



1

00:00:01,130 --> 00:00:02,920

Good morning, this is Mission Control Houston.

2

00:00:02,920 --> 00:00:09,370

Welcome and thank you for joining us for today's edition of ISS update this Wednesday, March 21.

3

00:00:09,370 --> 00:00:12,810

Today station Commander Dan Burbank is working to troubleshoot a problem

4

00:00:12,810 --> 00:00:15,510

with the Waste Hygiene Compartment with air bubbles in the system

5

00:00:15,510 --> 00:00:17,960

and also perform some regular maintenance to it.

6

00:00:17,960 --> 00:00:24,470

He will be removing and replacing the water pump and the pretreat water pump and pretreat tank.

7

00:00:24,470 --> 00:00:27,430

Meanwhile, Flight Engineers Don Pettit with some assistance

8

00:00:27,430 --> 00:00:33,730

from Andre Kuipers is conducting ultrasound scans as part of the ongoing Sprint study.

9

00:00:33,730 --> 00:00:38,950

That study looks at reducing crew members' exercise frequency while increasing

10

00:00:38,950 --> 00:00:40,980

exercise intensity.

11

00:00:40,980 --> 00:00:47,390

The scans provide insight on the health of the

crew members' body while undergoing this study.

12
00:00:47,390 --> 00:00:52,290
Andre Kuipers is currently participating in an onboard training session with Oleg Kononenko

13
00:00:52,290 --> 00:00:55,760
that reviews a rendezvous and docking safety drill of the soon

14
00:00:55,760 --> 00:00:58,400
to arrive Automated Transfer Vehicle-3.

15
00:00:58,400 --> 00:01:02,060
Kuipers and Kononenko will be prepared to monitor the visiting vehicle's approach

16
00:01:02,060 --> 00:01:04,840
and docking to the space station next week.

17
00:01:04,840 --> 00:01:10,490
ATV-3 is scheduled to launch tomorrow evening at 11:34 PM central time.

18
00:01:10,490 --> 00:01:16,160
Cosmonaut Anton Shkaplerov is conducting an audit of onboard individual protection gear.

19
00:01:16,160 --> 00:01:17,960
He and the rest of the crew with the exception

20
00:01:17,960 --> 00:01:21,980
of the commander will break an hour later this afternoon for the exercise

21
00:01:21,980 --> 00:01:23,700
on the various equipment aboard station.

22
00:01:23,700 --> 00:01:28,600

That includes a treadmill, stationary bicycle
and the Advanced Resistive Exercise Device

23

00:01:28,600 --> 00:01:31,150

that simulates weightlifting here on Earth.

24

00:01:31,150 --> 00:01:33,560

And earlier this morning aboard
the International Space Station.

25

00:01:33,560 --> 00:01:38,700

Commander Burbank conducted a microbiology water
analysis from the Environmental Health System.

26

00:01:38,700 --> 00:01:44,560

Burbank tended to the ongoing Binary
Colloidal Alloy Test six also known as BCAT-6

27

00:01:44,560 --> 00:01:47,340

and snapped some images of
existing crystal growth.

28

00:01:47,340 --> 00:01:51,320

The experiment has applications in
the design of new nano materials.

29

00:01:51,320 --> 00:01:55,550

As a continuation of yesterday's work
Flight Engineer Don Pettit worked

30

00:01:55,550 --> 00:02:00,710

to load some software, disconnect and
relocate a laptop computer that is associated

31

00:02:00,710 --> 00:02:06,900

with an EXPRESS rack, housed in a refrigerator
size container that acts as an exterior shell,

32

00:02:06,900 --> 00:02:13,570

each express rack enables quick, simple

integration of up to 10 payloads.

33

00:02:13,570 --> 00:02:17,270

Andre Kuipers spent some time early this morning collecting personal data as part

34

00:02:17,270 --> 00:02:21,830

of the Card experiment that studies blood pressure decreases in the human body exposed

35

00:02:21,830 --> 00:02:27,450

to microgravity for long periods of time as crew members aboard the space station are.

36

00:02:27,450 --> 00:02:32,820

Cosmonaut Anton Shkaplerov worked with the Russian Bar experiment which looks at methods

37

00:02:32,820 --> 00:02:37,470

and instruments for detecting the location of a loss of pressure aboard the station,

38

00:02:37,470 --> 00:02:41,690

and Oleg Kononenko worked with the Typology experiment

39

00:02:41,690 --> 00:02:47,580

that studies a crew member's psychophysical state during long-duration spaceflight.

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00:02:47,580 --> 00:02:52,680

And by closing time each crew member will have exercised to maintain his physical fitness

41

00:02:52,680 --> 00:02:56,560

and help mitigate the negative effects of microgravity on their bodies.

42

00:02:56,560 --> 00:03:02,040

The Expedition 30 crew members will be doing

some evening prep work for another busy day

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00:03:02,040 --> 00:03:06,640

in space tomorrow and they will participate
in its final daily planning conference

44

00:03:06,640 --> 00:03:10,800

with ground controllers around the world
before entering its presleep period.

45

00:03:10,800 --> 00:03:15,230

The crew is scheduled to go to
bed at 3:30 PM central time.

46

00:03:15,230 --> 00:03:19,730

Meanwhile back on Earth in Kourou, French
Guiana, preparations remain on track

47

00:03:19,730 --> 00:03:24,360

for the launch of the European
Space Agency's Edoardo Amaldi,

48

00:03:24,360 --> 00:03:27,450

the Automated Transfer Vehicle-3 cargo craft.