station this is Houston

are you ready for the event we're ready

for the event CNN digital this is

Mission Control Houston please call

station for a voice check on George King

CNN digital how do you hear me I have

you loud and clear how are you doing

today hi Facebook I'm Alexander King and

I'm currently sitting safely on the

ground at our studio here at CNN in New

York City but I am delighted to

introduce you to astronaut Peggy Whitson

who's with us live from the

International Space Station thanks so
much for joining us Peggy oh it's a

thrill to join you guys we have a lot of

fun up here and we want to share some of

them so Facebook please do start sending

in your questions for Peggy and in the

meantime just in case you need an

introduction you're looking at the

official US record holder for most

cumulative days in space that's a record

that Peggy broke last week today monday

is Peggy's 540 first day in space and

right now she's the commander of the

International Space Station something

she's now done twice again smashing a
new record at the first ever woman to do

so Peggy you're such an inspiration how
does it feel to have spent more time in

well it's actually a real huge honor to

represent all of NASA because without

all the people of the team working
together to make this happen it is

impossible for any one person to hold

this record and so it feels very special
to represent the NASA team that makes

spaceflight possible and so I'm honored

we've got lots of questions coming in

already if you haven't already submitted

yours type it in the

44
00:02:12,680 --> 00:02:16,760
that comment section below the question

45
00:02:15,079 --> 00:02:20,030
that we have here is from

46
00:02:16,759 --> 00:02:22,218
eleven-year-old Nehemiah Chavez what are

47
00:02:20,030 --> 00:02:24,530
the education parts I should pursue now

48
00:02:22,218 --> 00:02:30,590
if I one day hope to become an astronaut

49
00:02:24,530 --> 00:02:33,079
or work in astronomy well that's simple

50
00:02:30,590 --> 00:02:36,170
any field of math science or engineering

51
00:02:33,079 --> 00:02:38,840
is an important field to contribute to

52
00:02:36,169 --> 00:02:41,988
the spaceflight and space exploration of

53
00:02:38,840 --> 00:02:43,878
any kind and so I I would encourage you

54
00:02:41,989 --> 00:02:46,849
to pick one of those fields that really

55
00:02:43,878 --> 00:02:49,729
drives you that really stimulates you to

56
00:02:46,848 --> 00:02:51,858
do better and to learn more and really

57
00:02:49,729 --> 00:02:54,500
go after it and pursue it and I think
you will become anything that you can dream about

I certainly have and I feel that it's possible for anyone who works hard and puts a lot of effort into it they can do.

that Peggy tell me can anything really prepare you for life in zero-gravity

what's that actually like well actually

life in zero-gravity is hard to simulate we practice on the ground what we call

the day in the life simulations but it's just practicing some of the tests it can't prepare you for the fact that all of your tools float if you don't pay
attention to where they are they're going to float away if you don't velcro things down they're going to float away and you know it's just incredibly disorienting to be able to work in any orientation so I can work on the ceiling or I can work on the walls and be equally comfortable in any of those orientations but it does cost you in the sense that you have to keep track of your tools and all the things around you so everything has to either be taped down or velcro down in order to keep track of it we've got a question now
from geniu glover she asks what do you believe is the single most important advancement we have gained from our time in space to date.

Wow that's a deep question single most important advancement they're just so many to choose from I think probably you know the discoveries made by Hubble Space Telescope are have been very dramatic very amazing I can't discount some of the discoveries made on Mars I think that being a future destination those are important discoveries as well but I actually feel that the
International Space Station is a critical stepping stone and the research we're doing here is going to help take us to those distant destinations and further explore space so things like our technology development where we're working on a closed-loop life support system trying to get that perfected so that it will work - Elodie when we go on those long exploration missions and we don't have resupply capability from the earth studies looking at all kinds of things we are looking at bone cells bone growth what it what ricourt exercise requirements are necessary to minimize
those losses you know are there drugs

that we can take that would minimize

those losses so there's lots of really

interesting research it's hard for me to

pick just one you know all of them are

fun to do we're growing cabbage now it's

called Chinese cabbage it's more like a

lettuce and even though we're doing

scientific research on it we get to

harvest it to eat every once in a while

and that's a lot of fun for us as well

and it's important again for those

explorations in the future so again I

think station is a fantastic stepping
stone to get us there a more personal

question now from Tanya Thompson who asked can you get to communicate with loved ones and if so how often well actually here in low-earth orbit while we're going around the planet 250 miles above the earth 17,000 five hundred miles an hour so once it once it every 90 minutes we're going around the earth and we can actually use an Internet Protocol phone because we have the appropriate satellites that can get those bandwidths down and we can talk call the call call home from here
so we talked to my husband pretty much every day

I talked to my parents and my family probably once a week at least and so and friends all the time too so communication now is not difficult I think those future exploration missions where we're not going to have that immediate comm capability because it's going to we're going to be going such distances that it's going to take minutes literally up to maybe 20 minutes for a message to get one way to Mars so it's going to be a dramatic change in
our ability to communicate in those

00:07:35,350 --> 00:07:44,110
future missions right now I think we've

00:07:37,720 --> 00:07:45,670
got it easy by comparison with sadly

00:07:44,110 --> 00:07:48,670
running out of time but we've got time

00:07:45,670 --> 00:08:00,159
for one last question as fun1 Murray

00:07:48,670 --> 00:08:01,990
Holmes wants to know what the first

00:07:51,069 --> 00:08:00,159
thing you want to eat when you get back

00:07:53,259 --> 00:08:01,990
to us well we told you we got to eat

00:08:00,160 --> 00:08:04,890
lettuce but that's only a few leaves we

00:08:01,990 --> 00:08:08,769
get to eat like a couple of leaves each

00:08:04,889 --> 00:08:10,990
every few weeks or so when we're growing

00:08:08,769 --> 00:08:13,359
it so that's the one thing I miss the

00:08:10,990 --> 00:08:19,600
most is like a really fresh salad with

00:08:13,360 --> 00:08:21,189
lots of different vegetables on it well

00:08:19,600 --> 00:08:23,260
very much hope you get that on your
return unfortunately we're out of time

but thank you so much Peggy for an honor

chatting with you and we wish you the

best of luck with the rest of your

mission well thank you very much and

please all of the young people out there

who are interested in math and science

please go after pursue it we need more

scientists and engineers to go take the

next steps station this is Houston ACR

that concludes the CNA

in digital portion of the event please

stand by for a voice check from kusa TV

this is Jaime Berg from kusa TV how do
you hear me

we have you loud and clear how do you hear us all right so can we begin yes we can we're ready to go awesome thank you so much for talking to me today mr. Fisher I know your your Colorado native so I'm going to start with some questions for you I mean what's it like growing up here and now being in space well growing up in Colorado is awesome obviously you always know which way west is and and you could just have so much beauty surrounding you and then you know the Broncos but that as far as comparing
that to here I don't know that I could compare anything to here it's it's been such a dramatic difference from anything I've ever experienced that everyday everything has been new and exciting and just incredible so I'm having the time of my life it is so much fun and how these are kind of for both of you guys what I mean I'm looking at your picture right now and you're upside down talking to me so what what are kind of everyday tasks like for for both of you guys guys up there okay she is going to do some space ninja maneuvers everyday we
we have a pretty busy schedule so we

00:10:35,230 --> 00:10:40,438
have to work out a couple hours everyday

00:10:37,958 --> 00:10:43,688
that's to prevent bone and muscle loss

00:10:40,438 --> 00:10:46,328
as well as some other experiments that

00:10:43,688 --> 00:10:49,448
we do then we spend the rest of the day

00:10:46,328 --> 00:10:52,688
doing experiments maintenance on the

00:10:49,448 --> 00:10:54,609
station upgrading systems and just doing

00:10:52,688 --> 00:10:57,068
science science is really our focus

00:10:54,610 --> 00:10:59,139
right now we spent a long time building

00:10:57,068 --> 00:11:02,438
this incredible laboratory in the sky

00:10:59,139 --> 00:11:05,169
and now that it's built we are rocking

00:11:02,438 --> 00:11:10,319
through the science every

00:11:05,169 --> 00:11:13,299
you know 40 50 70 plus hours a week of

00:11:10,320 --> 00:11:16,360
groundbreaking science so every day is

00:11:13,299 --> 00:11:19,149
filled with that we did we also today
did some work I thought it was so cool

we spent the morning in the airlock

putting together stuff to go outside and

fix power and control module for some

other experiments outside this station

on a spacewalk coming up here in a couple weeks so every day is different

every day is exciting and every day you feel like hey we might be making a huge discovery today that will affect all of humanity and that is a incredible honor

and how I know I got a note from your guys about on May 12th year you guys are going to be doing this spacewalk can you
kind of talk a little bit about what

what exactly is that kind of in layman's terms yeah well in layman's terms there's a pallet it's basically just the platform we could call it one of our porches outside and on it we have several different scientific experiments that are most of them are looking at earth but some look out into space and this is a power module that's going to be attached to that that's going to enable more capability in one of those experiments and so we're really excited and interested in getting that data from
those experiments and commander which

258

and I have here that you were you've

259

been in space for 541 days today so what

260

what is that like I mean you're breaking

261

records what what do you miss most about

262

being on earth

263

not too much plasma that's about it is

264

my family I'm really at home up here I

265

love working up here and such a huge

266

privilege and honor to be here it's hard

267

to get too much of this it's not not

268

possible I don't think to get too much

269

of it and so I'm really thrilled to be

270

here

271
and so what would you tell like all the little girls down here that that want to be you know an astronaut one day to do exactly what you're doing well I think probably the most important thing is for them to find a field in math science engineering technology something that the technical scientific or technical and find a field that really you know draws them that makes them enthusiastic about work and gets them excited about that being an expert in a scientific field is one of the reasons you get selected as an astronaut of course one of the other important reasons you get
selected as an astronaut is because you can get along well with others because playing well with others is important when you're in a situation where help might be somewhat distance you have to be able to count on your buddies to work with you so being a good team member is also really good practice for being an astronaut and I'm going back to like the just a daily like living tasks I mean obviously everything is so different for you guys up there what what's kind of the most extreme thing that you've dealt with that's different than well you know
the most extreme thing is going the
bathroom that's really hard but this is
pretty cool so we're in the in the
Japanese module and it's got it's got
this garage up there so you can actually
fly like Superman are you ready this is
pretty awesome
jack is a lot of fun to have around it's
great to have the enthusiasm of a new
guy helping us out
reminding us even more why it's so
special to be up here every day so I
think you know in terms of challenges
onboard the space station you know being separated from family and friends is probably the biggest challenge but it's not one that that difficult here because we do have the capability to talk with our family and friends on the Internet Protocol phone or once a week we get a basically a Skype session with our family so you know even that is not too bad here and you guys said you you're pretty much working non-stop how often do you sleep I mean do you get more tired up there
I guess it's maybe kind of a dumb

question but maybe have a question no I

don't I don't think so we we sleep just

like just like on earth it's just our

job is is kind of like our hobby because

it's fun so it's it's not it doesn't

feel like work where we're doing things

but it really feels fun and you can look

out the window I'm going to try opening

them it might not see you might not see

it well on the camera but trust me it's

awesome okay actually one comment on the

sleeping thing one comment on the

sleeping thing is that you know our

sleeping bags quote hang on the wall and
it's probably going to blow it out!

think too bright too bright those Suns

bouncing off the solar arrays out there

and so it's too bright but that we sleep

in a sleeping bag mine hangs on the wall

you know Tomas sleeps on the floor you

know so it's and so he's kind of like on

his side so everybody you know in any

orientation you're sleeping the same as

the next guy even though we sleep kind

of all around the edges of the module so

it is different in the sense if you

think about it that way but to sleep

itself you don't we sleep seven eight
hours a night and love it and mr.

Fischer I know I'm probably gonna get

rapped here pretty soon are you I mean

what would you want to say to everyone

back home here in Colorado well I think

that you you can't accomplish anything

unless you you remember where you're

from because you are where you're from

and the foundation that I got in in

the school systems there in Colorado in

in Louisville and then Centaurus high

school and then the Air Force Academy

you know made me who I am obviously my

family is all still there my wife's
family is still there so deep

connections with with the Colorado and

the folks of Colorado so all I'd like to

say is thank you for giving me the

opportunity to you know follow my dreams

and and get up here it's I wouldn't be

here without the support of all those

folks in that lovely state of Colorado

and you know the Broncos are awesome all

right well thank you so much I really

appreciate your guys's time today very

cool it's great having you on board with

us station this is Houston ACR that

concludes the event
thank you CNN digital and kusa TV

00:18:40,589 --> 00:18:45,589
station we are now resuming operational

00:18:42,750 --> 00:18:45,589
audio communications