INTERNATIONAL SPACE STATION

EXPEDITION 32

JOE ACABA
Flight Engineer

SUNITA WILLIAMS
Flight Engineer

AKIHIKO HOSHIDE
Flight Engineer

1
00:00:01,466 --> 00:00:03,446
Good morning and welcome
to Mission Control, Houston

2
00:00:04,096 --> 00:00:05,946
and the International
Space Station Update.

3
00:00:06,516 --> 00:00:09,196
We're here with the
International Space Station

4
00:00:09,196 --> 00:00:11,936
flight control team inside the
space station flight control

5
00:00:11,936 --> 00:00:13,906
room at the Mission
Control Center in Houston.

6
00:00:14,876 --> 00:00:16,396
On board the International
Space Station,

7
00:00:16,396 --> 00:00:19,336
the six Expedition 32
crew members are halfway

8
00:00:19,336 --> 00:00:20,096
through their day.

9
00:00:20,266 --> 00:00:23,926
Commander Gennady Padalka,
U.S. Flight Engineers Joe Acaba

10
00:00:23,926 --> 00:00:27,536
and Suni Williams, Japanese
Flight Engineer Aki Hoshide

11

00:00:27,746 --> 00:00:30,046
and Russian Flight
Engineers Yuri Malenchenko

12
00:00:30,136 --> 00:00:32,326
and Serge Revin got
their wake-up call

13
00:00:32,326 --> 00:00:33,896
at 1 a.m. Central
time this morning

14
00:00:33,896 --> 00:00:36,046
and have been steadily
making their way

15
00:00:36,166 --> 00:00:37,336
through their scheduled
activities.

16
00:00:38,126 --> 00:00:40,516
The crew has been together
for almost a full month now

17
00:00:40,516 --> 00:00:41,596
since Williams, Hoshide

18
00:00:41,596 --> 00:00:46,216
and Malenchenko arrived aboard
their Soyuz 31S on July 16.

19
00:00:47,066 --> 00:00:49,506
They've been in space for 32
days and at the space station

20
00:00:49,506 --> 00:00:52,126
for 30, and they're planning
to stay until November.

21
00:00:52,746 --> 00:00:56,266

Acaba, Padalka and Revin, on the
other hand, launched on May 14

22
00:00:56,266 --> 00:01:00,006
and have been in space now for
93 days, at the station for 91.

23
00:01:00,496 --> 00:01:01,736
They'll be heading
back to the Earth

24
00:01:02,046 --> 00:01:03,936
in their own Soyuz
vehicle next month.

25
00:01:05,166 --> 00:01:07,486
With two spacewalks coming up
before the end of the month,

26
00:01:07,556 --> 00:01:08,676
one in less than a week,

27
00:01:09,146 --> 00:01:11,856
activities today are again
focused on preparation,

28
00:01:12,476 --> 00:01:14,236
particularly for the
Russian spacewalk

29
00:01:14,236 --> 00:01:15,236
which is scheduled for Monday.

30
00:01:16,116 --> 00:01:17,186
Commander Gennady Padalka

31
00:01:17,186 --> 00:01:20,796
and Flight Engineer Yuri
Malenchenko have been working

32
00:01:20,796 --> 00:01:24,686
with their Orlan Russian space
suits installing NASA helmet

33
00:01:24,686 --> 00:01:27,056
lights and cameras on
those suits with help

34
00:01:27,056 --> 00:01:30,676
from Suni Williams and also
configuring their communication

35
00:01:30,676 --> 00:01:32,716
systems and checking
out the telemetry

36
00:01:33,106 --> 00:01:34,276
and biomedical sensors.

37
00:01:35,156 --> 00:01:38,056
They're scheduled to perform
that spacewalk beginning

38
00:01:38,056 --> 00:01:42,426
at 9:40 a.m. on Monday
and NASA TV coverage

39
00:01:42,596 --> 00:01:45,386
of the six-and-a-half-hour-long
excursion will begin

40
00:01:45,416 --> 00:01:48,876
at 9 a.m. Central time.

41
00:01:48,876 --> 00:01:49,986
Elsewhere on the station,

42
00:01:50,056 --> 00:01:52,736
the other Expedition 32

crew members have been busy

43
00:01:52,736 --> 00:01:53,936
with science experiments.

44
00:01:54,666 --> 00:01:58,706
Flight Engineer Joe Acaba spent
some time today working on ACE,

45
00:01:58,706 --> 00:02:00,376
or the Advanced Colloid
Experiment,

46
00:02:00,376 --> 00:02:03,576
which looks at the flow
characteristics and evolution

47
00:02:03,576 --> 00:02:06,236
and ordering effects of
colloids in microgravity.

48
00:02:07,246 --> 00:02:09,816
Meanwhile, Suni Williams and
Aki Hoshide were both scheduled

49
00:02:09,816 --> 00:02:12,436
to spend some time with the
Integrated Cardiovascular

50
00:02:12,436 --> 00:02:16,226
experiment, which studies the
decrease of the heart muscle

51
00:02:16,826 --> 00:02:18,846
that the astronauts
experience while in space.

52
00:02:20,036 --> 00:02:23,336
Hoshide also took part
in the Pro K experiment,

53
00:02:23,746 --> 00:02:26,266
which looks at how diet can
decrease bone loss while

54
00:02:26,266 --> 00:02:29,246
in microgravity, and this
afternoon will begin a session

55
00:02:29,246 --> 00:02:30,806
of the Circadian
Rhythms experiment.

56
00:02:30,876 --> 00:02:33,696
That experiment examines
how long stays in space,

57
00:02:34,446 --> 00:02:37,156
where the sun rises and
sets 16 times a day,

58
00:02:37,916 --> 00:02:39,556
affect the body's
circadian rhythms,

59
00:02:39,556 --> 00:02:41,856
which are their 24-hour
light-dark cycle.

60
00:02:42,846 --> 00:02:46,046
The team here on the ground will
command the visiting Autonomous

61
00:02:46,046 --> 00:02:49,456
Transfer Vehicle's thrusters
to fire for 31 minutes

62
00:02:49,456 --> 00:02:52,306
and 16 seconds and
raise the space station

63
00:02:52,306 --> 00:02:54,686
to an altitude of 254 miles.

64
00:02:55,186 --> 00:02:57,456
It's part of a regular
schedule of reboosts

65
00:02:57,526 --> 00:02:58,556
for the space station,

66
00:02:59,126 --> 00:03:01,696
but it will also help the
station take advantage

67
00:03:01,696 --> 00:03:05,786
of the propellant brought
up by the European ATV,

68
00:03:06,906 --> 00:03:09,426
also begin getting
them into place