1
00:00:01,460 --> 00:00:03,470
Good morning, this is
mission control Houston.

2
00:00:03,470 --> 00:00:06,500
Welcome and thank you for
joining us for today's edition

3
00:00:06,500 --> 00:00:11,080
of ISS Update this
Wednesday October third.

4
00:00:11,080 --> 00:00:14,340
The Expedition 33 crew
members began their day

5
00:00:14,340 --> 00:00:17,860
with some time this morning for
work preparation, breakfast,

6
00:00:17,860 --> 00:00:20,350
morning hygiene and
a station inspection.

7
00:00:20,350 --> 00:00:22,640
The crew then kicked-off
their day with the first

8
00:00:22,640 --> 00:00:24,380
of two daily planning
conferences

9
00:00:24,380 --> 00:00:26,010
with ground controllers
around the world

10
00:00:26,010 --> 00:00:30,370
to review today's activities and
plan for the next set of tasks.

11
00:00:30,370 --> 00:00:32,840
Today Commander Williams is
busy performing maintenance

12
00:00:32,840 --> 00:00:35,850
on the pottable water
dispenser beverage adapter,

13
00:00:35,850 --> 00:00:39,700
replacing the activated
carbon ion exchange filter

14
00:00:39,700 --> 00:00:42,120
in the oxygen generator system.

15
00:00:42,120 --> 00:00:44,110
Williams will also,
in just a few minutes,

16
00:00:44,110 --> 00:00:47,280
participate in a private
medical conference today.

17
00:00:47,280 --> 00:00:49,770
These periodic private
medical conferences are set

18
00:00:49,770 --> 00:00:53,000
with long-duration crew members
with their flight surgeons

19
00:00:53,000 --> 00:00:56,110
to discuss their medical and
health status, human factors

20
00:00:56,110 --> 00:00:57,700
and habitation systems.

21
00:00:57,700 --> 00:01:00,530

And just minutes ago
Williams took time out to talk

22
00:01:00,530 --> 00:01:03,800
with Dr. Sanjay Gupta
with CNN and Kenneth Chang

23
00:01:03,800 --> 00:01:07,090
of New York Times during
an in-flight event.

24
00:01:07,090 --> 00:01:10,730
Commander Williams as crew
medical officer also had

25
00:01:10,730 --> 00:01:13,750
assisted Flight Engineer Aki
Hoshide in the U.S. laboratory

26
00:01:13,750 --> 00:01:15,640
with the integrated
cardiovascular

27
00:01:15,640 --> 00:01:17,330
monitoring session.

28
00:01:17,330 --> 00:01:20,110
The integrated cardiovascular
experiment is

29
00:01:20,110 --> 00:01:23,600
to quantify the extent, time,
course and clinical significance

30
00:01:23,600 --> 00:01:27,910
of cardiac atrophy and
identify its mechanisms.

31
00:01:27,910 --> 00:01:31,570
This experiment consists of two

separate but related activities

32
00:01:31,570 --> 00:01:35,430
over a one-week period time
an ultrasound echo scan,

33
00:01:35,430 --> 00:01:39,360
and in today's activity, an
ambulatory monitoring session.

34
00:01:39,360 --> 00:01:43,700
Hoshide also had conducted
microbial air sampling inside

35
00:01:43,700 --> 00:01:46,230
the Japanese Experiment Module.

36
00:01:46,230 --> 00:01:49,440
He then worked to remove and
replace the pretreat tank

37
00:01:49,440 --> 00:01:51,810
of the Waste and
Hygiene compartment

38
00:01:51,810 --> 00:01:55,330
and performed a fluid transfer
from the Water Recovery System

39
00:01:55,330 --> 00:01:58,210
that produces drinkable
water for the crew.

40
00:01:58,210 --> 00:02:01,100
Hoshide also prepacked
items that will be returned

41
00:02:01,100 --> 00:02:03,510
to Earth the the Dragon
spacecraft, slated to arrive

42
00:02:03,510 --> 00:02:04,930
at the station later this month.

43
00:02:04,930 --> 00:02:06,870
On the Russian side
of the house,

44
00:02:06,870 --> 00:02:09,410
Malenchenko had spent
some time cleaning vents

45
00:02:09,410 --> 00:02:11,910
and performing regular
preventative maintenance

46
00:02:11,910 --> 00:02:15,110
to the service module
ventilation system

47
00:02:15,110 --> 00:02:19,040
and regular maintenance to the
Russian life support system.

48
00:02:19,040 --> 00:02:20,970
Each of the crew
members will then put

49
00:02:20,970 --> 00:02:22,470
in their daily two hours

50
00:02:22,470 --> 00:02:25,510
of exercise using the
onboard gym equipment.

51
00:02:25,510 --> 00:02:28,100
That includes the station
bicycle, a treadmill,

52

00:02:28,100 --> 00:02:30,570
and the advanced
resistive exercise device,

53
00:02:30,570 --> 00:02:33,050
that simulates weightlifting
here on Earth.

54
00:02:33,050 --> 00:02:34,960
The crew will then wrap the day

55
00:02:34,960 --> 00:02:38,200
with a final daily planning
conference with the ground.

56
00:02:38,200 --> 00:02:42,690
The crew is then scheduled
to go to bed at 4:30 p.m. CT.

57
00:02:42,690 --> 00:02:46,680
Meanwhile, late last night, the
Automated Transfer Vehicle 3,

58
00:02:46,680 --> 00:02:49,680
also known as "Edoardo
Amaldi," that had undocked

59
00:02:49,680 --> 00:02:53,260
from the International
Space Station last Friday,

60
00:02:53,260 --> 00:02:56,160
had performed two final burns
that sent the spacecraft

61
00:02:56,160 --> 00:02:59,890
on a reentry trajectory
over the Pacific Ocean.

62
00:02:59,890 --> 00:03:02,000

That's the recap of today's activities aboard the