

EXPEDITION 32



**JOE ACABA**  
Flight Engineer

1  
00:00:01,470 --> 00:00:03,190  
This is Mission Control Houston.

2  
00:00:03,190 --> 00:00:05,900  
Very heavy traffic  
much in evidence again

3  
00:00:05,900 --> 00:00:07,890  
at the International  
Space Station.

4  
00:00:07,890 --> 00:00:11,730  
The crew members aboard moved  
on from the final undocking

5  
00:00:11,730 --> 00:00:15,590  
of Russian cargo ship on Monday  
afternoon to getting ready

6  
00:00:15,590 --> 00:00:17,460  
for the arrival of  
its replacement.

7  
00:00:17,460 --> 00:00:19,680  
That's coming up on Wednesday.

8  
00:00:19,680 --> 00:00:20,980  
Commander Gennady Padalka

9  
00:00:20,980 --> 00:00:23,600  
and Flight Engineer Yuri  
Malenchenko spent the morning

10  
00:00:23,600 --> 00:00:25,750  
training with the TORU.

11  
00:00:25,750 --> 00:00:29,080  
That's the manual system in the  
Russian segment of the station

12

00:00:29,080 --> 00:00:32,220

that is used to fly a  
Russian ship into a docking

13

00:00:32,220 --> 00:00:36,290

with the station if the  
automated system were to fail.

14

00:00:36,290 --> 00:00:39,620

With the next Progress  
set to arrive tomorrow,

15

00:00:39,620 --> 00:00:41,710

they got a refresher  
training session

16

00:00:41,710 --> 00:00:43,280

in TORU operations today.

17

00:00:43,280 --> 00:00:47,030

The two crew members then spent  
their afternoon shooting video

18

00:00:47,030 --> 00:00:51,520

for a Russian TV show  
called "Lessons from Space."

19

00:00:51,520 --> 00:00:53,430

Flight Engineer Sergei  
Revin had time

20

00:00:53,430 --> 00:00:55,950

for an on-orbit conversation  
with the director

21

00:00:55,950 --> 00:00:59,470

of a Russian university,  
then he shot video

22

00:00:59,470 --> 00:01:03,190  
for another Russian project  
about life in space finishing

23

00:01:03,190 --> 00:01:05,800  
up his day with exercise  
and maintenance

24

00:01:05,800 --> 00:01:08,340  
on Russian segment systems.

25

00:01:08,340 --> 00:01:10,420  
Flight Engineers Joe Acaba

26

00:01:10,420 --> 00:01:14,120  
and Suni Williams spent  
half a day unloading items

27

00:01:14,120 --> 00:01:18,330  
in the Japanese cargo ship,  
the H-II Transfer Vehicle

28

00:01:18,330 --> 00:01:21,080  
which arrived at the  
station last Friday.

29

00:01:21,080 --> 00:01:25,040  
Acaba moved on to taking  
some readings for a variety

30

00:01:25,040 --> 00:01:27,320  
of life sciences  
research projects

31

00:01:27,320 --> 00:01:28,980  
and then examined samples

32

00:01:28,980 --> 00:01:31,720  
for the Advanced

## Colloids Experiment.

33

00:01:31,720 --> 00:01:33,300

That's going to examine materials

34

00:01:33,300 --> 00:01:36,550

that contain small colloidal particles to learn more

35

00:01:36,550 --> 00:01:40,150

about how those particles behave in microgravity.

36

00:01:40,150 --> 00:01:45,230

Suni Williams fed the spiders in the YouTube Spacelab payload.

37

00:01:45,230 --> 00:01:49,090

She also spent time talking to a radio station in Woods Hole,

38

00:01:49,090 --> 00:01:54,520

Massachusetts, her home state as well as to CNN, and finished

39

00:01:54,520 --> 00:01:57,020

up the day with body mass measurements,

40

00:01:57,020 --> 00:02:00,360

as did Acaba and Aki Hoshide.

41

00:02:00,360 --> 00:02:02,730

Hoshide's morning was taken up setting

42

00:02:02,730 --> 00:02:05,020

up the ultrasound equipment for scans

43

00:02:05,020 --> 00:02:08,290  
of his leg during the  
Sprint experiment,

44

00:02:08,290 --> 00:02:10,970  
which is evaluating  
whether high-intensity

45

00:02:10,970 --> 00:02:15,120  
but low-volume exercise  
is better than slower

46

00:02:15,120 --> 00:02:18,260  
but longer exercise in  
helping maintain muscle,

47

00:02:18,260 --> 00:02:20,660  
bone and cardiovascular  
function.

48

00:02:20,660 --> 00:02:23,670  
Hoshide also had his  
last scheduled period

49

00:02:23,670 --> 00:02:28,270  
for station familiarization,  
a station he's been a resident

50

00:02:28,270 --> 00:02:30,490  
of for about two weeks now.

51

00:02:30,490 --> 00:02:33,510  
Crew members have a variety of  
science experiment operations

52

00:02:33,510 --> 00:02:35,520  
on their plans for Wednesday,

53

00:02:35,520 --> 00:02:40,750  
as well as HTV emergency  
procedures review before lunch.

54

00:02:40,750 --> 00:02:43,910  
After lunch the Russian  
crew members will get a nap

55

00:02:43,910 --> 00:02:47,530  
so that they'll be refreshed  
for Wednesday evening's arrival

56

00:02:47,530 --> 00:02:49,890  
of the next Progress vehicle.

57

00:02:49,890 --> 00:02:52,890  
The new Russian cargo ship, 48P,

58

00:02:52,890 --> 00:02:56,350  
launches at 2:35  
p.m. central time

59

00:02:56,350 --> 00:02:59,390  
from the Baikonur Cosmodrome  
in Kazakhstan on Wednesday,

60

00:02:59,390 --> 00:03:03,820  
August 1, and is scheduled to  
dock just four orbits later,

61

00:03:03,820 --> 00:03:09,130  
at 8:24 p.m. in the first test  
of a new flight profile designed