1 00:00:00,620 --> 00:00:08,250
station this is Houston are you ready

2 00:00:03,000 --> 00:00:13,289
for the event Houston station we are

3 00:00:08,250 --> 00:00:15,030
ready for the event cosmopolitan calm

4 00:00:13,289 --> 00:00:18,778
this is Mission Control Houston please

5 00:00:15,029 --> 00:00:20,669
call station for a voice check station

6 00:00:18,778 --> 00:00:26,009
this is Emma Barker with cosmopolitan

7 00:00:20,670 --> 00:00:27,240
calm how do you hear me hi I've got you

8 00:00:26,010 --> 00:00:33,090
loud and clear hello from the

9 00:00:27,239 --> 00:00:38,369
International Space Station so we're

10 00:00:33,090 --> 00:00:40,890
good to go along with questions yes okay

11 00:00:38,369 --> 00:00:43,530
we're doing so we're doing this story

12 00:00:40,890 --> 00:00:45,299
because a lot of millennial women really

13 00:00:43,530 --> 00:00:48,558
want to break out of their daily grind

14 00:00:45,299 --> 00:00:51,149
right now you work as about biologists
but you made your career a little more exciting by doing it in space I know

you've always wanted to go to space eventually but where were you what was

the one moment when you decided I have to be doing this work in space that's a great question I don't think you ever really decide that you want to be an astronaut there's so many people that want to do this job and there are so many factors that have to come into play so people ask me about how did you decide you wanted to do this and I basically was just incredibly lucky so I
think you know you put in your application you hope for the best and I think there's a lot of people that have dreams about going to space and I just happen to luck out and get to be selected but it's really nothing that I ever controlled or decided or made happen okay so what does it feel like physically and mentally and emotionally to blast off into space like describe how what that feeling is like yeah we do a lot of training in the simulator so we spend hundreds of hours getting into the Soyuz sim that's our spacecraft
the actual spacecraft looks a lot like

the sim so when you're sitting in the

Soyuz on the launch pad it all looks

familiar

everything feels comfortable and then

you think for a second oh wait I'm

actually sitting on top of a rocket so

there's quite a few hours before

you launch you have a little bit of time

to think and reevaluate your life

priorities at that point it's a little

bit too late to back out and you're just

pretty much along for the ride it's

amazing it's very incredible that we

launch human beings into space yeah so
you've been up there for about three months what do you miss most about life on Earth and what are you glad that you don't have to deal with up there so I missed the smell and the sound of nature a lot just being able to go outside take a walk see trees we're in a controlled environment up here which is truly amazing the fact that we recycle all of our air and our water we're really proving a lot of technologies for how we can conserve resources up here but what you do miss is all of those natural resources on the planet the planet is
beautiful and we get a chance to view it from a completely different perspective up here one thing that I’m pretty glad I’m missing it frankly is the u.s. election season it’s a little nice to be off the planet right now what is something that you can do when you’re weightless that no one on earth realizes that you can do well you probably know that we can float but I don’t know if you know that we can walk on walls I was practicing this the other day so you can walk up the wall if you go incredibly slowly the thing that I’ve
been the most interested in is how fluids behave in microgravity you get all of this when fluids are in freefloat you get all of these different dynamic properties and one of the things that you can do in weightlessness is actually take a look at how fluids are behaving and I think we're quite getting quite a bit of science out of some of these investigations that we're doing up here on fluid behavior what has been your scariest moment in space I wouldn't say that we really have scary moments up
here we train incredibly hard and we

simulate a lot of really I think what

would seem to most people to be very

scary situations for example launch

doing a spacewalk

depressurizing to absolute vacuum when

we did some training with the Navy they

strap you into a helicopter simulator

flip you upside down dunk you in a pool

and you basically drown for a couple

minutes until you can rescue yourself so

you do a lot of these kinds of training

events really to overcome your fear and

to be able to operate in any kind of

situation we have to be able to respond
to an emergency up here so fear being scared that kind of response doesn't serve you particularly well in an operational environment and we basically just train it out of people okay well I imagine it's still there are still stressful some stressful moments so what do you do to unwind when you're up there do you read books and how does that compare to what you do at home yeah so up here we have the world's most amazing television set which is a window with the view of the planet so I have to say there's a lot of activities that I do at
home that I really don't want to even do up here because that's time that we could be spending looking at the planet or taking photos or seeing what's happening in the world around us as we're all in freefall the entire station is in freefall so we talked about weightlessness and microgravity but really what it is is we're constantly falling and all of these objects even this microphone here it's falling with me and so you end up just doing experiments about what happens to physics what happens to
biology and free fall so it's a lot of experiments and a lot of looking out the window weird feeling have you I imagine space might kind of like change your mindset a little bit have you had any ideas well up there that you plan to execute when you get home or has space like impacted your creativity at all yeah I'm uh I'm a scientist so I'm not necessarily sure I can lay claim to a whole lot of creativity but it has impacted my ability to think about ways that we might do future experiments up here actually seeing all of these
changes has been spurring a lot of ideas

00:07:26,209 --> 00:07:32,688
for me about the kinds of research that

00:07:28,759 --> 00:07:34,610
we might do going forward and I do have

00:07:32,689 --> 00:07:36,650
to say it changes your perspective a lot

00:07:34,610 --> 00:07:38,658
to be able to look out the window and

00:07:36,649 --> 00:07:41,718
see the planet one of the thoughts that

00:07:38,658 --> 00:07:44,209
I had when I first got up here was we we

00:07:41,718 --> 00:07:46,310
really actually live on a planet I mean

00:07:44,209 --> 00:07:48,348
this is something that you know

00:07:46,310 --> 00:07:51,250
obviously you're not you're not going to

00:07:48,348 --> 00:07:54,438
dispute that fact but to see the planet

00:07:51,250 --> 00:07:56,718
you just keep thinking we we really do

00:07:54,439 --> 00:07:58,490
live on a planet and we are in a solar

00:07:56,718 --> 00:08:05,538
system and we are flying through space

00:07:58,490 --> 00:08:08,418
right now does being in space feel like
an escape from your kind of like daily

life or the life that you had back on earth I wouldn't say it's an escape it's really what we're trained to do so we trained for years before we fly we practice all of the kinds of activities and experiments we do up here so we trained for hundreds of thousands of hours on the ground so really it actually feels quite normal it feels like everything that I've been doing for the last seven years it just is all truly in low-earth orbit this time instead of a simulator in one
of our buildings at NASA so one quick experiment for us and in an astronaut that we interviewed before so that it's really hard to wash your hair in space and so she uses a lot of dry shampoo and I was wondering if you could show us how it works to use dry shampoo up there yeah so not sure where you got that information we don't we really don't have dry shampoo up here that's particulate that would float you wouldn't be able to really control it so we can wash our hair we do that a little bit less we like to conserve water up
here but you can just take a normal drink bag this is what we this is what we drink out of and just use this put a little bit of water in your hair we use a small amount of shampoo and it's not that different than you would think in terms of what we what we do on earth so living up here sometimes is amazing and fascinating and completely different sometimes it is just as normal as you would expect on the planet all right one quick last question a lot of people have this sort of melancholy feeling after they achieve a huge goal like going to
space like now what so how are you

00:10:06,289 --> 00:10:14,299
feeling about your return to Earth I'm

00:10:11,389 --> 00:10:17,000
enjoying every moment in space it's

00:10:14,299 --> 00:10:18,889
really an amazing laboratory that we

00:10:17,000 --> 00:10:22,100
have up here I am looking forward to

00:10:18,889 --> 00:10:23,930
going back to Earth and when we come

00:10:22,100 --> 00:10:25,850
back to the planet we don't just quit

00:10:23,929 --> 00:10:27,919
what we've been doing we take all of

00:10:25,850 --> 00:10:30,050
this knowledge and experience and we

00:10:27,919 --> 00:10:32,778
actually turn that back into NASA and

00:10:30,049 --> 00:10:34,429
work on future expeditions and future

00:10:32,778 --> 00:10:36,740
space flights so I'm really just looking

00:10:34,429 --> 00:10:39,578
forward to working with the ground teams

00:10:36,740 --> 00:10:42,680
getting back into Mission Control and

00:10:39,578 --> 00:10:44,899
redesigning the next set of hardware and
experiments for future astronauts that are gonna fly onboard the space station.

great alright I think that's all I have. all right excellent it was great talking.

to you today I hope you enjoyed a little glimpse into Space Station life and we'd like to say hello from the crew of expedition 49 station this is Houston.

ACR thank you that concludes our event. thank you cosmopolitan comm station.

please stand by while we reconfigure video and audio communications.