station this is Houston are you ready

for the event

Houston station were ready for the event

Douglass intermediate elementary school

this is Mission Control Houston please

call station for a voice check station

this is Kelli grave sin at Douglass

intermediate elementary school how do you hear me

hi Kelly loud and clear welcome to the

International Space Station in the

expedition 36 crew were glad to be with

you in Massachusetts today thank you so much for the honor of speaking with us
before I introduce the first student I wanted to let you know that some of us saw astronaut Stephen Bowen on Friday and he said to say hello to all of you and that Chris you need to get your hair cut again I'd like to introduce Erin hi my name is Aaron Correa and I'm in seventh grade my question for Chris what talked to you the most about being in space hi Aaron that's a fun question to think about and I'd have to say it's how awkward it is to what to do with your hands when you sleep when you try to sleep in space you really don't know
where to put your hands and that's a funny feeling to get used to there's also some serious answers I could give you but on the last week of school you probably want to hear about how funny it is to deal with our hands when we try to sleep hi hi my name is Ryan Dixon and I'm in sixth grade this question is for Karen and what is your favorite time of day in space hi Ryan actually there are a lot of favorite times it's it's fun all the time here even when we're working the time is
enjoyable but I have to say it is nice
to be able to take the time and look
down at our earth and take pictures
it's just something obviously that you
don't get to do get to do when you're on
the earth see it from that vantage point
so of all the favorite times I think
that is my most favorite hi I'm Jonathan
Payne my question is for Luca and what
does it feel like when you first wake up
in the morning
so that's a very good question because
in space we only we only get fatigued
when we're doing something very physical
like working out or running on our
treadmill lifting weights in our special machine that the rest of the time your bodies float floating about is really rested so when I wake up in the morning I feel completely rested and I'm just ready for another day here on the station hi my name is Tyler fortune and I'm in seventh grade my question is for Chris what is the most difficult path to being space well I think the most difficult task is the one you're doing right then right now because anyone any given time up here in space we could do something that could possibly hurt
ourselves or more frequently do

something incorrect to the space station

so it's really hard when you have

to focus like that all day long so

trying to put all that together and not

make mistakes is a job that we work

on every single day and that's probably

the most difficult thing is to stay

focused the whole entire time we're up

here so that we can do our best and and

keep the space station and a good

healthy a good healthy spaceship that it

is currently my name is Nolan Beckwith

I'm in sixth grade and my question is
for Karen if you had the opportunity

would you like to live in space for the rest of your life

well space certainly is a very magical place and I think I could spend a long time here and even longer if I could bring my my family here with me my husband and my son and my dog I would love to have my dog here too so it it would be it would be hard to live here for the rest of my life without the things that I love dearly like like those that I mentioned but space itself is just it's fantastic living here it's
so easy moving around I what would be

101
00:05:16,399 --> 00:05:20,509
hard is living here for many many years

102
00:05:18,529 --> 00:05:21,769
and then going back to earth where

103
00:05:20,509 --> 00:05:23,719
there's gravity your body would

104
00:05:21,769 --> 00:05:24,919
certainly adapt to there being no

105
00:05:23,720 --> 00:05:31,550
gravity and I think you would have a

106
00:05:24,920 --> 00:05:34,040
hard time living on earth again then hi

107
00:05:31,550 --> 00:05:35,509
my name is hi my name is Kylie Blake I

108
00:05:34,040 --> 00:05:38,060
am in the eighth grade and my question

109
00:05:35,509 --> 00:05:39,800
is for Luka how did you become abigail

110
00:05:38,060 --> 00:05:41,389
Harrison's mentor and what is it like

111
00:05:39,800 --> 00:05:47,840
having her act as your earthbound

112
00:05:41,389 --> 00:05:48,889
liaison well that's that's an

113
00:05:47,839 --> 00:05:53,269
interesting question

114
00:05:48,889 --> 00:05:55,189
so I was attending a shuttle launch as
part of my training as a matter of fact

and at the airport this young girl that

must have been about your age at the

time asked me if I was an astronaut she

recognized me from a picture and I said

yes I’m an astronaut and she introduced

herself and she told me that she was

very passionate about space and her

passion was was so much that she she

gave me an interview and I was surprised

how mature enthusiastic she was I was

smitten and so I thought hey you know if

you keep training like this maybe one

day you will be an astronaut and I will
be your instructor

and we just from that conversation it just became this mentorship mentee relationship and to have her as as my earthly eyes oh nice I think it's a very cool thing because she can use the language of of kids her own age when I can't because I'm you know I'm 36 and I mean I'm Italian so she can speak like a 15 year old American girl and I think it's a great way to communicate what dreams can do if you follow them with passion and and with your desire and your in your will to do well hi my
00:07:10,029 --> 00:07:13,750
name is Jared AI and I'm in seventh

00:07:11,709 --> 00:07:14,919
grade and my question is for Chris what

00:07:13,750 --> 00:07:21,189
are the immediate effects of

00:07:14,920 --> 00:07:23,140
weightlessness on the body well the

00:07:21,189 --> 00:07:23,949
immediate effects right when you get to

00:07:23,139 --> 00:07:26,139
space

00:07:23,949 --> 00:07:29,229
you notice the fluid shifting around in

00:07:26,139 --> 00:07:31,569
your body we have to pee out a bunch of

00:07:29,230 --> 00:07:33,819
extra fluid and some moves up to your

00:07:31,569 --> 00:07:36,219
head so you get some stuffiness in your

00:07:33,819 --> 00:07:38,469
sinuses and your nose kind of runs for

00:07:36,220 --> 00:07:40,690
maybe a day or two and then that kind of

00:07:38,470 --> 00:07:42,790
goes away as your body gets more used to

00:07:40,689 --> 00:07:46,089
it and then over a period of a few weeks

00:07:42,790 --> 00:07:47,710
your legs get used to not having the the

00:07:46,089 --> 00:07:50,049
weight on them like Luca was saying

00:07:47,709 --> 00:07:51,759
where your muscles kind of can rest for

00:07:50,050 --> 00:07:54,189
a while so what I've noticed is

00:07:51,759 --> 00:07:57,219
tightness and stiffness in my leg

00:07:54,189 --> 00:07:58,660
muscles that I really need to pay

00:07:57,220 --> 00:08:00,880
attention to when we do our exercises

00:07:58,660 --> 00:08:02,340
and to stretch a little bit because I

00:08:00,879 --> 00:08:10,659
can really tell that they're getting

00:08:02,339 --> 00:08:12,759
tight hi my name is Ben Landry and I'm

00:08:10,660 --> 00:08:15,160
in the sixth grade my question is for

00:08:12,759 --> 00:08:18,990
Karen what are some of the physical

00:08:15,160 --> 00:08:18,990
requirements for becoming an astronaut

00:08:21,269 --> 00:08:26,109
one of the main things is to be very

00:08:24,189 --> 00:08:28,629
healthy especially when we're spending
long times a long amount of time up on the space station because even though we're all trained to take care of small medical problems if there was a major medical problem we would have to take a Soyuz home and end our mission early and so being very healthy is one of the main requirements but also also exercising we exercise over two hours every single day to maintain our bone strength and our muscle strength and so being that healthy on when you're on the ground on earth helps when you need to exercise on orbit and plus just being healthy having
a healthy body maintains a healthy mind

I believe

Hi my name is Benjamin Sedullus I'm in eighth grade my question is for Luca

what's that to work out to be doing today so just going back to what Karen just said we work out about two hours every day so we have three kinds of machines here on orbit that we can use one is a sort of a bicycle the only difference is that we don't have a seat and we don't have handles because in space you float so all you have to do is strap in to your pedals and start
pedaling and that for me is actually the hardest exercise because it's a very hard it's really hard on your muscles and on your heart the second machine that we use is a treadmill and it's fantastic because what we do we have this these vests that we wear with bindings so that we can simulate gravity and and stay put when we when we run on this treadmill and we can can vary the speed so that to exercise our legs and our heart at different levels and the third machine is called a red is a resistive device with that even though
we're weightlessness in weightlessness

00:10:22,149 --> 00:10:27,059
here we can simulate weights and so we

00:10:24,399 --> 00:10:31,149
can lift weight so we can do squats and

00:10:27,059 --> 00:10:33,099
shoulder press and bench pressing all

00:10:31,149 --> 00:10:35,139
basically most of the exercises that we

00:10:33,100 --> 00:10:37,330
do on the ground we can we manage to do

00:10:35,139 --> 00:10:44,259
you're on orbit so that we can keep our

00:10:37,330 --> 00:10:46,600
body healthy hello my name is Josh deer

00:10:44,259 --> 00:10:48,730
and I'm the seventh grade student my

00:10:46,600 --> 00:10:52,259
question is for Chris what is your

00:10:48,730 --> 00:10:52,259
favorite part about being an astronaut

00:10:55,899 --> 00:11:00,970
well this is this is gonna sound a

00:10:58,600 --> 00:11:03,550
little silly but that answer is is being

00:11:00,970 --> 00:11:07,690
in space I've been an astronaut for I

00:11:03,549 --> 00:11:11,079
guess 10 years now and I've been in
space for two times the first time was

two weeks and this time has been about

two and a half months and Counting up

till my at the end which will be about

six months up here but if you add all

that together that's not a very big

chunk out of ten years so so we as

astronauts really look forward to the

time when we can actually be in space

now what do we do on the ground we train

for for our own missions or we work in a

supporting role for other missions that

are going on either in Mission Control

or helping with equipment or meetings
and that sort of thing and then and then

outreach and get to go talk to groups

like you guys in person maybe after this

mission I'll come back and I'll be in

the Massachusetts New England area and

I'll go to schools just like yours so

those are some of the things we do but

in all honesty it's we really really

cherish the times that we can be up here

on in space floating around like this

hi my name is Lauren Katherine I'm in

eighth grade this question is for Karen

eighth grade this question is for Karen

how do you wash your long hair in space

well I've been getting that question a
lot I actually I wash my hair about twice a week and I leave it out kind of like this like it is now and we have some no-rinse shampoo which I like to use water with I don't want to use just the shampoo and so I squirt some of the shampoo onto my scalp and I rub it in real good sometimes I'll take a washcloth to help rub it in and then I'll squirt some warm water and kind of work it out to the tips of my hair and then scrub a little more and then take a dry towel and dry it comb it and voila clean hair hi my name is Natalie
I'm in the sixth grade my question is for Luca when you were younger were you interested in science technology engineering and math or did you find other subjects more interesting so I thought you were gonna ask me how I shampoo my hair but but I guess that's not very interesting so so when I was a kid I this may sound cheesy but I did really like science and technology and since I was a kid I as a matter of fact I remember reading comic books where the main guy was an inventor and he always
invented things and I thought that that was the coolest thing ever it was a this kind of wizard technician so that really got me into into science as a kid and then I actually went to a scientific High School which is an Italian school system is a way to get really really close to to science even at the high school level and I just always liked it and of course when you talk about science science engineering technology all those things really go really go really go together and and of course math is sort of like the glue
that keeps it all together

so yes the and the short answer is yes I

was very interested in in science

technology engineering and math hi my

name is Daniela Damacio and in sixth

grade my question is for Chris what kind

of experiments are you currently

performing on the ISS

well there's several types um that are

just going on all the time that we

really don't interact with maybe some of

those are outside the space station and

a few inside here as well

and there's a handful that we activate
and then they run on their own and then

a few that we are active participants in

each time the experiment goes and an

example of those are medical experiments

perhaps with ultrasounding of our spines

various other other things and then one

of one of the ones that I've been doing

a lot has to do with combustion and in

safety properties of different materials

and we have just off to our left here

there's a glove box or research glove

box where we in a controlled environment

ignite certain materials and see how how

it resists who to combustion and and

it resists who to combustion and and
that's really been a fun thing for me to
do because what guy kid person doesn't
enjoy playing with fire in space or on
earth so that's a lot of fun and then a
really nice experiment also has been
with fluid flow and figuring out
different shapes of containers that can
move fluid without a pump just by the
shape of the container those have been
really interesting experiments for me to
participate in hello my hello my name is
Sarah Poppins and I'm in seventh grade I
have a question for Karen what is one
good thing and one bad thing about being
an astronaut it's easy to say the good
things the one good thing we get to fly

in space like Chris was talking about earlier just being here is absolutely fantastic this is an opportunity that very few people on our planet Earth get and we are very very fortunate to be some of the lucky few one of the bad things it requires time away when our training time away from home and your family and then obviously now not unlike folks in our military that have to spend time away from their families so I think that would be that would be my the least the worst
thing about being an astronaut is having
to be away from home

hello my name's Althea Smith I'm an 8th
grader and my question is for Luca how
much time do you spend on the computer
or using social media so I'm not much of
a computer geek honestly so I only only
picked up the social media thing in
recent years when I when I became an
astronaut and I thought that this is
such a unique experience that it would
be wasted if I didn't share it with as
many people as I could and I took it as

a personal mission to show people that
we are normal people we are very privileged to have a very cool job and so I started I started being active on the computer in social media here in the station we are very busy it's it's incredible how time flies so we only spend I can only spend about half an hour throughout the whole day about half an hour on the computer trying to update my status and keep people up with what we are doing here on the station and to post pictures of the earth which is the most magnificent sight I've ever seen

my name is Nicole soccerberry I'm in
seventh grade and this question for

Chris what is your favorite part about

living in microgravity

let's see I think just getting used to

house how lightly you can push in and

and go places at the when I first got

here I wanted to push really hard and

feeling like I needed to use the same

amount of force that I that you use on

earth to walk somewhere for instance and

as I've been here longer it's really

been neat to experiment with just how

little you can push off and go places

and just imagine if in the room that

you're sitting right now instead of all
of you on your chairs in your gymnasium

or auditorium everyone's floating around

and crashing into each other in that in

that room how fun it would be and that's

kind of how it is up here we have crashes right now we're very common

coordinated in front of you but when the camera is off we come crashing in and

have to get used to traveling up here in zero gravity so so that's the most fun

thing is just floating around hi my name is Megan Briggs I'm an eighth grade and

is Megan Briggs I'm an eighth grade and

my question is for Karen since you and

your husband are both astronauts do you
think that your son Jax would want to be an astronaut too and would you want him to be well Jack right now is three years old so it's really hard to say what he's gonna end up doing we're getting indications that he is technically minded to some degree but that's kind of hard to tell by a three-year-old but my hope for him is that he finds something that he's passionate about whatever it is whether it be space or something else space to him might become such an ordinary thing that that he doesn't find it the same you know the same passion
about it that I did when I was a kid so

I just might like I said my hope for him

is that he finds something that he's

passionate about and he finds the drive

to work hard at it and we'll be there to

help him as much as we can in whatever

he chooses to do

this is Kelly Grieveson again I just

wanted to thank you so much for taking

time out of your busy and important

schedules to talk to us Chris or Karen

or Lucas come visit us in Douglas any

time we'll set it up and we wish you

luck as you continue your mission and we
look forward to your safe return home

443
00:20:51,049 --> 00:20:55,799
tank you very much Kelly and everybody

444
00:20:53,940 --> 00:20:58,380
there in Douglas we really appreciate it

445
00:20:55,799 --> 00:21:00,299
and you guys have a fantastic summer

446
00:20:58,380 --> 00:21:04,010
congratulations on finishing the school

447
00:21:00,299 --> 00:21:08,490
year bye-bye station this is Houston ACR

448
00:21:04,009 --> 00:21:09,869
thank you that concludes the event Thank

449
00:21:08,490 --> 00:21:11,700
You Douglas intermediate elementary

450
00:21:09,869 --> 00:21:14,918
school station we are now resuming our

451
00:21:11,700 --> 00:21:16,980
personal audio communications

452
00:21:14,919 --> 00:21:16,980
you

453
00:21:17,058 --> 00:21:19,119
you

454
00:21:20,650 --> 00:21:22,710
you