



1
00:00:00,500 --> 00:00:08,040
[Music]

2
00:00:08,040 --> 00:00:10,250
>> Good Tuesday morning from
NASA's Johnson Space Center.

3
00:00:10,250 --> 00:00:12,080
This is Mission Control Houston.

4
00:00:12,080 --> 00:00:16,050
This is the International Space
Station Flight Control Room.

5
00:00:16,050 --> 00:00:20,530
The team is focusing today
pretty much exclusively

6
00:00:20,530 --> 00:00:25,080
on a very intricate
task, that is going

7
00:00:25,080 --> 00:00:27,010
through a complete upgrade

8
00:00:27,010 --> 00:00:32,970
of the KU band communications
system aboard the International

9
00:00:32,970 --> 00:00:34,200
Space Station.

10
00:00:34,200 --> 00:00:38,110
It's a very detailed
activity that's ongoing in --

11
00:00:38,110 --> 00:00:41,810
on the station and on the
ground, on the station in one

12

00:00:41,810 --> 00:00:46,110
of the avionics racks inside
the US laboratory Destiny,

13

00:00:46,110 --> 00:00:49,780
which was launched to the
station back in February

14

00:00:49,780 --> 00:00:52,320
of 2001, aboard Space
Shuttle Atlantis.

15

00:00:52,320 --> 00:00:55,720
The crew members that are
focusing their attention onboard

16

00:00:55,720 --> 00:00:58,770
to this task are Crew Commander

17

00:00:58,770 --> 00:01:01,550
from the Canadian Space
Agency Chris Hadfield,

18

00:01:01,550 --> 00:01:04,670
and Tom Marshburn who is
a medical doctor onboard,

19

00:01:04,670 --> 00:01:09,630
but he's also serving obviously
in a maintenance activity

20

00:01:09,630 --> 00:01:11,960
as well on this task

21

00:01:11,960 --> 00:01:16,090
to completely upgrade
the communications system

22

00:01:16,090 --> 00:01:18,010
on the International
Space Station.

23

00:01:18,010 --> 00:01:21,570
In addition to the
maintenance activity ongoing

24

00:01:21,570 --> 00:01:25,780
in the laboratory all day today
for the crew, there's a series

25

00:01:25,780 --> 00:01:29,030
of experiments that are
ongoing, mainly focusing

26

00:01:29,030 --> 00:01:31,150
on the human research activity.

27

00:01:31,150 --> 00:01:33,180
All six crew members early

28

00:01:33,180 --> 00:01:36,440
after their 1:00 a.m.
central time wakeup,

29

00:01:36,440 --> 00:01:41,560
their post-sleep activities
included conducting a periodic

30

00:01:41,560 --> 00:01:45,340
body mass measurement,
essentially weighing themselves

31

00:01:45,340 --> 00:01:48,380
in space, a task
that sounds easy

32

00:01:48,380 --> 00:01:52,010
but it's a little more intricate

in the microgravity environment

33

00:01:52,010 --> 00:01:56,750
of space to take a mass
measurement periodically

34

00:01:56,750 --> 00:01:59,730
of the crew members to see
how their body mass changes

35

00:01:59,730 --> 00:02:02,280
over long duration
stays in space.

36

00:02:02,280 --> 00:02:06,320
Crew members also are
conducting some work associated

37

00:02:06,320 --> 00:02:10,820
with the high-tech freezers
onboard that protect samples

38

00:02:10,820 --> 00:02:14,860
that are taken throughout
these stays aboard the station.

39

00:02:14,860 --> 00:02:18,120
The crew members to periodically
will take blood samples,

40

00:02:18,120 --> 00:02:21,320
urine samples, saliva samples,
and those are preserved

41

00:02:21,320 --> 00:02:23,390
in the freezers and
delivered back home

42

00:02:23,390 --> 00:02:26,500
on a cargo vehicle

at a later time.

43

00:02:26,500 --> 00:02:28,830

So a busy day for all six
crew members that make