a unique opportunity for you this morning fox45 has given the chance that is literally out of this world thanks to NASA we are able to talk with local astronaut and commander of expedition 43 Terry Virts while he is aboard the International Space Station as he lives and works in space commander so many questions for you that we have here you have been in space for months now and you've been working with an international crew now you're part of a 15 year production here is the International Space Station continues to
grow in fact that's happening this

November so what do you and the crew

really mainly discuss all day well we

discuss all kinds of things like you

mentioned we've we've been here for four

months i'm here with italian astronaut

samantha Christopher Eddie and Russian

cosmonaut anton shkaplerov and we're

very good friends and we try to have

dinner lunch together as often as we can

and topics range from what are we going

to do when we get back to earth to how

did your day go that day and I'm trying

to explain baseball and football to to
them so there's all different kinds of
topics as you can imagine yeah and of
course it's just looking at your attire
right now obviously a Baltimore fan
right here from Columbia Maryland born
though in our city of Baltimore love the
O's Jersey so I'm sure that baseball is
one of the topics right now but let's
get back to before I get to that I
really want to talk to you about the
research that the crew is doing what are
you guys most proud of that you're
working on part of this group what are
we most proud of well there's been so
much different research that we've done

00:01:41,750 --> 00:01:46,438
just about every discipline from science

00:01:44,938 --> 00:01:49,529
is covered here we're doing biology

00:01:46,438 --> 00:01:51,449
human research we're doing physics

00:01:49,530 --> 00:01:52,590
experiments there's something on the

00:01:51,450 --> 00:01:54,540
outside called an Alpha Magnetic

00:01:52,590 --> 00:01:55,740
Spectrometer that's looking for dark

00:01:54,540 --> 00:01:57,780
matter and dark energy in the universe

00:01:55,739 --> 00:02:00,780
it's a really fascinating experiment

00:01:57,780 --> 00:02:02,609
we're doing material science things that

00:02:00,780 --> 00:02:04,769
can help produce better materials on

00:02:02,609 --> 00:02:06,450
earth and also better spaceships there

00:02:04,769 --> 00:02:08,939
one in particular that I worked on is

00:02:06,450 --> 00:02:10,530
going to hope help make spaceship fuel

00:02:08,939 --> 00:02:11,909
tanks more efficient so we can get every
drop of fuel out of them

so basically every different scientific
discipline we've done here and it's been

fun the thing I'm most proud about is

the diversity of science that we've done

I agree with that and now I know that we

were we were able to take you live just

a few weeks ago while you're out on one

of your you're 36 hour space walks out

there and you were working on things now

we could not tell what you are actually

doing out there but if you're out in

space for six hour shifts can you kind

of describe that what you're seeing from
your perspective man I wish I could the
view from in board the space station is
unbelievable we have several different
windows and there's one in particular
called a cupola that has seven windows
that you're surrounded by and the view
from there is unbelievable so I didn't
think I could get better than that but
when I went outside and you're out in
space and all you have is that thin
visor between you and the universe and
all of creation it's truly amazing
the colors that I saw were colors
that I'd never seen before especially
shades of blue the sunrise and sunsets
tend to last a long time because the orbit that we're in is kind of paralleling the direction of the Sun and so it was a little bit of thin blue for a long time during our night passes and seeing those sunrises and sunsets were just remarkable I wish I could describe it better but it's one of those things that you have to do on your own well you've been doing a great job on social media sending out some of those samples but I want to talk to you a little bit more about the gym that's on board
now I know that the International Space

Station is compared to a six-room house

but I also found out that there's a gym

on board it's not just that you guys can

stay in shape and look good while you're

doing interviews there's a little bit

more to it tell us about that research

involved that's a perfectly time

question my crewmate Samantha

Christopher Eddie just floated by as

she's going down there to work out right

now so we spend several hours every day

doing aerobic and anaerobic exercise is

basically weightlifting there's no wait

in space but we use a vacuum system that
kind of acts as a spring to generate weight and that's very important to keep our bodies in shape if you spend a lot of time in weightlessness your muscles and your bones would atrophy so through some diet and we take vitamin d pills but mainly the exercise that we do we've learned after having 15 years of people coming to the space station that we get back to earth we're in good shape a little dizzy the first few days but your body is very strong and able to spend time and space and get back to the earth and so it's a great
accomplishment of the space station

that's prove that humans can live in space and then go to a planet and not only survive but actually thrive and work and and do well alright commander I know that you're a father of two yourself one last question for you right here my children 11 an eight-year-old both had questions for you if one asked about the food because we saw one of your turkey sausage and burritos floating on there so we wouldn't find out how good the food is my eight-year-old wanted to know do you
ever push one of the wrong buttons there

because there's so much that seems to be around you while you're floating around

have you ever hit something wrong and that's my last question for you those

are two great questions the food is actually pretty good it's much better

than what I would cook if I were a bachelor and the variety is pretty good

there's all different kinds of meat we have vegetables potatoes pasta deserts

fruits nuts so that's a pretty good

variety of food and if you're here for six months that's really important to

six months that's really important to
have something different so you're not
eating the same thing every day and as
far as pushing the wrong button the
hardest part about being here is that
every day all day long you're doing very
sometimes tedious procedures there
they're long procedures you have to make
sure that you're doing the right switch
or right button constantly because you
don't want to break anything and of
course eat were human and we make
mistakes and yes I have pushed the wrong
button thankfully nothing nothing bad
has happened and the mistakes that I've
made of all been easily recovered but
it's something that you really have to pay attention to when you're up here for such a long period of time.

commander thank you so much for your questions I do have a colleague of mine Candice told it's about to ask you some other questions about social media.

right now thank you great hello Mary I'm Candace and I I follow your tweets just fast hi so I follow your tweets and just absolutely fascinating what do you think.

when you tweet pictures of Maryland and in DC you have to look at them with such pride don't you it's really cool for
lack of a better word to see your home from space and it's very recognizable especially the Chesapeake Bay you could pick that out from hundreds of miles away and marilyn is a beautiful state the whole earth is a beautiful earth and there's lots of different colors and aspects of all these different regions on the earth now I recognize places on earth by color from what I've seen in space but Maryland is especially beautiful it's been really white this winter I think I picked a good time to be in space let's talk about that shirt
that you're wearing right there that

Orioles shirt and I saw somebody gave

one to you for your birthday while you

were up there if you could send a

message to the O's who are training

right now what would you say I would say

go o's best team in the American League

ease for the last three years I think

the most number of wins and it's been so

much fun being an Orioles fan the last

few years with buck and all the great

players that we have and there's lots

and lots of fans out there we're very

proud of what you've done and last year
was great but we're really looking

forward to winning that last game of the

year at the end of October your mother and I have been sending messages back and forth and social media her last message to me this morning he wanted to do this from the time he was born I'm proud of the man he is extremely down to earth for a guy who loves to fly so high and that has to mean a lot to hearing that from mom right Terry that's that's awesome yeah mom is always mom no matter how old you are no matter what you do I know she's been very proud of me and this is something I've wanted to do
since I was a little kid my mom and my dad my stepdad all worked at NASA Goddard there in Maryland and so it's been kind of just flying and aviation and space has been something I've been interested in since I was a little kid well we are all proud of you congratulations on all of your success and we look forward to many more tweets posed everything in between thanks so much and we'll see you when you get back home thank you very much hello to all the folks there in Maryland and Pennsylvania Virginia DC that area
looking forward to coming back in a few months when I get back to earth and goes station this is Houston ACR thank you that concludes our event