1
00:00:01,100 --> 00:00:03,636
This is mission control Houston.

2
00:00:03,636 --> 00:00:07,840
The crew of the International
Space Station's expedition 34

3
00:00:07,840 --> 00:00:10,643
started the year
2013 with a focus

4
00:00:10,643 --> 00:00:13,746
on science operations
while taking time

5
00:00:13,746 --> 00:00:18,651
for holiday observance too as
they advance our understanding

6
00:00:18,651 --> 00:00:21,387
of how to live off
of planet Earth.

7
00:00:21,387 --> 00:00:24,190
On Monday Commander Kevin
Ford started the day

8
00:00:24,190 --> 00:00:27,560
with several blood draws,
which is a standard procedure

9
00:00:27,560 --> 00:00:31,464
to acquire samples for later
study for several investigations

10
00:00:31,464 --> 00:00:32,798
that look at how life

11
00:00:32,798 --> 00:00:36,368

in microgravity affects
the biological processes

12
00:00:36,368 --> 00:00:37,403
of the body.

13
00:00:37,403 --> 00:00:39,772
Ford also worked as
a medical officer

14
00:00:39,772 --> 00:00:41,807
with flight engineer
Chris Hadfield

15
00:00:41,807 --> 00:00:44,376
for periodic fitness evaluation

16
00:00:44,376 --> 00:00:47,346
and then did his own daily
exercises that are designed

17
00:00:47,346 --> 00:00:51,717
to maintain physical fitness and
prevent bone and muscle atrophy.

18
00:00:51,717 --> 00:00:53,819
Ford spent much of
the afternoon working

19
00:00:53,819 --> 00:00:56,088
on the capillary
flow experiment,

20
00:00:56,088 --> 00:00:58,958
which is a physics research
on how fluids behave

21
00:00:58,958 --> 00:01:00,659
in the absence of gravity.

22
00:01:00,659 --> 00:01:03,129
Flight engineers Evgeny Tarelkin

23
00:01:03,129 --> 00:01:07,299
and Roman Romanenko worked
Monday on the seiner experiment.

24
00:01:07,299 --> 00:01:09,635
Thats is a Russian
investigation designed

25
00:01:09,635 --> 00:01:12,371
to help commercial fishermen
find the most productive

26
00:01:12,371 --> 00:01:13,772
fishing grounds.

27
00:01:13,772 --> 00:01:17,510
They were joined by flight
engineer Oleg Novitskiy spending

28
00:01:17,510 --> 00:01:19,879
much of the rest of the
day Monday in maintenance

29
00:01:19,879 --> 00:01:22,481
on the Russian segment systems.

30
00:01:22,481 --> 00:01:25,985
Flight engineer Tom Marshburn
powered up the ultrasound

31
00:01:25,985 --> 00:01:28,454
on Monday to do self scans

32
00:01:28,454 --> 00:01:31,524
for the integrated
cardiovascular experiment,

33
00:01:31,524 --> 00:01:35,794
which is quantifying the atrophy
of the cardiac muscle trying

34
00:01:35,794 --> 00:01:38,764
to identify the causes
of that atrophy

35
00:01:38,764 --> 00:01:41,000
to develop countermeasures
that will be needed

36
00:01:41,000 --> 00:01:43,669
for long-duration flights
beyond Earth orbit.

37
00:01:43,669 --> 00:01:45,971
He then spent the
afternoon doing maintenance

38
00:01:45,971 --> 00:01:48,574
on the waste hygiene
compartment.

39
00:01:48,574 --> 00:01:53,112
All six crew members enjoyed a
day off-duty for New Year's Day.

40
00:01:53,112 --> 00:01:55,748
This morning commander
Kevin Ford went to work

41
00:01:55,748 --> 00:01:59,318
in the destiny laboratory
setting up the Robonaut

42
00:01:59,318 --> 00:02:02,588
for continued evaluations
that are designed

43
00:02:02,588 --> 00:02:06,525
to help develop new
robotic capabilities

44
00:02:06,525 --> 00:02:09,128
for manipulating mechanisms.

45
00:02:09,128 --> 00:02:12,665
The hope is that that will
lead to eventual assistance

46
00:02:12,665 --> 00:02:16,936
by the robot with the human
crew members with their tasks

47
00:02:16,936 --> 00:02:20,839
and future interaction with
the human crew members.

48
00:02:20,839 --> 00:02:23,375
Flight engineers Oleg Novitskiy

49
00:02:23,375 --> 00:02:27,279
and Evgeny Tarelkin spent the
morning replacing panels inside

50
00:02:27,279 --> 00:02:31,250
the Zvezda module, just of
routine maintenance task,

51
00:02:31,250 --> 00:02:34,353
in the afternoon on
the bar experiment.

52
00:02:34,353 --> 00:02:37,489
They are testing principles
and methods of leak control

53

00:02:37,489 --> 00:02:39,825
for future construction.

54
00:02:39,825 --> 00:02:43,963
Flight engineer Roman Romanenko
also did maintenance work today

55
00:02:43,963 --> 00:02:47,366
and had time set aside
for crew orientation along

56
00:02:47,366 --> 00:02:50,035
with Chris Hadfield
and Tom Marshburn.

57
00:02:50,035 --> 00:02:52,304
Hadfield and Marshburn
each worked

58
00:02:52,304 --> 00:02:56,742
with a cognitive assessment
investigation which gathers data

59
00:02:56,742 --> 00:03:01,347
to find out how living in space
impacts a person's perception

60
00:03:01,347 --> 00:03:03,515
of their environment.

61
00:03:03,515 --> 00:03:07,686
They also both each spent time
on projects that are designed

62
00:03:07,686 --> 00:03:11,357
to help people on Earth connect
with what's going on in space.

63
00:03:11,357 --> 00:03:16,028
Hadfield set up to record

podcasts about life in space.

64
00:03:16,028 --> 00:03:19,031
Marshburn conducted interviews
with two television stations

65
00:03:19,031 --> 00:03:20,766
in his native North Carolina.

66
00:03:20,766 --> 00:03:23,035
The Russian crew
members are scheduled

67
00:03:23,035 --> 00:03:24,536
for similar interview event

68
00:03:24,536 --> 00:03:28,407
on Thursday while the
expedition 34 crew continues

69
00:03:28,407 --> 00:03:31,710
with regular station
maintenance and daily exercise