

The *New* Millennium

Far-Out Housekeeping On The ISS

(NAPSA)—Life in space is a daring adventure, but somebody still has to cook dinner and take out the garbage. So what is life like for real-life astronauts who are on the International Space Station (ISS) for months or years at a time? For example, what does the Space Station crew eat, and how is it cooked?

All the food is delivered by the American Space Shuttle or Russian Progress vehicle. The biggest challenge at mealtime for astronauts is catching food. The food comes in several forms. Most of it will be processed and packaged in pouches or cans. Some will be dehydrated and the astronauts add hot water and eat. Some you simply heat and eat. A small amount will be delivered fresh by the Shuttle and Progress.

The Space Station will contain more than one oven when it is fully operational. In the early stages, food is being cooked using either a small food warmer built by the Russians or a U.S.-built portable food warmer about the size of a suitcase. Later stages of the Space Station may have a microwave oven.

Who Takes Out The Trash?

Designers of the Space Station have gone to great length to minimize how much water and other consumables must be launched from Earth. Water recycling efficiencies of greater than 95 percent are the goal. Other wastes, however, cannot be recycled so efficiently, particularly solid wastes from food containers, experiments,



Astronaut Loren Shriver demonstrates how objects act in free-fall while enjoying a snack of candy coated peanuts.

empty fuel containers and other Space Station activities. So: Who takes out the trash?

Again, Progress and Shuttle come to the rescue. Every arrival of the shuttle brings fresh supplies. When it leaves, it becomes the world's most expensive trash hauler.

R&R In Space

So what constitutes relaxation and recreation for the men and women living aboard the Space Station?

A significant portion of non-working time will be taken up in a stiff regimen of exercise and physical activity. Crew members will also be allowed to take a certain amount of personal gear up with them. Things like checkers or chess sets, CDs, tape players and the like are allowed. DVD movies will also be available for viewing.

More information about life in space aboard ISS is available at <http://spaceflight.nasa.gov>.