



1
00:00:06,150 --> 00:00:02,310
station this is the recorder how do you

2
00:00:10,950 --> 00:00:07,590
we hear you loud and clear welcome

3
00:00:13,589 --> 00:00:10,960
aboard the international space station

4
00:00:17,910 --> 00:00:15,350
hello everyone this is anita phillips

5
00:00:19,990 --> 00:00:17,920
with the recorder in greenfield um katie

6
00:00:21,590 --> 00:00:20,000
hi i interviewed you a couple years ago

7
00:00:25,670 --> 00:00:21,600
for a piece in yankee magazine how are

8
00:00:30,870 --> 00:00:28,150
i'm great it's nice to talk to you again

9
00:00:32,389 --> 00:00:30,880
hey nice to talk to you too so katie

10
00:00:34,310 --> 00:00:32,399
you're away from

11
00:00:35,830 --> 00:00:34,320
your son and husband for the next six

12
00:00:38,470 --> 00:00:35,840
months and during that time are you

13
00:00:40,310 --> 00:00:38,480

gonna miss any birthdays anniversaries

14

00:00:45,590 --> 00:00:40,320

school or other kind of important events

15

00:00:49,350 --> 00:00:47,270

well i think i'm going to miss actually

16

00:00:52,069 --> 00:00:49,360

all of the above although uh luckily for

17

00:00:54,150 --> 00:00:52,079

me uh all the boys in my family are born

18

00:00:56,709 --> 00:00:54,160

born in august so uh i'll be home for

19

00:00:58,630 --> 00:00:56,719

their birthdays but you know being up

20

00:01:01,029 --> 00:00:58,640

here is is pretty special and i think

21

00:01:03,910 --> 00:01:01,039

that they think it's special as well we

22

00:01:06,310 --> 00:01:03,920

have some capability to talk to them by

23

00:01:08,469 --> 00:01:06,320

video and certainly by phone or it's

24

00:01:10,390 --> 00:01:08,479

sort of a phone anyway i can call down

25

00:01:12,789 --> 00:01:10,400

to the ground and i talk to them

26
00:01:19,429 --> 00:01:12,799
i'd say probably every day at least once

27
00:01:22,710 --> 00:01:21,109
and how often do you normally have

28
00:01:23,670 --> 00:01:22,720
contact with with your son and your

29
00:01:25,109 --> 00:01:23,680
husband

30
00:01:30,789 --> 00:01:25,119
when you're in houston and when you're

31
00:01:35,190 --> 00:01:32,630
well since josh and i have been one of

32
00:01:36,870 --> 00:01:35,200
those couples that are you know have a

33
00:01:39,270 --> 00:01:36,880
commuter marriage or a long-distance

34
00:01:41,429 --> 00:01:39,280
marriage we've lived apart really for

35
00:01:43,510 --> 00:01:41,439
almost all of our married life

36
00:01:44,950 --> 00:01:43,520
being up here in some ways is a little

37
00:01:46,789 --> 00:01:44,960
easier than the life i've led for the

38
00:01:48,870 --> 00:01:46,799

past few years for the past few years i

39

00:01:50,870 --> 00:01:48,880

travel around the world training and

40

00:01:52,469 --> 00:01:50,880

spend actually not so much time in

41

00:01:54,149 --> 00:01:52,479

houston but

42

00:01:56,789 --> 00:01:54,159

you know there's houston there's russia

43

00:01:58,550 --> 00:01:56,799

there's japan there's europe and then

44

00:02:01,270 --> 00:01:58,560

every weekend that i'm in the states i

45

00:02:02,870 --> 00:02:01,280

try to go home to massachusetts so it's

46

00:02:04,709 --> 00:02:02,880

been a little hard to see them and i'm

47

00:02:07,190 --> 00:02:04,719

always calling from different time zones

48

00:02:08,949 --> 00:02:07,200

but now i'm always on the same time

49

00:02:11,270 --> 00:02:08,959

we're always the same number of hours

50

00:02:12,470 --> 00:02:11,280

apart i pass over their house and over

51
00:02:15,190 --> 00:02:12,480
their heads

52
00:02:16,869 --> 00:02:15,200
usually almost every day and we get to

53
00:02:18,470 --> 00:02:16,879
talk every day so it's actually a little

54
00:02:19,750 --> 00:02:18,480
more stable than our commuting life has

55
00:02:20,830 --> 00:02:19,760
been for the last

56
00:02:22,710 --> 00:02:20,840
20

57
00:02:23,830 --> 00:02:22,720
years

58
00:02:29,589 --> 00:02:23,840
and what's the first thing you're going

59
00:02:35,270 --> 00:02:32,869
oh after the shower

60
00:02:36,790 --> 00:02:35,280
you know i i get pictures on

61
00:02:38,390 --> 00:02:36,800
whenever i turn on my computer i see a

62
00:02:40,390 --> 00:02:38,400
different picture that's been sent up

63
00:02:41,830 --> 00:02:40,400

and many of them are from our home in

64

00:02:43,990 --> 00:02:41,840

shelburne and

65

00:02:46,309 --> 00:02:44,000

you know i think just standing outside

66

00:02:48,630 --> 00:02:46,319

and looking outside and smelling the

67

00:02:50,390 --> 00:02:48,640

outdoors is going to be enough for me no

68

00:02:51,910 --> 00:02:50,400

matter whether it's winter spring fall

69

00:02:54,550 --> 00:02:51,920

or summer

70

00:02:58,630 --> 00:02:56,470

okay how did you prepare how was

71

00:03:00,790 --> 00:02:58,640

preparing to live on the space station

72

00:03:03,589 --> 00:03:00,800

different than say traveling on a

73

00:03:05,110 --> 00:03:03,599

shuttle having to deal with you know

74

00:03:07,589 --> 00:03:05,120

different countries building different

75

00:03:08,949 --> 00:03:07,599

things and and how do you and also up

76
00:03:10,790 --> 00:03:08,959
there how are you dealing with

77
00:03:12,390 --> 00:03:10,800
accelerated bone loss and some of the

78
00:03:17,430 --> 00:03:12,400
other physical

79
00:03:21,270 --> 00:03:19,750
well those are two big questions um the

80
00:03:23,430 --> 00:03:21,280
first one in terms of preparing you know

81
00:03:24,470 --> 00:03:23,440
we've got um

82
00:03:25,910 --> 00:03:24,480
we've had people flying on the

83
00:03:28,149 --> 00:03:25,920
international space station for a number

84
00:03:29,830 --> 00:03:28,159
of years now and we actually know pretty

85
00:03:32,229 --> 00:03:29,840
much what we need to do up here and what

86
00:03:34,470 --> 00:03:32,239
we need to know how to do and so there's

87
00:03:37,190 --> 00:03:34,480
a you know a list of classes and things

88
00:03:38,229 --> 00:03:37,200

that um i need to to learn before i come

89

00:03:40,070 --> 00:03:38,239

up here

90

00:03:42,229 --> 00:03:40,080

and uh and so i've been doing that for

91

00:03:44,229 --> 00:03:42,239

the past few years and and i to me the

92

00:03:46,070 --> 00:03:44,239

international part of it is very

93

00:03:48,070 --> 00:03:46,080

exciting mostly because that's the way

94

00:03:49,910 --> 00:03:48,080

we operate and so i'm very pleased to

95

00:03:51,589 --> 00:03:49,920

train the way we operate and it's

96

00:03:54,070 --> 00:03:51,599

important to me to

97

00:03:55,990 --> 00:03:54,080

know some of the voices the faces behind

98

00:03:57,910 --> 00:03:56,000

the voices that i hear when i talk to

99

00:03:59,990 --> 00:03:57,920

the various mission controls around the

100

00:04:02,630 --> 00:04:00,000

world and so having trained in those

101
00:04:04,710 --> 00:04:02,640
countries with those people i i know who

102
00:04:06,229 --> 00:04:04,720
i'm talking to they're talking to me and

103
00:04:08,309 --> 00:04:06,239
i think it makes for more direct

104
00:04:11,429 --> 00:04:08,319
communication and we get i think more

105
00:04:13,589 --> 00:04:11,439
work done uh enough in a quicker manner

106
00:04:16,550 --> 00:04:13,599
in terms of the bone loss we exercise

107
00:04:19,670 --> 00:04:16,560
almost two hours a day both aerobic and

108
00:04:21,909 --> 00:04:19,680
weightlifting and that seems to um you

109
00:04:23,990 --> 00:04:21,919
know help with some of the bone loss and

110
00:04:26,469 --> 00:04:24,000
i'm also a test subject for some

111
00:04:27,990 --> 00:04:26,479
different osteoporosis studies to

112
00:04:30,550 --> 00:04:28,000
understand how some of the different

113
00:04:36,390 --> 00:04:30,560

drugs work or don't work

114

00:04:39,990 --> 00:04:37,990

so tell me a little bit about what you

115

00:04:41,350 --> 00:04:40,000

guys do up there um during the day you

116

00:04:43,030 --> 00:04:41,360

know when you get up when you go to bed

117

00:04:44,950 --> 00:04:43,040

what you eat what you do for

118

00:04:51,110 --> 00:04:44,960

entertainment and what you're doing work

119

00:04:54,830 --> 00:04:53,030

well we're on a schedule we wake up

120

00:04:56,469 --> 00:04:54,840

we're about six hours ahead of

121

00:04:58,070 --> 00:04:56,479

massachusetts

122

00:05:00,230 --> 00:04:58,080

excuse me five hours ahead of

123

00:05:01,990 --> 00:05:00,240

massachusetts i wake up around between

124

00:05:03,670 --> 00:05:02,000

six and seven in the morning and we

125

00:05:05,990 --> 00:05:03,680

start our day with a conference with the

126

00:05:08,070 --> 00:05:06,000

various mission controls all together

127

00:05:09,990 --> 00:05:08,080

all of us on the station and then all

128

00:05:12,150 --> 00:05:10,000

the mission controls all on one call

129

00:05:14,629 --> 00:05:12,160

talking about um what we're going to do

130

00:05:17,590 --> 00:05:14,639

that day the plan the schedule will

131

00:05:20,390 --> 00:05:17,600

already be on both on board in

132

00:05:22,870 --> 00:05:20,400

electronic form and each of us you know

133

00:05:25,350 --> 00:05:22,880

paulo scott and i and the russians as

134

00:05:27,189 --> 00:05:25,360

well has a timeline that says what we

135

00:05:29,270 --> 00:05:27,199

should be doing all day

136

00:05:31,909 --> 00:05:29,280

and also tells us what activities might

137

00:05:34,710 --> 00:05:31,919

be time critical so

138

00:05:36,070 --> 00:05:34,720

we're busy i mean often each each thing

139

00:05:38,150 --> 00:05:36,080

that you need to do there's different

140

00:05:40,950 --> 00:05:38,160

pieces of it you know start this let it

141

00:05:42,950 --> 00:05:40,960

go all day we we do station sort of

142

00:05:45,029 --> 00:05:42,960

maintenance and you know making sure the

143

00:05:47,350 --> 00:05:45,039

station is working right analyzing air

144

00:05:49,430 --> 00:05:47,360

quality work water quality things like

145

00:05:51,830 --> 00:05:49,440

that and then there's experiments like i

146

00:05:54,070 --> 00:05:51,840

did yesterday which took much of the day

147

00:05:56,790 --> 00:05:54,080

um i did basically what we would call a

148

00:05:58,550 --> 00:05:56,800

stress test where i'm riding on a bike

149

00:06:00,230 --> 00:05:58,560

and i've all i have instruments

150

00:06:02,950 --> 00:06:00,240

everywhere instrumentation i have you

151
00:06:05,430 --> 00:06:02,960
know electrodes and ekg leads and blood

152
00:06:07,670 --> 00:06:05,440
pressure and pulse and i'm breathing

153
00:06:09,990 --> 00:06:07,680
into a bag and into a tube

154
00:06:11,749 --> 00:06:10,000
and so um we're able to understand

155
00:06:13,909 --> 00:06:11,759
exactly how my body's reacting under

156
00:06:15,430 --> 00:06:13,919
stress and how it reacts differently so

157
00:06:17,749 --> 00:06:15,440
we're doing medical experiments and then

158
00:06:18,950 --> 00:06:17,759
a number of different material science

159
00:06:21,670 --> 00:06:18,960
and uh

160
00:06:23,670 --> 00:06:21,680
plant growing chemistry you name the

161
00:06:25,990 --> 00:06:23,680
science and we are doing it up here and

162
00:06:27,909 --> 00:06:26,000
it's really fascinating to me

163
00:06:29,909 --> 00:06:27,919

as a polymer chemist who you know

164

00:06:32,550 --> 00:06:29,919

graduated from umass right there in

165

00:06:34,629 --> 00:06:32,560

amherst um it's great to be up here and

166

00:06:36,309 --> 00:06:34,639

see science in action although some of

167

00:06:40,070 --> 00:06:36,319

that action is slow you know we're

168

00:06:42,469 --> 00:06:40,080

watching things grow taking photographs

169

00:06:45,510 --> 00:06:42,479

starting cooling cycles or heating

170

00:06:47,110 --> 00:06:45,520

cycles and then analysis cycles so a lot

171

00:06:48,790 --> 00:06:47,120

of different experiments that really

172

00:06:50,710 --> 00:06:48,800

just can't be done down on the ground

173

00:06:55,110 --> 00:06:50,720

due to our microgravity weightless

174

00:06:58,629 --> 00:06:57,029

and what about what are you eating and

175

00:07:06,230 --> 00:06:58,639

doing for entertainment when you have

176

00:07:09,990 --> 00:07:08,309

well for entertainment um actually

177

00:07:12,790 --> 00:07:10,000

there's i think for paolo and i are

178

00:07:16,230 --> 00:07:12,800

still pretty new up here there's just um

179

00:07:17,589 --> 00:07:16,240

floating around is just the most fun uh

180

00:07:19,350 --> 00:07:17,599

thing that we can do and just

181

00:07:21,350 --> 00:07:19,360

understanding how to work in this

182

00:07:25,029 --> 00:07:21,360

environment

183

00:07:27,670 --> 00:07:25,039

we also have uh some entertainment like

184

00:07:29,749 --> 00:07:27,680

music and movies that are sent up here

185

00:07:31,510 --> 00:07:29,759

and that really helps the exercise part

186

00:07:33,430 --> 00:07:31,520

of it because two hours a day can be a

187

00:07:35,830 --> 00:07:33,440

lot of time and so we can listen to

188

00:07:37,749 --> 00:07:35,840

music and and watch different things and

189

00:07:39,749 --> 00:07:37,759

sometimes after dinner um you know we

190

00:07:41,510 --> 00:07:39,759

all at dinner time we tend to all go and

191

00:07:43,589 --> 00:07:41,520

pick our food from our crates of food

192

00:07:45,350 --> 00:07:43,599

which are all divided up by category

193

00:07:46,309 --> 00:07:45,360

there's eggs and

194

00:07:48,469 --> 00:07:46,319

you know

195

00:07:49,909 --> 00:07:48,479

meats and vegetables and we sort of put

196

00:07:52,390 --> 00:07:49,919

a meal together

197

00:07:53,430 --> 00:07:52,400

heat it up or rehydrate it as the case

198

00:07:55,830 --> 00:07:53,440

may be

199

00:07:57,749 --> 00:07:55,840

and then eat together and sometimes just

200

00:07:59,270 --> 00:07:57,759

watch you know some show that

201
00:08:01,670 --> 00:07:59,280
one of us has had

202
00:08:04,230 --> 00:08:01,680
sent up here

203
00:08:10,629 --> 00:08:04,240
okay are there any in particular

204
00:08:14,950 --> 00:08:13,189
scott says we're enjoying football i'll

205
00:08:17,189 --> 00:08:14,960
take the fifth on that i'm actually

206
00:08:19,430 --> 00:08:17,199
enjoying watching scott watch football

207
00:08:21,510 --> 00:08:19,440
that's pretty fun

208
00:08:24,230 --> 00:08:21,520
and uh in some comedy shows and and we

209
00:08:26,309 --> 00:08:24,240
also try for some shows that are common

210
00:08:27,909 --> 00:08:26,319
to you know they're easy for all of us

211
00:08:30,309 --> 00:08:27,919
to understand you know being from an

212
00:08:32,149 --> 00:08:30,319
international crew and so we've got some

213
00:08:34,389 --> 00:08:32,159

some of the more physical comedy shows

214

00:08:35,589 --> 00:08:34,399

that tend to be pretty funny and uh i

215

00:08:40,949 --> 00:08:35,599

don't know lately we all seem to be

216

00:08:43,829 --> 00:08:41,750

so

217

00:08:44,710 --> 00:08:43,839

how is what you guys are learning up

218

00:08:46,470 --> 00:08:44,720

there

219

00:08:47,910 --> 00:08:46,480

going to help me down here what are you

220

00:08:49,910 --> 00:08:47,920

bringing back or what do you think

221

00:08:55,590 --> 00:08:49,920

you'll be bringing back that might help

222

00:09:00,230 --> 00:08:57,030

well the first thing that comes to mind

223

00:09:03,750 --> 00:09:00,240

for me is is osteoporosis um up here we

224

00:09:06,949 --> 00:09:03,760

lose bone mass in an actual bone at a

225

00:09:09,910 --> 00:09:06,959

rate about 10 times that of a

226
00:09:11,829 --> 00:09:09,920
70 year old woman who has osteoporosis

227
00:09:13,430 --> 00:09:11,839
and yet if you try to study that

228
00:09:15,430 --> 00:09:13,440
population you might find that there's a

229
00:09:16,550 --> 00:09:15,440
lot of different um you know physical

230
00:09:18,230 --> 00:09:16,560
and medical factors that are

231
00:09:20,710 --> 00:09:18,240
complicating it whereas

232
00:09:22,949 --> 00:09:20,720
we have up here you know as test

233
00:09:24,470 --> 00:09:22,959
subjects tend to have fairly clean

234
00:09:26,790 --> 00:09:24,480
medical history

235
00:09:29,350 --> 00:09:26,800
and um the rate of bone loss is so

236
00:09:31,350 --> 00:09:29,360
accelerated that we can see changes um

237
00:09:34,230 --> 00:09:31,360
in just the time we're up here and so

238
00:09:36,710 --> 00:09:34,240

i'm taking um some drugs up here to

239

00:09:39,910 --> 00:09:36,720

prevent bone loss and we're able to

240

00:09:42,070 --> 00:09:39,920

analyze you know various tests um to see

241

00:09:44,150 --> 00:09:42,080

whether i am actually preventing bone

242

00:09:46,070 --> 00:09:44,160

loss and we'll also look at my bones

243

00:09:47,430 --> 00:09:46,080

before i left and then when i come back

244

00:09:49,910 --> 00:09:47,440

and understand

245

00:09:51,430 --> 00:09:49,920

uh you know how what the difference is

246

00:09:53,910 --> 00:09:51,440

and i think that that has a direct

247

00:09:56,470 --> 00:09:53,920

effect on anyone in in the world

248

00:09:58,710 --> 00:09:56,480

population affected by osteoporosis

249

00:10:01,829 --> 00:09:58,720

which is a large number of people

250

00:10:04,310 --> 00:10:01,839

in terms of physical science experiments

251
00:10:07,350 --> 00:10:04,320
we're understanding a lot about what

252
00:10:10,069 --> 00:10:07,360
materials and also what plants can

253
00:10:14,230 --> 00:10:11,829
in that we can do experiments up here

254
00:10:15,750 --> 00:10:14,240
and take away a really big controlling

255
00:10:18,389 --> 00:10:15,760
factor down there on earth which is

256
00:10:20,550 --> 00:10:18,399
gravity we can take most of that away

257
00:10:22,870 --> 00:10:20,560
and we can understand more about how

258
00:10:24,790 --> 00:10:22,880
materials really act

259
00:10:26,630 --> 00:10:24,800
we're able to identify active sites and

260
00:10:28,790 --> 00:10:26,640
viruses to lead to

261
00:10:30,790 --> 00:10:28,800
vaccines for diseases a lot of different

262
00:10:34,470 --> 00:10:30,800
kinds of experiments and it's it's fun

263
00:10:39,509 --> 00:10:36,470

okay you're the only woman up there and

264

00:10:42,230 --> 00:10:39,519

and um right now and you've said that

265

00:10:43,590 --> 00:10:42,240

sally ride was your inspiration and you

266

00:10:45,590 --> 00:10:43,600

are obviously

267

00:10:46,949 --> 00:10:45,600

inspiring other young women how do you

268

00:10:48,630 --> 00:10:46,959

feel about that how does that make you

269

00:10:55,190 --> 00:10:48,640

feel to know that you're doing the same

270

00:11:00,150 --> 00:10:57,910

well i i just try to do my best and do a

271

00:11:01,910 --> 00:11:00,160

good job and hope that that when when

272

00:11:04,550 --> 00:11:01,920

some you know young girl looks up and

273

00:11:06,630 --> 00:11:04,560

thinks you know well boy she looks kind

274

00:11:08,710 --> 00:11:06,640

of normal and if she can do that then i

275

00:11:10,230 --> 00:11:08,720

can do that too or i can do what i'd

276

00:11:13,030 --> 00:11:10,240

like to do

277

00:11:15,509 --> 00:11:13,040

that i'm very proud to be a part of that

278

00:11:20,230 --> 00:11:15,519

and i just try to do my best and see

279

00:11:23,670 --> 00:11:21,910

and and what about the view what's the

280

00:11:25,030 --> 00:11:23,680

view like up there do you do you have

281

00:11:26,310 --> 00:11:25,040

windows all over the place where you can

282

00:11:27,509 --> 00:11:26,320

see out or is that something you're

283

00:11:32,790 --> 00:11:27,519

gonna have to wait until you go to the

284

00:11:37,910 --> 00:11:35,590

we have a cupola module and it's got um

285

00:11:39,190 --> 00:11:37,920

it's windows on all sides you know

286

00:11:40,710 --> 00:11:39,200

they're they're not that big they're

287

00:11:43,269 --> 00:11:40,720

about you know maybe

288

00:11:45,110 --> 00:11:43,279

um you know 40 centimeters or you know

289

00:11:47,430 --> 00:11:45,120

about a foot a foot big

290

00:11:50,310 --> 00:11:47,440

and um and then there's a big round one

291

00:11:52,310 --> 00:11:50,320

in the top and most nights i would say

292

00:11:54,550 --> 00:11:52,320

after work we go there during the day if

293

00:11:56,949 --> 00:11:54,560

you have time you just go and look

294

00:11:58,710 --> 00:11:56,959

and looking down at the earth is just

295

00:12:01,590 --> 00:11:58,720

it's simply amazing and i'm not sure i

296

00:12:03,110 --> 00:12:01,600

will ever ever get tired of it um during

297

00:12:05,590 --> 00:12:03,120

the day it's fascinating to see the

298

00:12:07,670 --> 00:12:05,600

detail and at night it's actually neat

299

00:12:09,670 --> 00:12:07,680

to see all the brightly lit cities go by

300

00:12:11,509 --> 00:12:09,680

and helps me with my geography a little

301

00:12:14,870 --> 00:12:11,519

bit it's it's a fascinating place both

302

00:12:18,710 --> 00:12:16,629

okay

303

00:12:24,310 --> 00:12:18,720

katie um are you playing the flute up

304

00:12:27,910 --> 00:12:25,990

you know i do have it up here i have to

305

00:12:29,910 --> 00:12:27,920

say the first two weeks has been it's

306

00:12:33,190 --> 00:12:29,920

two weeks today that we've been up here

307

00:12:34,870 --> 00:12:33,200

and it's just so um busy just

308

00:12:35,910 --> 00:12:34,880

learning how to work up here and making

309

00:12:37,750 --> 00:12:35,920

sure that you're getting all your work

310

00:12:39,509 --> 00:12:37,760

done i haven't been able to break my

311

00:12:40,710 --> 00:12:39,519

flute out yet it's actually put together

312

00:12:42,470 --> 00:12:40,720

and sitting in my cabin but haven't

313

00:12:46,069 --> 00:12:42,480

played yet i'm hoping to do that this

314

00:12:49,269 --> 00:12:47,670

okay thank you i want to thank you and

315

00:12:54,150 --> 00:12:49,279

the crew

316

00:12:59,269 --> 00:12:56,150

hey it's really nice to talk to you and

317

00:13:00,790 --> 00:12:59,279

uh i'm really happy that you're managing

318

00:13:02,069 --> 00:13:00,800

to talk to folks in western mass about

319

00:13:04,310 --> 00:13:02,079

what we're doing up here i think it's

320

00:13:09,670 --> 00:13:04,320

really important and i love flying over

321

00:13:13,910 --> 00:13:11,509

station this is houston acr that

322

00:13:15,990 --> 00:13:13,920

concludes the reporter's uh portion of

323

00:13:20,230 --> 00:13:16,000

the event please stand by for a voice

324

00:13:23,990 --> 00:13:22,230

take a step back in a perfect world what

325

00:13:25,670 --> 00:13:24,000

would you like to do she just said well

326

00:13:27,190 --> 00:13:25,680

you know i've got this show idea i'd

327

00:13:28,790 --> 00:13:27,200

love to do it i said great let's make it

328

00:13:34,949 --> 00:13:28,800

happen so

329

00:13:40,230 --> 00:13:37,829

we hear you loud and clear

330

00:13:42,150 --> 00:13:40,240

and then also she enjoys writing so she

331

00:13:45,269 --> 00:13:42,160

wants to get back to that

332

00:13:48,550 --> 00:13:45,279

great stand by we are going to be coming

333

00:13:53,030 --> 00:13:48,560

to you in three minutes three minutes

334

00:14:01,269 --> 00:13:54,230

she would want to work in the media

335

00:14:04,470 --> 00:14:02,710

new york on the international space

336

00:14:07,829 --> 00:14:04,480

station for 10 years if you can believe

337

00:14:37,670 --> 00:14:07,839

it up next live from space what it's

338

00:14:42,069 --> 00:14:40,069

this is msnbc again just wanted to let

339

00:14:43,750 --> 00:14:42,079

you know the anchor you will be speaking

340

00:14:46,790 --> 00:14:43,760

with is chris

341

00:14:50,629 --> 00:14:46,800

chris is the anchor and you will be live

342

00:14:50,639 --> 00:16:47,749

okay thank you

343

00:16:47,759 --> 00:16:52,150

30 seconds back 30 seconds

344

00:16:52,160 --> 00:16:56,550

hi guys it's audio do you hear me

345

00:16:56,560 --> 00:17:00,150

hear you loud and clear

346

00:17:00,160 --> 00:17:15,590

thanks

347

00:17:18,870 --> 00:17:17,270

now if you're a glass hassle kind of

348

00:17:20,710 --> 00:17:18,880

person you might say that the thousands

349

00:17:22,390 --> 00:17:20,720

of americans still waiting to get home

350

00:17:24,549 --> 00:17:22,400

after christmas will at least have some

351

00:17:26,470 --> 00:17:24,559

interesting tales to tell but

352

00:17:28,630 --> 00:17:26,480

no one arguably has a more unique

353

00:17:30,150 --> 00:17:28,640

holiday story than our next guest even

354

00:17:31,270 --> 00:17:30,160

though they're just a few hundred miles

355

00:17:32,950 --> 00:17:31,280

from home

356

00:17:34,950 --> 00:17:32,960

from way above us in the international

357

00:17:37,510 --> 00:17:34,960

space station commander scott kelly

358

00:17:40,230 --> 00:17:37,520

flight engineer katie coleman ndsa

359

00:17:42,230 --> 00:17:40,240

astronaut paolo nespoli and from here on

360

00:17:44,310 --> 00:17:42,240

earth we send our new year's greetings

361

00:17:45,909 --> 00:17:44,320

scott let me start with you because i

362

00:17:47,510 --> 00:17:45,919

laughed just a little bit when i saw you

363

00:17:49,270 --> 00:17:47,520

grew up not far from here in orange new

364

00:17:52,150 --> 00:17:49,280

jersey which got stocked in this

365

00:17:57,430 --> 00:17:52,160

snowstorm so i'm curious what you see

366

00:18:01,350 --> 00:17:59,190

well like you said we're uh we're a

367

00:18:04,789 --> 00:18:01,360

little over 200 miles above the earth

368

00:18:07,430 --> 00:18:04,799

and um we have a a great view of our

369

00:18:09,190 --> 00:18:07,440

incredibly beautiful planet

370

00:18:11,270 --> 00:18:09,200

but as far as being able to tell how

371

00:18:12,789 --> 00:18:11,280

much snow you got there on the northeast

372

00:18:14,870 --> 00:18:12,799

it's pretty hard you know we could tell

373

00:18:17,190 --> 00:18:14,880

that there's snow on the ground but uh

374

00:18:19,750 --> 00:18:17,200

couldn't tell the uh the magnitude of

375

00:18:22,470 --> 00:18:19,760

the uh blizzard uh that you guys

376

00:18:24,390 --> 00:18:22,480

unfortunately experienced the uh but the

377

00:18:28,870 --> 00:18:24,400

planet is beautiful and we certainly uh

378

00:18:30,310 --> 00:18:28,880

enjoy looking at it in our spare time

379

00:18:31,750 --> 00:18:30,320

and even though you missed the holidays

380

00:18:33,029 --> 00:18:31,760

with your families katie at least you

381

00:18:35,029 --> 00:18:33,039

didn't have to shovel i guess you can

382

00:18:36,870 --> 00:18:35,039

look at it that way tell us what you

383

00:18:38,390 --> 00:18:36,880

guys are up to today give us an inside

384

00:18:42,950 --> 00:18:38,400

look at some of the cool stuff you have

385

00:18:47,830 --> 00:18:45,350

well today for me was a largely medical

386

00:18:49,830 --> 00:18:47,840

day we're always we're interested in um

387

00:18:52,310 --> 00:18:49,840

how the body works both on earth and up

388

00:18:54,710 --> 00:18:52,320

in space and up in space uh gives us

389

00:18:56,710 --> 00:18:54,720

some insight into um you know how it

390

00:18:59,190 --> 00:18:56,720

really works so today we actually did a

391

00:19:01,029 --> 00:18:59,200

very extensive ultrasound on my heart

392

00:19:03,430 --> 00:19:01,039

and also looking at different uh blood

393

00:19:08,230 --> 00:19:03,440

vessels around to see how they change in

394

00:19:11,430 --> 00:19:09,669

well you look good i don't know what the

395

00:19:13,909 --> 00:19:11,440

test results are but you certainly look

396

00:19:16,230 --> 00:19:13,919

at paulo you're from italy a more recent

397

00:19:18,549 --> 00:19:16,240

addition to the crew just a a few weeks

398

00:19:20,310 --> 00:19:18,559

into the station so what's it like up

399

00:19:24,789 --> 00:19:20,320

there what's the transition been like

400

00:19:28,950 --> 00:19:27,029

well it's an interesting world up here

401

00:19:31,110 --> 00:19:28,960

you you're used to

402

00:19:32,789 --> 00:19:31,120

gravity and you come up here and you

403

00:19:34,390 --> 00:19:32,799

have to learn everything by scratch you

404

00:19:36,310 --> 00:19:34,400

don't walk anymore you go around with

405

00:19:37,990 --> 00:19:36,320

your hands everything floats you let

406

00:19:40,630 --> 00:19:38,000

things go you look for them on the

407

00:19:42,150 --> 00:19:40,640

ground and they're floating away so

408

00:19:43,510 --> 00:19:42,160

all of these things are are very

409

00:19:45,430 --> 00:19:43,520

interesting in fact they're so

410

00:19:47,350 --> 00:19:45,440

interesting that some of the scientists

411

00:19:49,110 --> 00:19:47,360

are looking at our brain trying to

412

00:19:50,470 --> 00:19:49,120

figure out how our brain responds to

413

00:19:52,230 --> 00:19:50,480

this new environment and this is

414

00:19:54,390 --> 00:19:52,240

applicable to people on the ground that

415

00:19:56,470 --> 00:19:54,400

have some kind of accident or something

416

00:19:58,070 --> 00:19:56,480

and have to rewire our brain but it's

417

00:20:00,470 --> 00:19:58,080

very very interesting and i actually

418

00:20:02,789 --> 00:20:00,480

laugh when i float through the lab and

419

00:20:04,630 --> 00:20:02,799

lose control and start rocketing tearing

420

00:20:07,270 --> 00:20:04,640

things apart and of course scots look at

421

00:20:09,190 --> 00:20:07,280

me with a stern face i need to i need to

422

00:20:11,909 --> 00:20:09,200

learn all of this and it's very nice and

423

00:20:15,750 --> 00:20:14,070

well we're all jealous i must say those

424

00:20:18,470 --> 00:20:15,760

of us here in the uh in the news

425

00:20:23,430 --> 00:20:18,480

business apollo scott katie thanks to

426

00:20:27,990 --> 00:20:25,750

you're welcome and happy new year to you

427

00:20:32,230 --> 00:20:29,669

station this is houston acr that

428

00:20:34,390 --> 00:20:32,240

concludes the event thank you

429

00:20:36,390 --> 00:20:34,400

thank you the recorder and msnbc