00:00:33,820
The crew started their day at about midnight
Central Time today before doing the traditional

10
00:00:33,820 --> 00:00:35,220
daily planning conference.

11
00:00:35,220 --> 00:00:38,350
Here you can see Commander
Burbank working on what has taken

12
00:00:38,350 --> 00:00:40,980
up the vast majority of his work schedule.

13
00:00:40,980 --> 00:00:44,320
He is doing some work on the
Combustion Integrated Rack,

14
00:00:44,320 --> 00:00:48,130
namely doing some maintenance
work and replacement

15
00:00:48,130 --> 00:00:52,270
on the Multiuser Droplet
Combustion Apparatus Chamber.

16
00:00:52,270 --> 00:00:56,910
This Combustion Integrated Rack houses
a number of hardware pieces capable

17
00:00:56,910 --> 00:00:59,410
of performing the duties combustion experiments

18
00:00:59,410 --> 00:01:03,830
in the unique microgravity
environment onboard the station.

19
00:01:03,830 --> 00:01:08,410
Other than that, he will get in his two hours
of exercise which each astronaut is required

20
00:01:08,410 --> 00:01:13,960
to perform each day and also do some
portable computer system laptop connections.

21
00:01:13,960 --> 00:01:21,880
His colleagues are Anton Shkaplerov started
his day ending a 24-hour UKG Holter monitoring,

22

00:01:21,880 --> 00:01:25,590
which helps to study the heart's
functions as the crew member goes

23
00:01:25,590 --> 00:01:27,700
through his long-duration space flight.

24
00:01:27,700 --> 00:01:32,170
The rest of his morning was taken up
doing some set up and activation work

25
00:01:32,170 --> 00:01:36,040
on a space-to-space radio and
antenna switching controller

26
00:01:36,040 --> 00:01:40,180
in the International Space Station's
service module, also known as Zvezda,

27
00:01:40,180 --> 00:01:41,870
which is over in the Russian segment.

28
00:01:41,870 --> 00:01:46,370
The latter half of his day was taken up
mostly replacing a number of light units

29
00:01:46,370 --> 00:01:51,750
in the Zarya module, also known as functional
cargo block, or by its Russian acronym the FGB.

30
00:01:51,750 --> 00:01:56,550
He will also get in his two hours
of exercise today on both the TVIS,

31
00:01:56,550 --> 00:02:01,090
which is one of the treadmills onboard
the station, and the ARED device.

32
00:02:01,090 --> 00:02:05,280
Rounding out the crew, Anatoly Ivanishin

started his day with some coolant maintenance

33
00:02:05,280 --> 00:02:12,120
and then started his own UKG Holter monitoring
set up, again that's monitoring heart's systems

34
00:02:12,120 --> 00:02:14,950
and functioning over the
long-duration spaceflights.

35
00:02:14,950 --> 00:02:20,080
Later, he did some troubleshooting work on
one of the systems on board a Russian segment,

36
00:02:20,080 --> 00:02:24,800
on the loss of Ethernet connectivity, that's
the networking, so he was troubleshooting that

37
00:02:24,800 --> 00:02:28,860
and trying to find a problem, before
moving on to some cleanup work

38
00:02:28,860 --> 00:02:33,450
on the gas liquid heat exchanger,
cleaning up one of the fan screens on that.

39
00:02:33,450 --> 00:02:38,970
Later, he will move into some light
replacement work along with Anton Shkaplerov,

40
00:02:38,970 --> 00:02:43,030
replacing lights and light panel
fuses, again on the Russian segment

41
00:02:43,030 --> 00:02:46,030
of the International Space
Station, before rounding out his day

42
00:02:46,030 --> 00:02:49,650
with more exercise on the ARED and TVIS device.

43
00:02:49,650 --> 00:02:53,680
Then the crew will have their second daily
planning conference at the end of the day,

44
00:02:53,680 --> 00:02:57,430
discussing with flight controllers around the
world the day's activities and any get of work