1
00:00:02,356 --> 00:00:06,026
A good Tuesday morning from
the International Space Station

2
00:00:06,026 --> 00:00:07,126
Flight Control Room.

3
00:00:07,126 --> 00:00:08,776
This is Mission Control Houston.

4
00:00:08,776 --> 00:00:12,576
It's Tuesday, January 22, 2013.

5
00:00:12,576 --> 00:00:18,126
The crew aboard the station,
known as Expedition 34,

6
00:00:18,126 --> 00:00:20,346
is comprised of six
crew members.

7
00:00:20,696 --> 00:00:25,296
Commander Kevin Ford you
see in the seated position

8
00:00:25,296 --> 00:00:27,446
on the left is serving

9
00:00:27,736 --> 00:00:31,496
as the overall commander
of Expedition 34.

10
00:00:31,816 --> 00:00:33,576
On the left side of the view,

11
00:00:33,576 --> 00:00:36,536
standing behind him
are Oleg Novitskiy

12
00:00:36,536 --> 00:00:39,436
and Evgeny Tarelkin,
Russian cosmonauts.

13
00:00:39,556 --> 00:00:41,216
They're on their first
voyage into space,

14
00:00:41,216 --> 00:00:45,366
Kevin Ford on his first
long-duration stay in space.

15
00:00:45,366 --> 00:00:48,096
He flew on a shuttle flight,
a shorter duration mission

16
00:00:48,516 --> 00:00:52,276
to the station on STS-128.

17
00:00:52,756 --> 00:00:55,826
These three crew members have
been onboard the station now

18
00:00:55,826 --> 00:00:57,136
for 90 days.

19
00:00:57,886 --> 00:01:00,476
They've been in space
for 92 days arriving

20
00:01:00,476 --> 00:01:04,206
at the complex back in late
October aboard their Soyuz

21
00:01:04,206 --> 00:01:07,466
TMA-06M spacecraft.

22
00:01:07,686 --> 00:01:09,856
The newest three crew members,

23
00:01:10,076 --> 00:01:13,546
pretty much no longer
the newest, are comprised

24
00:01:13,546 --> 00:01:15,426
of three flight engineers.

25
00:01:15,816 --> 00:01:16,816
Standing in the back,

26
00:01:16,816 --> 00:01:20,056
the tallest of the
three Roman Romanenko,

27
00:01:20,056 --> 00:01:22,346
the Russian cosmonaut, he served

28
00:01:22,346 --> 00:01:25,766
on a long-duration expedition,
Expedition 20 and 21.

29
00:01:26,326 --> 00:01:30,546
And also joining him, next
to him is Dr. Tom Marshburn.

30
00:01:30,886 --> 00:01:33,156
He's on his first
long-duration stay in space.

31
00:01:33,156 --> 00:01:35,956
He flew a shuttle
flight, STS-127,

32
00:01:35,956 --> 00:01:37,616
a shorter flight to the station.

33
00:01:38,196 --> 00:01:40,956
Also joining them is Canadian

Space Agency astronaut,

34
00:01:40,956 --> 00:01:43,776
the seated crew member
there, Chris Hadfield.

35
00:01:44,136 --> 00:01:47,606
He's on his, also first
long-duration stay in space.

36
00:01:47,606 --> 00:01:52,526
But he's flown two previous
shuttle flights, one of those

37
00:01:52,526 --> 00:01:54,596
to the International
Space Station as well.

38
00:01:55,156 --> 00:01:58,916
The crew members spent
a fairly busy weekend.

39
00:01:58,916 --> 00:02:01,356
They had a number of
human research experiments

40
00:02:01,356 --> 00:02:03,106
that they performed
over the weekend.

41
00:02:03,626 --> 00:02:06,816
They also had some
off-duty time to talk

42
00:02:06,816 --> 00:02:08,986
with their family members

43
00:02:08,986 --> 00:02:11,406
through private family
conferences from the station.

44
00:02:11,406 --> 00:02:14,626
That's a routine for the crew
members periodically to stay

45
00:02:14,626 --> 00:02:17,706
in touch with their
families here on the ground.

46
00:02:18,246 --> 00:02:22,096
The crews also performed some
routine housekeeping chores

47
00:02:22,096 --> 00:02:24,326
as usual aboard the
station to ensure

48
00:02:24,326 --> 00:02:27,016
that all the systems
are working properly.

49
00:02:27,016 --> 00:02:30,526
They did some experiment checks
as well to ensure that some

50
00:02:30,526 --> 00:02:33,656
of the ongoing autonomous
experiments are continuing

51
00:02:33,656 --> 00:02:35,466
to perform as expected.

52
00:02:36,426 --> 00:02:39,396
Today the crew members are
focusing their attention

53
00:02:39,396 --> 00:02:41,106
on the experiments once again.

54

00:02:41,216 --> 00:02:45,696
The crew is focusing
on an experiment

55
00:02:45,976 --> 00:02:51,066
that basically checks
the patient's eyesight.

56
00:02:51,066 --> 00:02:54,796
It's called a panoptic
experiment.

57
00:02:54,796 --> 00:02:58,036
It's developed by Dr.
Paul Filar who operates

58
00:02:58,036 --> 00:02:59,666
out of Sturgeon Bay, Wisconsin.

59
00:03:00,266 --> 00:03:03,766
He came up with a
device to be able

60
00:03:03,766 --> 00:03:08,426
to send images remotely
over long distances.

61
00:03:08,756 --> 00:03:10,166
This is essentially a way

62
00:03:10,166 --> 00:03:12,466
that the crew will
take some periodic,

63
00:03:12,466 --> 00:03:15,276
essentially an on-orbit
eye exam.

64
00:03:15,766 --> 00:03:19,336
And that will be using those

images and transmit those

65
00:03:19,336 --> 00:03:21,456
to the ground to
prove the concept

66
00:03:21,456 --> 00:03:24,246
of if there is any eye
problems that can be looked

67
00:03:24,246 --> 00:03:26,056
at distance-wise

68
00:03:26,056 --> 00:03:28,196
by an ophthalmologist
here on the ground.

69
00:03:28,656 --> 00:03:32,746
Also underway, the Capillary
Flow experiment operations

70
00:03:32,746 --> 00:03:34,476
by Kevin Ford.

71
00:03:34,476 --> 00:03:36,996
It's a suite of fluid
physics experiments

72
00:03:37,036 --> 00:03:39,936
that investigates how
fluids move up surfaces

73
00:03:40,336 --> 00:03:42,876
in the microgravity
environment of space as well.

74
00:03:43,876 --> 00:03:48,016
In and around all of that,
the crew again visited

75
00:03:48,016 --> 00:03:51,446
with flight controllers on
the ground as well to look

76
00:03:51,446 --> 00:03:54,036
over their schedules and
also look ahead to what's

77
00:03:54,036 --> 00:03:55,446
in store for the next day.

78
00:03:55,776 --> 00:03:57,386
They do that periodically.

79
00:03:57,686 --> 00:04:03,536
They also perform exercise twice
a day, budgeted for two hours

80
00:04:03,536 --> 00:04:05,246
of exercise in the
morning and evening

81
00:04:05,246 --> 00:04:06,936
to maintain their cardiovascular

82
00:04:06,936 --> 00:04:09,556
and musculoskeletal
systems while living

83
00:04:09,586 --> 00:04:11,766
in the microgravity
environment of space.

84
00:04:12,256 --> 00:04:14,536
So that's life aboard the
International Space Station

85
00:04:14,536 --> 00:04:15,996
over the weekend and today