NASA - Space Station Crew Members Discuss Life in Space with BuzzFeed

station this is BuzzFeed how do you hear

me we've got you loud and clear how do

you hear us I think we're good so I hey

guys they've got a theory I'm excited to

have the chance to speak with you guys

on behalf of BuzzFeed news now as you

know today is a big day for NASA and

we're celebrating 50 years of Mission

Control Houston as well as a 50th

anniversary of the Facebook and a lot of

persons happened in those 50 years you

know the first space flight / spacewalk

a man on the moon and now we have the

first expresso machine in space so it
00:00:36,509 --> 00:00:43,589
sounds like you guys need a coffee every

morning just like the rest of us yeah

00:00:43,590 --> 00:00:49,200
that's been a fun thing ascot samantha

00:00:46,079 --> 00:00:50,149
enjoy coffee and it's been pretty unique

00:00:49,200 --> 00:00:51,840
to have an espresso machine

00:00:50,149 --> 00:00:53,219
unfortunately we can't have it every day

00:00:51,840 --> 00:00:54,570
there's a limited supply and we're

00:00:53,219 --> 00:00:56,370
trying to save a few maybe for the mex

00:00:54,570 --> 00:01:01,079
crew that comes up but that's definitely

00:00:56,369 --> 00:01:03,089
been a pretty cool first in space now

00:01:01,079 --> 00:01:05,400
can you tell us a little bit about the

00:01:03,090 --> 00:01:07,618
the taste and the smell of that does it

00:01:05,400 --> 00:01:13,710
taste the same or does it smell the same

00:01:07,618 --> 00:01:16,469
is down here on earth yeah I think they
did a great job on the machine I guess

anyone who knows about making espresso

it's pretty complicated as high

temperatures high pressures and and I

think they got it right I'm not a big

drinker of espresso on the ground but

I've had it before and tastes pretty

good had a little froth eNOS on the top

and everything so it's a it was a real

treat now Terry you've been aboard the

space station for several months now are

you are you able to maintain a cultural

connection with earth as far as

entertainment goes you know
music movies etc yeah we're in our

seventh month now with Anton and

Samantha here and one of the best ways

that I've connected with earth recently

has been watching baseball they the

houston will ship up usually yesterday's

baseball game or occasionally if it's an

early day game they'll set up a live

game when we have satellite coverage

which is about half the time so that's

been a lot of fun for me at on earth I

love keeping track of some of my

favorite teams the Orioles and the

Astros and so that's that's been really

important too to keep in touch and we do
have a we got a new TV screen there's a big a big screen projector in one of our modules and usually on Saturday nights we'll watch a movie together with the crew or watch like the Daily News down there on that and so that's another good way to keep a part of Earth up here in space with us and God with you just being a few months into your year-long stay on the space station how to prepare yourself emotionally and physically for being up there that home you get homesick does your body have to a job you know I I don't know if home six the
right word but there's certainly things you miss on earth when you're up here for an extended period mostly the people that that you love your friends your family also things like the weather even though there's been a you know a lot of bad weather in houston and texas lately and we certainly feel for those people and they're our thoughts are with them you know we do miss that the rain the wind things like that but for me haven't lived here before for about six months I knew what to expect so I'm trying to pace myself keep things in the right
perspective and hopefully I’ll be and have the pretty much the same attitude that the in March at the end of this flight as I do right now now yeah Scott Seiver you were talking a little bit about a you know Mars and how that would affect the human body are there any like weird things that space that you expect to happen to your body you know a year being up there in faith well there are things that we we know happen and things that we know the causes of them for instance the microgravity environment affects our bone mass our muscle mass
and it's you know for the reason that

00:04:19,348 --> 00:04:23,610
our bodies are very smart and they kind

00:04:21,418 --> 00:04:25,198
of recognize that up here you don't

00:04:23,610 --> 00:04:27,270
really have a need for that much bone

00:04:25,199 --> 00:04:28,829
mass and muscle mass so it kind of gets

00:04:27,269 --> 00:04:31,228
rid of it but we can mitigate those

00:04:28,829 --> 00:04:32,699
effects with exercise and so far we've

00:04:31,228 --> 00:04:34,589
been able to do that very well people

00:04:32,699 --> 00:04:37,199
coming back from long-duration flights

00:04:34,589 --> 00:04:39,719
on the space station generally increase

00:04:37,199 --> 00:04:41,280
their muscle mass or and their with

00:04:39,720 --> 00:04:43,860
regards to their bone mass you know a

00:04:41,279 --> 00:04:46,138
lot of them stay the same a few have

00:04:43,860 --> 00:04:48,840
increased it some have lost but we know

00:04:46,139 --> 00:04:53,699
and understand that the radiation
affects you know affect us on kind of a
more cellular level with potential
damage to our DNA RNA proteins
things like that one of the experiments
or some of the experiments that are
comparing me to my brother in this
so-called twin study involve research in
that specific area it's also effects on
our immune system and then a new thing
we found in the last several years is an
effect on our vision and we were just
doing an experiment in in the Russian
segment today where we're doing and
yesterday doing ultrasound scans on our
vessels in her head our eyes other

imaging techniques while using this

lower body negative pressure device that

the the Russians used to readapt her to

get ready to readapt to earth so it's

the first time in American astronaut has

done this on the space station me and we

had some very advanced imaging

techniques and a very interesting and

sophisticated experiment going on there

for the last two days to understand this

issue with our eyes and how to protect

against it and now our next question is

from some of our BuzzFeed news readers
and one of the best question that we came across with for Terry how much time you spend there in the observation cupola and what are your top three favorite views on earth well the answer to the first question is not enough time usually it's in between activities if you got a couple minutes you run down and see if there's something interesting out there and take a picture and top three is really hard to come up with i think i need a letterman top 10 here the Aurora's or something really amazing there was one
particular night where we had a southern

00:06:39,079 --> 00:06:43,879
Aurora and we flew basically through it

00:06:41,870 --> 00:06:45,800
and over top of it and even farther

00:06:43,879 --> 00:06:47,089
south than the northernmost part of it

00:06:45,800 --> 00:06:49,819
you could see this thing dancing around

00:06:47,089 --> 00:06:51,679
and moving kind of second by second as

00:06:49,819 --> 00:06:58,969
we flew over it that was that was truly

00:06:51,680 --> 00:07:01,519
amazing I kind of like sunrises and

00:06:58,970 --> 00:07:04,190
sunsets the Sun Rise itself is amazing

00:07:01,519 --> 00:07:05,870
how fast it happens and the the speed it

00:07:04,189 --> 00:07:08,360
depends kind of depends on if the suns

00:07:05,870 --> 00:07:12,379
on the off to our side or in front of us

00:07:08,360 --> 00:07:10,280
but watching the other modules on the

00:07:10,279 --> 00:07:14,629
station go from black to bright white in

00:07:12,379 --> 00:07:17,360
just a few seconds is pretty amazing to
me and a third site that I love to see

is on earth these islands with reefs

especially like the Bahamas or in the

Caribbean in the Pacific Ocean we just

flew over the east coast of Africa and

there's there's really green blue kind

of shades of blue that I had never

really seen before and I love seeing

those those types of Island reefs in

shallow water is pretty amazing but

three is not enough I think a lifetime

of lookin down on creation is not enough

time to to see all this stuff yeah

that's awesome now I think we're going
to have to wrap this up soon now Scott

one more question we're going back to

exercise and fitness how'd you guys stay in shape do calories burn slower or faster and space you know I you know a lot of people say they think they burn more calories here some people think less I one thing we we all do is we seem to exercise more than we do on earth you know my case twice a day six days a week

aerobic exercise and weight lifting we have this great just of exercise device that uses air cylinders and air pressure to make it
feel like we're actually lifting real weight and we also have a treadmill that works very well in a cycle ergometer or bicycle there's also some exercise equipment on the Russian segments that the cosmonauts use they also use our resistive exercise device but it works it really works great and it's you know really testament to the engineering team and the exercise specialist we have on the ground helping us protect our health on these long-duration missions excellent to thank you guys for taking the time out
of your busy day to talk to BuzzFeed

215 00:09:01,340 --> 00:09:07,490
news and good luck on the rest of the

216 00:09:03,200 --> 00:09:10,150
expedition thank you it's great talking

217 00:09:07,490 --> 00:09:10,149
to you guys today