



1  
00:00:07,590 --> 00:00:02,230  
all right station this is a great lake

2  
00:00:21,029 --> 00:00:09,110  
we hear you loud and clear welcome

3  
00:00:25,269 --> 00:00:22,550  
well good morning thank you for having

4  
00:00:26,630 --> 00:00:25,279  
us today we have a very excited group to

5  
00:00:28,950 --> 00:00:26,640  
talk to the three of you today we

6  
00:00:31,269 --> 00:00:28,960  
appreciate you making the time for us

7  
00:00:32,069 --> 00:00:31,279  
and we have a whole bunch of uh students

8  
00:00:33,910 --> 00:00:32,079  
here

9  
00:00:36,150 --> 00:00:33,920  
to ask some questions so i'm going to

10  
00:00:38,229 --> 00:00:36,160  
ask the first two to come up and scott i

11  
00:00:40,630 --> 00:00:38,239  
think these two will be after uh after

12  
00:00:42,150 --> 00:00:40,640  
your heart here hold on

13  
00:00:44,549 --> 00:00:42,160

go ahead and introduce yourself guys

14

00:00:46,790 --> 00:00:44,559

right there introduce yourselves

15

00:00:50,549 --> 00:00:46,800

i'm conor dudrow

16

00:00:54,869 --> 00:00:52,630

our question is for scott kelly we

17

00:00:57,750 --> 00:00:54,879

learned that you are a twin just like us

18

00:01:01,670 --> 00:00:57,760

and your brother is mark

19

00:01:12,230 --> 00:01:05,429

how would your mom feel if you were both

20

00:01:19,030 --> 00:01:16,390

well i think my mother would be nervous

21

00:01:23,830 --> 00:01:19,040

and my father too and my grandmother if

22

00:01:29,749 --> 00:01:25,990

however you know they would understand

23

00:01:30,950 --> 00:01:29,759

it and of course they would have to um

24

00:01:32,870 --> 00:01:30,960

live with it

25

00:01:34,149 --> 00:01:32,880

uh you know unfortunately that's not

26  
00:01:37,030 --> 00:01:34,159  
going to happen now though because my

27  
00:01:39,590 --> 00:01:37,040  
brother's shuttle mission was delayed

28  
00:01:41,590 --> 00:01:39,600  
so i'll be home before

29  
00:01:44,310 --> 00:01:41,600  
my brother launches so that's

30  
00:01:45,990 --> 00:01:44,320  
something my mother or my parents

31  
00:02:02,870 --> 00:01:46,000  
you know are not going to have to worry

32  
00:02:02,880 --> 00:02:07,109  
you any

33  
00:02:07,119 --> 00:02:15,350  
anything to the space station

34  
00:02:18,869 --> 00:02:16,470  
well

35  
00:02:21,030 --> 00:02:18,879  
excitingly enough when we woke up on

36  
00:02:23,910 --> 00:02:21,040  
christmas morning we all sleep in little

37  
00:02:26,949 --> 00:02:23,920  
cabins and when we opened our doors

38  
00:02:29,110 --> 00:02:26,959

we each had a little tiny present tied

39

00:02:32,949 --> 00:02:29,120

on the outside of our doors

40

00:02:33,910 --> 00:02:32,959

and it was chocolate and actually for me

41

00:02:35,190 --> 00:02:33,920

this

42

00:02:39,350 --> 00:02:35,200

tiny little

43

00:02:41,509 --> 00:02:39,360

and so we did have some presents from

44

00:02:43,030 --> 00:02:41,519

santa claus it's hard to bring things to

45

00:02:53,350 --> 00:02:43,040

space so i think he just brought little

46

00:02:58,630 --> 00:02:55,910

hi i'm zachary corkwell

47

00:03:01,350 --> 00:02:58,640

my question is for mr nespoli

48

00:03:03,270 --> 00:03:01,360

what special italian holiday items or

49

00:03:08,470 --> 00:03:03,280

food did you bring with you on the

50

00:03:13,509 --> 00:03:10,470

hey zachary i think you like food

51  
00:03:15,430 --> 00:03:13,519  
because this is a food question here so

52  
00:03:17,190 --> 00:03:15,440  
yes i'm

53  
00:03:19,509 --> 00:03:17,200  
i actually did not bring much with me

54  
00:03:22,309 --> 00:03:19,519  
because you know we flew up here with

55  
00:03:24,470 --> 00:03:22,319  
this russian uh spacecraft it's very

56  
00:03:26,710 --> 00:03:24,480  
very small you cannot really bring much

57  
00:03:29,750 --> 00:03:26,720  
so i didn't bring anything because i

58  
00:03:33,190 --> 00:03:29,760  
knew we had plenty of stuff here

59  
00:03:35,830 --> 00:03:33,200  
and uh and in fact we had uh christmas

60  
00:03:37,350 --> 00:03:35,840  
dinner all together using some food

61  
00:03:39,190 --> 00:03:37,360  
items that are

62  
00:03:41,190 --> 00:03:39,200  
regular the regular from the space

63  
00:03:43,589 --> 00:03:41,200

station and on top of that the the

64

00:03:45,270 --> 00:03:43,599

russian actually gave us as a gift some

65

00:03:47,509 --> 00:03:45,280

little chocolate so we had plenty of

66

00:04:14,630 --> 00:03:47,519

things to celebrate here are some of the

67

00:04:19,030 --> 00:04:16,710

my name is brandon weber and my question

68

00:04:21,590 --> 00:04:19,040

is for scott kelly

69

00:04:23,830 --> 00:04:21,600

um what was your response when you were

70

00:04:28,550 --> 00:04:23,840

selected to be commander of expedition

71

00:04:32,550 --> 00:04:30,070

wow that was uh

72

00:04:36,150 --> 00:04:32,560

that was some time ago that was in 2007

73

00:04:37,990 --> 00:04:36,160

after my last mission and uh

74

00:04:39,510 --> 00:04:38,000

you know this is a

75

00:04:41,670 --> 00:04:39,520

pretty uh

76

00:04:43,830 --> 00:04:41,680

big facility in space the international

77

00:04:46,230 --> 00:04:43,840

space station and it's a

78

00:04:49,110 --> 00:04:46,240

you know a program that involves many

79

00:04:51,350 --> 00:04:49,120

many different countries so certainly a

80

00:04:52,870 --> 00:04:51,360

lot of responsibility um

81

00:04:55,430 --> 00:04:52,880

you know it's a real privilege to have

82

00:04:57,830 --> 00:04:55,440

this job so it was all is also somewhat

83

00:05:00,550 --> 00:04:57,840

humbling to to be able to you know serve

84

00:05:03,350 --> 00:05:00,560

in this uh capacity so you know a little

85

00:05:05,990 --> 00:05:03,360

excitement uh you know but also a little

86

00:05:07,670 --> 00:05:06,000

i guess uh humbled by the uh

87

00:05:21,590 --> 00:05:07,680

you know by asking to

88

00:05:26,950 --> 00:05:24,150

i am danny smerdell and my question is

89

00:05:28,629 --> 00:05:26,960

for miss coleman

90

00:05:30,710 --> 00:05:28,639

what were some of the endurance and

91

00:05:32,469 --> 00:05:30,720

tolerance records you set well with the

92

00:05:39,350 --> 00:05:32,479

air force and how they helped you in

93

00:05:43,990 --> 00:05:41,749

in the air force we were looking at new

94

00:05:46,870 --> 00:05:44,000

kinds of what we call g-suits they're

95

00:05:50,070 --> 00:05:46,880

special equipment that pilots wear that

96

00:05:51,590 --> 00:05:50,080

keep all the um the blood um from going

97

00:05:54,710 --> 00:05:51,600

down from their head all the way down to

98

00:05:58,550 --> 00:05:54,720

their feet when they pull g's and i just

99

00:05:59,909 --> 00:05:58,560

happen to be pretty good at doing that

100

00:06:01,909 --> 00:05:59,919

i think one of the things you learn when

101  
00:06:04,950 --> 00:06:01,919  
you do things like that that are hard is

102  
00:06:07,110 --> 00:06:04,960  
that all you can do is do your best and

103  
00:06:08,870 --> 00:06:07,120  
also for me it helps not to think about

104  
00:06:11,270 --> 00:06:08,880  
maybe running a whole race you know

105  
00:06:13,909 --> 00:06:11,280  
doing something for a long time but just

106  
00:06:15,670 --> 00:06:13,919  
doing it just for a minute now and just

107  
00:06:17,990 --> 00:06:15,680  
for another minute and just for another

108  
00:06:20,550 --> 00:06:18,000  
minute so if some task seems really hard

109  
00:06:22,309 --> 00:06:20,560  
for you and it's long i would just cut

110  
00:06:32,230 --> 00:06:22,319  
it into little pieces and try to do your

111  
00:06:37,510 --> 00:06:35,189  
hi my name is catherine dobkowski and my

112  
00:06:39,430 --> 00:06:37,520  
question is for scott kelly

113  
00:06:41,510 --> 00:06:39,440

what is the most difficult thing about

114

00:06:52,950 --> 00:06:41,520

long-duration mission training as

115

00:06:55,670 --> 00:06:54,390

well when you're

116

00:06:58,309 --> 00:06:55,680

when you're training for a short

117

00:06:59,990 --> 00:06:58,319

duration mission on the space shuttle

118

00:07:02,150 --> 00:07:00,000

most of your training is

119

00:07:03,749 --> 00:07:02,160

takes place in in houston texas at the

120

00:07:05,510 --> 00:07:03,759

johnson space center

121

00:07:08,390 --> 00:07:05,520

but because this is an international

122

00:07:10,790 --> 00:07:08,400

space station with uh with modules that

123

00:07:13,430 --> 00:07:10,800

are built all over the world

124

00:07:15,749 --> 00:07:13,440

our training takes place in uh

125

00:07:17,110 --> 00:07:15,759

different countries in europe mostly in

126  
00:07:19,749 --> 00:07:17,120  
germany

127  
00:07:21,110 --> 00:07:19,759  
russia japan canada

128  
00:07:22,950 --> 00:07:21,120  
so

129  
00:07:25,830 --> 00:07:22,960  
the difficult most difficult part about

130  
00:07:27,909 --> 00:07:25,840  
it is associated with the travel to get

131  
00:07:30,469 --> 00:07:27,919  
to those places and and the time spent

132  
00:07:32,150 --> 00:07:30,479  
away from home in other words missing

133  
00:07:34,390 --> 00:07:32,160  
family and friends

134  
00:07:36,070 --> 00:07:34,400  
and the the time change that you have to

135  
00:07:38,230 --> 00:07:36,080  
deal with when you're traveling over

136  
00:07:40,390 --> 00:07:38,240  
multiple time zones

137  
00:07:42,070 --> 00:07:40,400  
and then uh you know getting up first

138  
00:07:45,430 --> 00:07:42,080

thing monday morning

139

00:07:48,390 --> 00:07:45,440

to to train in a different uh location

140

00:07:50,309 --> 00:07:48,400

when you're really sleepy that's uh you

141

00:07:51,830 --> 00:07:50,319

know those two things missing family and

142

00:07:54,309 --> 00:07:51,840

friends and being

143

00:08:04,710 --> 00:07:54,319

being tired because of the time changes

144

00:08:11,510 --> 00:08:07,350

my name is michael borowski and my

145

00:08:16,309 --> 00:08:14,070

uh you worked on the payload and crew

146

00:08:18,469 --> 00:08:16,319

support computer used on the russian

147

00:08:20,230 --> 00:08:18,479

space station mir

148

00:08:28,309 --> 00:08:20,240

how old were you when you became

149

00:08:32,630 --> 00:08:30,230

hi michael uh

150

00:08:35,269 --> 00:08:32,640

well i i actually bought one of the

151  
00:08:37,829 --> 00:08:35,279  
first computer computers that were put

152  
00:08:40,310 --> 00:08:37,839  
in in the market in the early 80s i

153  
00:08:43,110 --> 00:08:40,320  
think it was 1982

154  
00:08:44,949 --> 00:08:43,120  
it was a very complicated little thing

155  
00:08:47,750 --> 00:08:44,959  
very difficult to to work but it was

156  
00:08:50,470 --> 00:08:47,760  
fascinating i mean i think already then

157  
00:08:52,470 --> 00:08:50,480  
it was it was interesting to know and to

158  
00:08:55,590 --> 00:08:52,480  
see you could see how these little

159  
00:08:59,110 --> 00:08:55,600  
machines could reverse revolution but

160  
00:09:01,110 --> 00:08:59,120  
change our life and uh and i thought we

161  
00:09:02,389 --> 00:09:01,120  
should not miss out of it so i bought i

162  
00:09:03,350 --> 00:09:02,399  
bought into that

163  
00:09:06,470 --> 00:09:03,360

um

164

00:09:10,470 --> 00:09:08,630

and and that's it i mean i wanted to to

165

00:09:12,710 --> 00:09:10,480

learn this because i felt that they were

166

00:09:20,630 --> 00:09:12,720

important and in fact they are extremely

167

00:09:26,630 --> 00:09:24,070

hello my name is ricky gellmore and my

168

00:09:28,389 --> 00:09:26,640

question is for astronaut kelly

169

00:09:30,630 --> 00:09:28,399

you belong to the society of

170

00:09:32,630 --> 00:09:30,640

experimental test pilots

171

00:09:38,550 --> 00:09:32,640

what kinds of experimental test flights

172

00:09:42,150 --> 00:09:41,110

ricky uh that's a that's a good question

173

00:09:44,230 --> 00:09:42,160

i uh

174

00:09:46,790 --> 00:09:44,240

i've been at nasa now for

175

00:09:48,870 --> 00:09:46,800

uh over 14 years so

176

00:09:50,630 --> 00:09:48,880

it's been a while since i was doing

177

00:09:52,710 --> 00:09:50,640

experimental test flying but some of the

178

00:09:55,350 --> 00:09:52,720

uh stuff i was involved with i was the

179

00:09:57,829 --> 00:09:55,360

first pilot ever ever

180

00:09:59,590 --> 00:09:57,839

to fly an f-14 with a

181

00:10:01,990 --> 00:09:59,600

experimental digital flight control

182

00:10:03,910 --> 00:10:02,000

system installed in it and

183

00:10:06,150 --> 00:10:03,920

you know did some what's called high

184

00:10:08,949 --> 00:10:06,160

angle of attack and departure testing so

185

00:10:11,750 --> 00:10:08,959

trying to you know get the airplane into

186

00:10:14,630 --> 00:10:11,760

a spin or close to getting into a spin

187

00:10:17,430 --> 00:10:14,640

um i also did some testing uh trying to

188

00:10:20,230 --> 00:10:17,440

see how heavy we could launch an f-14

189

00:10:21,350 --> 00:10:20,240

tomcat off of an aircraft carrier

190

00:10:25,590 --> 00:10:21,360

and

191

00:10:40,310 --> 00:10:25,600

most of the test flying i did involve

192

00:10:50,310 --> 00:10:42,870

what exactly were you doing as chief of

193

00:10:55,590 --> 00:10:52,710

well i was in charge of robotics from an

194

00:10:58,550 --> 00:10:55,600

astronaut's point of view and that means

195

00:11:01,030 --> 00:10:58,560

how the robotic arms operate and how we

196

00:11:03,430 --> 00:11:01,040

learn about how they operate we have

197

00:11:05,910 --> 00:11:03,440

folks that teach us how to

198

00:11:07,590 --> 00:11:05,920

use the robotic arms and we try to make

199

00:11:09,590 --> 00:11:07,600

sure that we know everything we need to

200

00:11:11,990 --> 00:11:09,600

know before we come up here and do our

201  
00:11:14,550 --> 00:11:12,000  
mission for example on this mission the

202  
00:11:18,230 --> 00:11:14,560  
three of us will capture the japanese a

203  
00:11:19,910 --> 00:11:18,240  
japanese supply ship called the htv and

204  
00:11:22,710 --> 00:11:19,920  
what will happen is it'll come up to the

205  
00:11:24,710 --> 00:11:22,720  
space station it'll hover right outside

206  
00:11:26,870 --> 00:11:24,720  
and then with the robotic arm controlled

207  
00:11:29,670 --> 00:11:26,880  
by paulo and i we will actually reach

208  
00:11:32,230 --> 00:11:29,680  
out and grab that supply ship and then

209  
00:11:33,910 --> 00:11:32,240  
stick it onto the space station and so

210  
00:11:36,150 --> 00:11:33,920  
all the training that i learned in

211  
00:11:38,310 --> 00:11:36,160  
houston on the robotic arm i'll be using

212  
00:11:40,710 --> 00:11:38,320  
it for that task and my job as the chief

213  
00:11:42,870 --> 00:11:40,720

of robotics was to make sure that people

214

00:11:44,870 --> 00:11:42,880

like me crew members training to get

215

00:11:46,550 --> 00:11:44,880

ready for space were learning all the

216

00:11:48,310 --> 00:11:46,560

things they really needed to know in

217

00:11:57,509 --> 00:11:48,320

space so we'll find out at the end of

218

00:12:03,030 --> 00:12:00,470

my question is for

219

00:12:04,710 --> 00:12:03,040

pielo nespoli and my name is terrell

220

00:12:08,550 --> 00:12:04,720

barrow

221

00:12:12,150 --> 00:12:08,560

growing up in italy what experiences

222

00:12:14,870 --> 00:12:12,160

convinced you to become an astronaut

223

00:12:20,870 --> 00:12:14,880

and how old were you when you made

224

00:12:26,470 --> 00:12:22,470

that's an interesting question you know

225

00:12:28,710 --> 00:12:26,480

i'm old enough to have witnessed uh live

226

00:12:31,030 --> 00:12:28,720

uh the first images that came back down

227

00:12:33,590 --> 00:12:31,040

from the moon and i remember watching

228

00:12:36,230 --> 00:12:33,600

these guys jumping around

229

00:12:38,069 --> 00:12:36,240

on the moon and thinking wow i really

230

00:12:39,829 --> 00:12:38,079

like that i want to be also an astronaut

231

00:12:41,590 --> 00:12:39,839

when i grow up

232

00:12:44,629 --> 00:12:41,600

but then you know

233

00:12:46,629 --> 00:12:44,639

i i grew up and and i decided to

234

00:12:49,829 --> 00:12:46,639

actually try to pursue this career when

235

00:12:51,269 --> 00:12:49,839

i was 25 and this is when

236

00:12:53,829 --> 00:12:51,279

i really worked

237

00:12:55,990 --> 00:12:53,839

towards it it took me many many years

238

00:12:57,509 --> 00:12:56,000

before i eventually got selected as an

239

00:12:59,590 --> 00:12:57,519

astronaut but

240

00:13:07,350 --> 00:12:59,600

it's possible even for somebody coming

241

00:13:12,949 --> 00:13:09,509

my name is gary my name is gary

242

00:13:14,470 --> 00:13:12,959

mcdonough and my question is for

243

00:13:16,870 --> 00:13:14,480

scott kelly

244

00:13:19,509 --> 00:13:16,880

how how will you celebrate your birthday

245

00:13:24,870 --> 00:13:19,519

on february 21st on the international

246

00:13:29,110 --> 00:13:27,269

well gavin

247

00:13:30,470 --> 00:13:29,120

i'm sure we'll have maybe a little

248

00:13:31,350 --> 00:13:30,480

celebration

249

00:13:33,990 --> 00:13:31,360

that

250

00:13:37,030 --> 00:13:34,000

day actually is a day where we have a

251

00:13:40,550 --> 00:13:37,040

russian space walk going on

252

00:13:43,110 --> 00:13:40,560

and because where my soyuz my return

253

00:13:45,750 --> 00:13:43,120

ship is located

254

00:13:48,550 --> 00:13:45,760

during that spacewalk i have to be

255

00:13:51,030 --> 00:13:48,560

isolated in one of the smaller russian

256

00:13:54,069 --> 00:13:51,040

segment modules the whole time

257

00:13:56,949 --> 00:13:54,079

so for about 12 hours on my birthday

258

00:13:58,470 --> 00:13:56,959

i'll be locked up um

259

00:14:00,550 --> 00:13:58,480

in this module with one of the other

260

00:14:02,710 --> 00:14:00,560

cosmonauts and the reason we do that is

261

00:14:06,710 --> 00:14:02,720

in case we have to come back in an

262

00:14:09,269 --> 00:14:06,720

emergency we're not isolated from our

263

00:14:12,629 --> 00:14:09,279

return vehicle so most of the time not

264

00:14:20,470 --> 00:14:12,639

too much celebrating a lot of waiting

265

00:14:25,269 --> 00:14:23,030

my name is marissa rotino my question is

266

00:14:27,030 --> 00:14:25,279

for catherine coleman how did you train

267

00:14:37,910 --> 00:14:27,040

for long duration flight on the

268

00:14:41,269 --> 00:14:39,829

what we do is uh there's there's people

269

00:14:43,509 --> 00:14:41,279

that have thought about everything that

270

00:14:45,990 --> 00:14:43,519

astronauts need to learn in order to

271

00:14:48,310 --> 00:14:46,000

live and work and and do science

272

00:14:49,829 --> 00:14:48,320

experiments on the space station and

273

00:14:51,750 --> 00:14:49,839

some of those things we learn in the

274

00:14:53,750 --> 00:14:51,760

united states some of those things we

275

00:14:55,670 --> 00:14:53,760

learn in russia we also

276

00:14:58,069 --> 00:14:55,680

do training which is very much like

277

00:15:00,790 --> 00:14:58,079

school we go to class just like you do

278

00:15:01,750 --> 00:15:00,800

we learn things we have tests just like

279

00:15:04,230 --> 00:15:01,760

you do

280

00:15:08,550 --> 00:15:04,240

and uh and so we do those things also in

281

00:15:10,550 --> 00:15:08,560

japan and in um in europe because

282

00:15:11,990 --> 00:15:10,560

there's a whole group of 16 different

283

00:15:14,389 --> 00:15:12,000

countries that have made our space

284

00:15:16,230 --> 00:15:14,399

station and we try to make sure that we

285

00:15:18,310 --> 00:15:16,240

understand how to operate each of their

286

00:15:19,829 --> 00:15:18,320

different parts of the space station so

287

00:15:21,990 --> 00:15:19,839

i've been spending the last two and a

288

00:15:23,670 --> 00:15:22,000

half years learning all those things and

289

00:15:25,590 --> 00:15:23,680

it's pretty exciting to be up here

290

00:15:33,749 --> 00:15:25,600

actually putting all that knowledge to

291

00:15:39,749 --> 00:15:36,710

my name is timothy williamson and i have

292

00:15:41,430 --> 00:15:39,759

a question for mr nespoli

293

00:15:49,829 --> 00:15:41,440

the scuba diving

294

00:15:54,470 --> 00:15:52,550

timothy uh actually yes

295

00:15:55,910 --> 00:15:54,480

when i want to float around here and and

296

00:15:58,069 --> 00:15:55,920

you know i'm hanging

297

00:16:01,829 --> 00:15:58,079

uh like this reminds me a lot about

298

00:16:04,710 --> 00:16:01,839

scuba diving uh uh actually when when i

299

00:16:07,110 --> 00:16:04,720

push in and i fly reminds me when when

300

00:16:09,749 --> 00:16:07,120

sometimes i was under water flying over

301  
00:16:11,829 --> 00:16:09,759  
coral reefs so nice places though there

302  
00:16:13,350 --> 00:16:11,839  
are some differences you can

303  
00:16:20,230 --> 00:16:13,360  
you can

304  
00:16:22,069 --> 00:16:20,240  
objects or spin around but if you try to

305  
00:16:23,990 --> 00:16:22,079  
do that here in space it doesn't work so

306  
00:16:25,749 --> 00:16:24,000  
you have to be really careful because if

307  
00:16:27,910 --> 00:16:25,759  
you're not careful here you go and slam

308  
00:16:35,269 --> 00:16:27,920  
against the walls and you do a lot of

309  
00:16:40,710 --> 00:16:38,550  
my name is ryan valerie and i am asking

310  
00:16:42,949 --> 00:16:40,720  
a question for scott

311  
00:16:45,670 --> 00:16:42,959  
kelly how do you breathe in your

312  
00:16:53,590 --> 00:16:45,680  
spacesuit is its close shot and what

313  
00:16:57,350 --> 00:16:54,710

well

314

00:17:01,749 --> 00:16:57,360

um in the spacesuit that we do

315

00:17:04,309 --> 00:17:01,759

spacewalks in the big white one you see

316

00:17:07,590 --> 00:17:04,319

we have oxygen tanks that surprise

317

00:17:09,510 --> 00:17:07,600

supply us with oxygen and

318

00:17:11,270 --> 00:17:09,520

when those run out if they were to run

319

00:17:12,230 --> 00:17:11,280

out and hopefully they never will we

320

00:17:14,549 --> 00:17:12,240

have a

321

00:17:15,990 --> 00:17:14,559

spare oxygen tank that will give us just

322

00:17:18,230 --> 00:17:16,000

enough time

323

00:17:20,549 --> 00:17:18,240

to get back into the airlock and get

324

00:17:21,189 --> 00:17:20,559

hooked up to a uh

325

00:17:29,430 --> 00:17:21,199

an

326

00:17:31,110 --> 00:17:29,440

hopefully that'll never happen we have a

327

00:17:33,110 --> 00:17:31,120

lot of very smart people on the ground

328

00:17:35,190 --> 00:17:33,120

that watch how much

329

00:17:37,830 --> 00:17:35,200

oxygen we have as well as other things

330

00:17:40,710 --> 00:17:37,840

that support our life in the space suit

331

00:17:42,950 --> 00:17:40,720

but and we haven't had to use it yet and

332

00:17:44,630 --> 00:17:42,960

but if you ever did run out of air in

333

00:17:46,630 --> 00:17:44,640

the space suit

334

00:17:48,470 --> 00:17:46,640

or oxygen to breathe in the spacesuit or

335

00:17:51,190 --> 00:17:48,480

anywhere else you wouldn't

336

00:18:00,310 --> 00:17:51,200

you wouldn't live very long but

337

00:18:07,270 --> 00:18:03,190

my name is rand singer and

338

00:18:10,789 --> 00:18:09,110

how long did it take you to build up

339

00:18:16,789 --> 00:18:10,799

your great strengths and insurance and

340

00:18:20,549 --> 00:18:19,029

well i don't know if it's great but uh

341

00:18:23,190 --> 00:18:20,559

the only way to build strength and

342

00:18:24,789 --> 00:18:23,200

endurance is to work at it just about

343

00:18:26,630 --> 00:18:24,799

every single day

344

00:18:28,310 --> 00:18:26,640

and when you stop you start losing

345

00:18:30,150 --> 00:18:28,320

strength and endurance up here on the

346

00:18:32,870 --> 00:18:30,160

space station because we don't you know

347

00:18:34,870 --> 00:18:32,880

walk around on our feet or use our our

348

00:18:37,430 --> 00:18:34,880

big muscles just for moving around in

349

00:18:39,190 --> 00:18:37,440

life we actually lose um

350

00:18:41,750 --> 00:18:39,200

bone our bone actually dissolves a

351

00:18:44,870 --> 00:18:41,760

little bit and we lose muscles if we

352

00:18:47,830 --> 00:18:44,880

don't exercise so we exercise almost two

353

00:18:50,549 --> 00:18:47,840

hours every single day we do aerobic

354

00:18:52,630 --> 00:18:50,559

exercise for our hearts and we do

355

00:18:54,470 --> 00:18:52,640

weightlifting exercises although we use

356

00:19:00,789 --> 00:18:54,480

a different system because of course our

357

00:19:05,110 --> 00:19:03,590

well we want to uh thank you from

358

00:19:07,029 --> 00:19:05,120

the great lakes science center and the

359

00:19:09,750 --> 00:19:07,039

nasa glenn research visitor center for

360

00:19:12,150 --> 00:19:09,760

your time today and we'll be waving at 6

361

00:19:17,110 --> 00:19:12,160

13 eastern tonight when you fly over so

362

00:19:21,110 --> 00:19:18,950

well we'll try to wave back and all

363

00:19:22,789 --> 00:19:21,120

those were very great questions and we

364

00:19:23,990 --> 00:19:22,799

appreciate you guys coming on board

365

00:19:45,510 --> 00:19:24,000

today and joining us on the

366

00:19:51,270 --> 00:19:47,270

station this is houston acr that

367

00:19:54,549 --> 00:19:53,669

thank you great lakes science

368

00:19:56,549 --> 00:19:54,559

center