



1  
00:00:07,670 --> 00:00:02,869  
station this is houston are you ready

2  
00:00:07,680 --> 00:00:11,110  
we're ready for the event

3  
00:00:15,509 --> 00:00:13,190  
huffington post this is mission control

4  
00:00:17,029 --> 00:00:15,519  
houston please call station for a voice

5  
00:00:18,790 --> 00:00:17,039  
check

6  
00:00:22,230 --> 00:00:18,800  
station hi at the huffington post uh how

7  
00:00:25,269 --> 00:00:23,750  
we got you loud and clear up here how do

8  
00:00:26,870 --> 00:00:25,279  
you hear us

9  
00:00:29,349 --> 00:00:26,880  
you sound great thanks so much what a

10  
00:00:30,950 --> 00:00:29,359  
treat to talk to you um

11  
00:00:33,110 --> 00:00:30,960  
um

12  
00:00:35,190 --> 00:00:33,120  
just wanted to ask a few questions the

13  
00:00:36,389 --> 00:00:35,200

um you recently set some records up

14

00:00:38,310 --> 00:00:36,399

there didn't you can you tell me a bit

15

00:00:41,910 --> 00:00:38,320

about tell our readers something about

16

00:00:44,549 --> 00:00:42,709

oh

17

00:00:47,750 --> 00:00:44,559

well first of all records are for other

18

00:00:50,150 --> 00:00:47,760

people to break as well so i hope

19

00:00:51,670 --> 00:00:50,160

me potentially setting records is uh is

20

00:00:54,549 --> 00:00:51,680

a call for others to come after me and

21

00:00:56,470 --> 00:00:54,559

break my records um i was lucky enough

22

00:00:58,150 --> 00:00:56,480

to do a couple spacewalks on this flight

23

00:01:01,670 --> 00:00:58,160

and i was lucky enough to do a couple

24

00:01:03,990 --> 00:01:01,680

space walks on my last flight and so uh

25

00:01:04,789 --> 00:01:04,000

with six space walks and over 40 hours

26

00:01:07,510 --> 00:01:04,799

of

27

00:01:10,070 --> 00:01:07,520

time outside um it seems like i'm the

28

00:01:12,550 --> 00:01:10,080

number one woman for space walks and

29

00:01:14,390 --> 00:01:12,560

that's just a great opportunity

30

00:01:15,910 --> 00:01:14,400

and and we're we're lucky and we're

31

00:01:18,789 --> 00:01:15,920

happy that we're able to get the station

32

00:01:20,469 --> 00:01:18,799

fixed while we were doing that

33

00:01:22,630 --> 00:01:20,479

also you were in the news because you

34

00:01:27,830 --> 00:01:22,640

completed a triathlon space and i was

35

00:01:30,469 --> 00:01:29,270

yeah that's a little bit difficult up

36

00:01:32,310 --> 00:01:30,479

here we got nothing really to push

37

00:01:33,590 --> 00:01:32,320

against while we're swimming

38

00:01:35,270 --> 00:01:33,600

so we had to do something a little

39

00:01:36,789 --> 00:01:35,280

different and when i was growing up i

40

00:01:38,630 --> 00:01:36,799

was a swimmer

41

00:01:40,469 --> 00:01:38,640

in the beginning of the season we would

42

00:01:42,630 --> 00:01:40,479

do a lot of dry land exercises and

43

00:01:44,950 --> 00:01:42,640

weightlifting and so we thought of the

44

00:01:46,630 --> 00:01:44,960

things we have up here a bicycle which

45

00:01:48,550 --> 00:01:46,640

is right here a treadmill which is

46

00:01:50,310 --> 00:01:48,560

around the corner and also the advanced

47

00:01:52,389 --> 00:01:50,320

resistive exercise device which is

48

00:01:55,109 --> 00:01:52,399

essentially a weight lifting device

49

00:01:58,310 --> 00:01:55,119

based on vacuum i would do the swim on

50

00:02:01,590 --> 00:01:58,320

the a red and with the a red you can do

51  
00:02:04,069 --> 00:02:01,600  
you know leg exercises abdomen exercises

52  
00:02:07,109 --> 00:02:04,079  
and upper body and so i did a routine of

53  
00:02:09,990 --> 00:02:07,119  
about 15 exercises one in a row for

54  
00:02:11,830 --> 00:02:10,000  
about 20-25 minutes and that was pretty

55  
00:02:13,589 --> 00:02:11,840  
exhausting and that was a that was my

56  
00:02:18,710 --> 00:02:13,599  
equivalent of the swim

57  
00:02:24,390 --> 00:02:22,070  
well i had my polar heart watch on and i

58  
00:02:25,910 --> 00:02:24,400  
started it when i started the a-red and

59  
00:02:27,910 --> 00:02:25,920  
so i just kept it running through all

60  
00:02:31,270 --> 00:02:27,920  
the transitions just like a normal

61  
00:02:33,990 --> 00:02:31,280  
triathlon and the end time was uh

62  
00:02:35,589 --> 00:02:34,000  
one hour 48 minutes and 43 seconds when

63  
00:02:38,229 --> 00:02:35,599

i finished the run

64

00:02:40,229 --> 00:02:38,239

wow okay congratulations

65

00:02:41,670 --> 00:02:40,239

when you're not uh what if you can tell

66

00:02:43,190 --> 00:02:41,680

us a bit about the science work that's

67

00:02:46,150 --> 00:02:43,200

going on up there what sorts of things

68

00:02:48,869 --> 00:02:46,160

the experiments are uh under uh are you

69

00:02:50,630 --> 00:02:48,879

working on right now

70

00:02:52,390 --> 00:02:50,640

right now well you know we've got a

71

00:02:54,229 --> 00:02:52,400

myriad of stuff going on here of course

72

00:02:57,030 --> 00:02:54,239

we have the us laboratory where we are

73

00:02:59,190 --> 00:02:57,040

now on the other side of the camera is

74

00:03:01,509 --> 00:02:59,200

the japanese laboratory and the european

75

00:03:03,750 --> 00:03:01,519

laboratory and then further on is the

76

00:03:06,390 --> 00:03:03,760

russian laboratory in the back there

77

00:03:08,149 --> 00:03:06,400

we got experiments going on in every uh

78

00:03:10,949 --> 00:03:08,159

lab you know some of the reason we have

79

00:03:13,110 --> 00:03:10,959

the exercise equipment is we're ongoing

80

00:03:15,750 --> 00:03:13,120

doing experiments on ourselves trying to

81

00:03:17,670 --> 00:03:15,760

figure out how it takes or what it takes

82

00:03:20,149 --> 00:03:17,680

for people to live in space longer you

83

00:03:22,710 --> 00:03:20,159

know based on bone density nutrition

84

00:03:24,470 --> 00:03:22,720

radiation so we're doing a bunch of

85

00:03:26,949 --> 00:03:24,480

stuff on ourselves we're also doing

86

00:03:30,229 --> 00:03:26,959

material stuff right over next to the

87

00:03:32,070 --> 00:03:30,239

camera on my right is a micro gravity

88

00:03:34,390 --> 00:03:32,080



glove box which we did a lot of

89

00:03:36,710 --> 00:03:34,400  
combustion experiments on

90

00:03:38,869 --> 00:03:36,720  
we've also done uh capillary flow

91

00:03:41,670 --> 00:03:38,879  
experiments

92

00:03:43,350 --> 00:03:41,680  
we've had you know some stuff associated

93

00:03:44,949 --> 00:03:43,360  
with education we've had some spiders up

94

00:03:47,350 --> 00:03:44,959  
here we're going to get some fish up

95

00:03:49,430 --> 00:03:47,360  
here in the japanese laboratory aki's

96

00:03:52,869 --> 00:03:49,440  
working on an experiment called nano

97

00:03:56,869 --> 00:03:52,879  
steps as we speak right now which is a

98

00:04:00,070 --> 00:03:56,879  
protein growth crystal growth process

99

00:04:02,070 --> 00:04:00,080  
experiment so there's things on us

100

00:04:03,350 --> 00:04:02,080  
materials here there's a lot of

101  
00:04:05,030 --> 00:04:03,360  
experiments that are going on without

102  
00:04:06,869 --> 00:04:05,040  
much of our interaction just because it

103  
00:04:09,429 --> 00:04:06,879  
is microgravity and then of course we

104  
00:04:11,270 --> 00:04:09,439  
have stuff outside like ams

105  
00:04:12,949 --> 00:04:11,280  
and then engineering experiments we're

106  
00:04:16,229 --> 00:04:12,959  
getting ready to deploy some small

107  
00:04:17,670 --> 00:04:16,239  
satellites uh in two days and also you

108  
00:04:19,509 --> 00:04:17,680  
know other vehicles that are coming up

109  
00:04:20,710 --> 00:04:19,519  
here like spacex which will be coming up

110  
00:04:23,430 --> 00:04:20,720  
here in a couple weeks and we'll be

111  
00:04:25,430 --> 00:04:23,440  
doing a robotic arm grapple for that so

112  
00:04:27,749 --> 00:04:25,440  
there's a myriad of experiments from

113  
00:04:31,030 --> 00:04:27,759

biological to engineering and everything

114

00:04:33,990 --> 00:04:32,550

and when you're not working what are you

115

00:04:35,270 --> 00:04:34,000

doing your downtime how much down time

116

00:04:36,629 --> 00:04:35,280

do you have and what do you what do you

117

00:04:41,350 --> 00:04:36,639

like to do what's your favorite thing to

118

00:04:44,469 --> 00:04:42,950

so we're doing a little bit of exercise

119

00:04:45,830 --> 00:04:44,479

like i was talking about we're doing a

120

00:04:46,790 --> 00:04:45,840

little science experiments and we're

121

00:04:48,950 --> 00:04:46,800

doing a little bit of maintenance

122

00:04:51,270 --> 00:04:48,960

remember there's three of us but luckily

123

00:04:53,430 --> 00:04:51,280

a lot of people on the ground to um make

124

00:04:55,189 --> 00:04:53,440

sure uh the station is running well but

125

00:04:57,110 --> 00:04:55,199

we're the guys who are the plumbers the

126

00:04:59,350 --> 00:04:57,120

electricians the i.t guys getting our

127

00:05:01,189 --> 00:04:59,360

hands on the stuff up here so it leaves

128

00:05:03,350 --> 00:05:01,199

us a little bit of time we sort of have

129

00:05:06,150 --> 00:05:03,360

weekends about a day and a half for a

130

00:05:09,590 --> 00:05:06,160

weekend and uh stuff that we like to do

131

00:05:12,070 --> 00:05:09,600

is you know maybe watch a movie together

132

00:05:13,510 --> 00:05:12,080

look out the window take pictures

133

00:05:15,189 --> 00:05:13,520

you've probably seen some of the great

134

00:05:17,029 --> 00:05:15,199

time lapse photography that's been taken

135

00:05:18,950 --> 00:05:17,039

over the last couple increments

136

00:05:21,029 --> 00:05:18,960

to sort of give our story back to the

137

00:05:22,550 --> 00:05:21,039

people on the earth so there's also the

138

00:05:24,550 --> 00:05:22,560

internet up here

139

00:05:26,230 --> 00:05:24,560

email and we can also talk to our

140

00:05:29,029 --> 00:05:26,240

friends and family back at home through

141

00:05:31,590 --> 00:05:29,039

of an internet phone

142

00:05:33,029 --> 00:05:31,600

yeah i was talking with a i was uh at a

143

00:05:34,070 --> 00:05:33,039

meeting recently i talked to a friend a

144

00:05:37,189 --> 00:05:34,080

friend of yours who said he had an

145

00:05:38,469 --> 00:05:37,199

incredible conversation with you on the

146

00:05:40,070 --> 00:05:38,479

video chat and i think you're doing

147

00:05:41,749 --> 00:05:40,080

summer sauce and all sorts of stuff can

148

00:05:45,749 --> 00:05:41,759

you do anything to show us how cool it

149

00:05:48,469 --> 00:05:47,350

well being in space is really cool you

150

00:05:50,230 --> 00:05:48,479

know i think the one thing that i'm

151

00:05:52,950 --> 00:05:50,240

gonna miss is uh you know i'm not really

152

00:05:56,310 --> 00:05:52,960

a gymnast at home but here you can be a

153

00:05:57,830 --> 00:05:56,320

perfect 10 every single time

154

00:06:03,029 --> 00:05:57,840

i wish i could see you i can't see you

155

00:06:03,039 --> 00:06:07,830

did you just do a somersault i'm sorry

156

00:06:12,629 --> 00:06:09,670

okay

157

00:06:14,950 --> 00:06:12,639

so thanks very much sonny sonny do you

158

00:06:16,390 --> 00:06:14,960

have a favorite piece of equipment there

159

00:06:17,430 --> 00:06:16,400

scientific or otherwise what's your

160

00:06:23,909 --> 00:06:17,440

favorite

161

00:06:28,550 --> 00:06:26,870

wow that's a difficult question um

162

00:06:30,070 --> 00:06:28,560

everything is sort of fun to do up here

163

00:06:32,469 --> 00:06:30,080

just because it is space you know and

164

00:06:35,029 --> 00:06:32,479

you can do work upside down or sideways

165

00:06:36,629 --> 00:06:35,039

it it makes it a lot of fun

166

00:06:37,830 --> 00:06:36,639

gosh i'm trying to figure out what's my

167

00:06:39,670 --> 00:06:37,840

favorite piece equipment i think the

168

00:06:41,909 --> 00:06:39,680

most impressive actually is the a red

169

00:06:44,629 --> 00:06:41,919

which we talked about the resistive

170

00:06:47,189 --> 00:06:44,639

exercise device just because it is

171

00:06:49,029 --> 00:06:47,199

it is vibration isolated essentially

172

00:06:51,270 --> 00:06:49,039

it's floating and it's pretty amazing

173

00:06:52,950 --> 00:06:51,280

piece of engineering equipment

174

00:06:55,110 --> 00:06:52,960

just for fun of course i have my

175

00:06:57,029 --> 00:06:55,120

favorite thing which is my stuffed dog

176  
00:06:59,510 --> 00:06:57,039  
because i don't have my dog up here with

177  
00:07:01,749 --> 00:06:59,520  
me and so i got my little

178  
00:07:03,110 --> 00:07:01,759  
stuffed animal so that's sort of my my

179  
00:07:04,790 --> 00:07:03,120  
favorite thing that i have personally

180  
00:07:06,710 --> 00:07:04,800  
with me

181  
00:07:07,990 --> 00:07:06,720  
yeah i know i know gorby i read that you

182  
00:07:10,150 --> 00:07:08,000  
miss gorba and you miss walking on the

183  
00:07:11,990 --> 00:07:10,160  
beach with cora b um i wonder what else

184  
00:07:13,749 --> 00:07:12,000  
you miss what what else do you miss

185  
00:07:15,749 --> 00:07:13,759  
besides your your

186  
00:07:21,029 --> 00:07:15,759  
your jack russell terrier and your

187  
00:07:25,029 --> 00:07:22,550  
of course you know there's certain types

188  
00:07:26,790 --> 00:07:25,039



of food you know space food is is good

189

00:07:28,950 --> 00:07:26,800

up here in space but every now and then

190

00:07:31,430 --> 00:07:28,960

it gets a little bit i hate to say it a

191

00:07:33,430 --> 00:07:31,440

little bit old you try to spice it up by

192

00:07:34,870 --> 00:07:33,440

mixing some things together but

193

00:07:36,150 --> 00:07:34,880

there's definitely certain things on

194

00:07:38,070 --> 00:07:36,160

earth that i miss

195

00:07:40,469 --> 00:07:38,080

one of the things one of those things is

196

00:07:42,070 --> 00:07:40,479

fried pickles i know it's weird but

197

00:07:43,430 --> 00:07:42,080

i'll be looking forward to those when i

198

00:07:46,790 --> 00:07:43,440

get home

199

00:07:48,629 --> 00:07:46,800

and also my mom's good cooking and pizza

200

00:07:50,230 --> 00:07:48,639

so there's a lot of things back on earth

201  
00:07:51,589 --> 00:07:50,240  
that are that are nice and uh i'll be

202  
00:07:53,749 --> 00:07:51,599  
looking forward to that when we get home

203  
00:07:55,350 --> 00:07:53,759  
in uh november

204  
00:07:57,029 --> 00:07:55,360  
so yeah you say you're coming back in

205  
00:07:58,869 --> 00:07:57,039  
november what what what's your big goal

206  
00:08:00,309 --> 00:07:58,879  
there is there i mean obviously spacex

207  
00:08:01,990 --> 00:08:00,319  
is a big thing can you tell us a bit

208  
00:08:03,909 --> 00:08:02,000  
about that i mean what what what do you

209  
00:08:07,589 --> 00:08:03,919  
have to do in advance of the arrival of

210  
00:08:11,909 --> 00:08:09,749  
yeah it's pretty uh intense before the

211  
00:08:13,430 --> 00:08:11,919  
arrival of any visiting vehicle you know

212  
00:08:15,430 --> 00:08:13,440  
you got to make sure this space station

213  
00:08:16,629 --> 00:08:15,440

is ready to go and a lot of the folks on

214

00:08:19,270 --> 00:08:16,639

the ground are doing most of the work

215

00:08:21,909 --> 00:08:19,280

there but when it comes to a grappling a

216

00:08:23,990 --> 00:08:21,919

spacecraft like spacex or htv and

217

00:08:25,749 --> 00:08:24,000

hopefully in the near future cygnus we

218

00:08:27,909 --> 00:08:25,759

got to get ready for that which means we

219

00:08:29,670 --> 00:08:27,919

have to get our hands on the controls

220

00:08:31,589 --> 00:08:29,680

right here right behind me as a matter

221

00:08:33,829 --> 00:08:31,599

of fact is the trainer

222

00:08:35,909 --> 00:08:33,839

it's a simulator that we can practice

223

00:08:38,469 --> 00:08:35,919

what we call grapples where the robotic

224

00:08:40,949 --> 00:08:38,479

arm comes and grabs the spacecraft

225

00:08:42,709 --> 00:08:40,959

that's hovering nearby the station

226

00:08:45,030 --> 00:08:42,719

our instructors have given us a lot of

227

00:08:48,070 --> 00:08:45,040

scenarios where the vehicle is maybe not

228

00:08:49,190 --> 00:08:48,080

hovering as solidly as uh predicted and

229

00:08:50,630 --> 00:08:49,200

so we're

230

00:08:52,949 --> 00:08:50,640

what we're doing is called track and

231

00:08:54,630 --> 00:08:52,959

capture to catch it and then

232

00:08:56,870 --> 00:08:54,640

with the robotic arm and then dock it to

233

00:08:59,269 --> 00:08:56,880

the space station and so we do a lot of

234

00:09:01,269 --> 00:08:59,279

practice here we actually also use the

235

00:09:03,910 --> 00:09:01,279

the real robotic arm outside to do

236

00:09:07,350 --> 00:09:03,920

practice grapples on a fixed

237

00:09:09,670 --> 00:09:07,360

fixture that's out on the space station

238

00:09:11,829 --> 00:09:09,680

we also practice going through the whole

239

00:09:13,750 --> 00:09:11,839

uh sequence of how it's arriving and

240

00:09:16,389 --> 00:09:13,760

making sure we're monitoring and it's in

241

00:09:17,910 --> 00:09:16,399

the right correct envelope then there's

242

00:09:19,590 --> 00:09:17,920

other things there's physical things we

243

00:09:20,949 --> 00:09:19,600

have to get ready of course we're going

244

00:09:22,790 --> 00:09:20,959

to unpack it and then we're going to

245

00:09:24,630 --> 00:09:22,800

pack it up so we have to do all of that

246

00:09:26,790 --> 00:09:24,640

get that all ready to go there's a

247

00:09:28,550 --> 00:09:26,800

birthing system that we had to install

248

00:09:30,389 --> 00:09:28,560

there's a communication system that we

249

00:09:32,630 --> 00:09:30,399

had to check out so there's many things

250

00:09:34,150 --> 00:09:32,640

that go into a visiting vehicle coming

251  
00:09:35,910 --> 00:09:34,160  
to the space station and we've been just

252  
00:09:38,790 --> 00:09:35,920  
starting to get that ready and that'll

253  
00:09:41,110 --> 00:09:38,800  
take the next two weeks or so

254  
00:09:42,470 --> 00:09:41,120  
okay well gee uh thank you very much

255  
00:09:43,750 --> 00:09:42,480  
thank your time's up i really appreciate

256  
00:09:47,990 --> 00:09:43,760  
you taking the time to talk to me and

257  
00:09:51,350 --> 00:09:49,670  
thank you very much great to talk to you

258  
00:09:52,949 --> 00:09:51,360  
david and uh and everybody at the

259  
00:09:57,990 --> 00:09:52,959  
huffington post thanks for your interest

260  
00:10:02,070 --> 00:10:00,230  
station this is houston acr that

261  
00:10:04,070 --> 00:10:02,080  
concludes the huffington post portion of

262  
00:10:06,790 --> 00:10:04,080  
the event please stand by for a voice

263  
00:10:08,949 --> 00:10:06,800

check from cbs radio

264

00:10:15,750 --> 00:10:08,959

station good morning this is cbs news

265

00:10:20,150 --> 00:10:17,910

we've got you loud and clear how else

266

00:10:22,230 --> 00:10:20,160

sunny five by five and good morning this

267

00:10:25,190 --> 00:10:22,240

is peter king bill harwood's all saw the

268

00:10:26,949 --> 00:10:25,200

line with me and uh we will go to bill

269

00:10:28,630 --> 00:10:26,959

for the very first question

270

00:10:30,069 --> 00:10:28,640

well hey sonny it's uh it's great to see

271

00:10:31,750 --> 00:10:30,079

you we appreciate you taking the time

272

00:10:33,590 --> 00:10:31,760

and i guess

273

00:10:35,590 --> 00:10:33,600

first question was what's it like being

274

00:10:36,630 --> 00:10:35,600

the commander what has changed in your

275

00:10:38,630 --> 00:10:36,640

life

276

00:10:45,030 --> 00:10:38,640

uh day to day on the station now that

277

00:10:48,230 --> 00:10:46,870

hi bill great to hear your voice too and

278

00:10:50,790 --> 00:10:48,240

hello peter it's great to hear your

279

00:10:52,949 --> 00:10:50,800

voice uh thanks for uh coming on board

280

00:10:54,310 --> 00:10:52,959

the station with us today um a little

281

00:10:56,949 --> 00:10:54,320

bit of a difficult question you know

282

00:10:59,509 --> 00:10:56,959

we've got a pretty tight crew up here we

283

00:11:01,030 --> 00:10:59,519

were six and now we're three and uh

284

00:11:03,750 --> 00:11:01,040

i guess i'm the commander of the three

285

00:11:05,750 --> 00:11:03,760

of us you know it's an interesting thing

286

00:11:07,829 --> 00:11:05,760

i think more of it as a team you know

287

00:11:11,110 --> 00:11:07,839

yuri has got all sorts of experience in

288

00:11:13,030 --> 00:11:11,120



space aki's flown in space before and is

289

00:11:15,110 --> 00:11:13,040

just awesome so

290

00:11:17,110 --> 00:11:15,120

it's hard to it's hard to see myself as

291

00:11:19,030 --> 00:11:17,120

being you know the commander in charge

292

00:11:21,829 --> 00:11:19,040

of everybody like i said it's more so

293

00:11:23,990 --> 00:11:21,839

we're a team and we did a lot of that uh

294

00:11:25,590 --> 00:11:24,000

you know roles and responsibilities

295

00:11:27,430 --> 00:11:25,600

getting to know each other and how we're

296

00:11:28,550 --> 00:11:27,440

going to work together a little bit more

297

00:11:30,470 --> 00:11:28,560

on the ground

298

00:11:32,470 --> 00:11:30,480

and so we are prepared and ready to come

299

00:11:34,550 --> 00:11:32,480

up here and work both as a crew of six

300

00:11:36,630 --> 00:11:34,560

with our previous crew a crew of three

301  
00:11:38,630 --> 00:11:36,640  
now and then a crew of six with the new

302  
00:11:39,829 --> 00:11:38,640  
guys that are coming up uh in another

303  
00:11:42,550 --> 00:11:39,839  
month or so

304  
00:11:44,389 --> 00:11:42,560  
so um i had my one

305  
00:11:46,870 --> 00:11:44,399  
bit of commanding on pirates day which

306  
00:11:48,710 --> 00:11:46,880  
happened to be my birthday and uh uh i

307  
00:11:51,110 --> 00:11:48,720  
made everybody come have dinner together

308  
00:11:52,949 --> 00:11:51,120  
and so that was my my big first command

309  
00:11:55,350 --> 00:11:52,959  
but other than that i think we work

310  
00:11:57,829 --> 00:11:55,360  
together best as a team

311  
00:11:59,350 --> 00:11:57,839  
thanks a lot i appreciate that um one

312  
00:12:00,710 --> 00:11:59,360  
more for me real quick you know sonny if

313  
00:12:02,310 --> 00:12:00,720

they're at their post landing news

314

00:12:03,509 --> 00:12:02,320

conference gennady padalka and sergey

315

00:12:05,829 --> 00:12:03,519

krikalev were asked about the

316

00:12:07,910 --> 00:12:05,839

feasibility of you know having somebody

317

00:12:09,670 --> 00:12:07,920

on the station for up to a full year at

318

00:12:11,350 --> 00:12:09,680

a time and gennady was kind of negative

319

00:12:13,110 --> 00:12:11,360

saying that he thought there needed to

320

00:12:15,110 --> 00:12:13,120

be some habitability upgrades for that

321

00:12:16,310 --> 00:12:15,120

to happen and sergey said that he

322

00:12:18,230 --> 00:12:16,320

thought it was a good idea and that

323

00:12:20,629 --> 00:12:18,240

there's a lot to be learned by doing

324

00:12:22,069 --> 00:12:20,639

that what's your cut on it you've got a

325

00:12:23,829 --> 00:12:22,079

lot of space experience what are the

326

00:12:25,509 --> 00:12:23,839

challenges in spending a year and what

327

00:12:30,550 --> 00:12:25,519

if anything do you think would need to

328

00:12:34,069 --> 00:12:31,829

well you know it's an interesting

329

00:12:36,629 --> 00:12:34,079

question it's um i think for personally

330

00:12:39,110 --> 00:12:36,639

it's a it's a little bit individual like

331

00:12:41,509 --> 00:12:39,120

uh you know what what your expectations

332

00:12:44,150 --> 00:12:41,519

are about being on the space station for

333

00:12:45,990 --> 00:12:44,160

a whole year uh i've been up here you

334

00:12:48,550 --> 00:12:46,000

know six months before and then a couple

335

00:12:50,230 --> 00:12:48,560

months now already and uh still gonna be

336

00:12:51,590 --> 00:12:50,240

up here a couple more a month and a half

337

00:12:54,389 --> 00:12:51,600

or so more

338

00:12:55,829 --> 00:12:54,399

i love every minute that i have up here

339

00:12:57,670 --> 00:12:55,839

and i think that's the attitude that

340

00:12:59,110 --> 00:12:57,680

people have to come into it with was is

341

00:13:01,750 --> 00:12:59,120

that you only have a limited amount of

342

00:13:04,069 --> 00:13:01,760

time in space and although a year seems

343

00:13:07,430 --> 00:13:04,079

long it's just one year

344

00:13:09,030 --> 00:13:07,440

i think people could definitely do it uh

345

00:13:10,870 --> 00:13:09,040

i don't know all the ins and outs all

346

00:13:13,110 --> 00:13:10,880

the details of the science that they

347

00:13:15,269 --> 00:13:13,120

expect to get out of it of course every

348

00:13:16,949 --> 00:13:15,279

step that we make for longer and longer

349

00:13:18,550 --> 00:13:16,959

of people being in space is going to

350

00:13:20,310 --> 00:13:18,560

give us a little bit more knowledge on

351

00:13:22,230 --> 00:13:20,320

what happens to people and if it's

352

00:13:24,389 --> 00:13:22,240

feasible for people to go further and

353

00:13:26,230 --> 00:13:24,399

further um you know take the trip to

354

00:13:28,550 --> 00:13:26,240

mars and back which is going to be

355

00:13:30,790 --> 00:13:28,560

pretty long so you know there's probably

356

00:13:34,389 --> 00:13:30,800

science benefits to it i think living in

357

00:13:35,829 --> 00:13:34,399

space for a year could definitely uh is

358

00:13:37,750 --> 00:13:35,839

feasible and

359

00:13:40,069 --> 00:13:37,760

the iss is a great place to do it

360

00:13:41,430 --> 00:13:40,079

there's science experiments to do

361

00:13:43,509 --> 00:13:41,440

all the time there's

362

00:13:44,949 --> 00:13:43,519

always things to do up here so i don't

363

00:13:47,509 --> 00:13:44,959

think people would get bored i can't

364

00:13:49,430 --> 00:13:47,519

imagine getting bored up here

365

00:13:51,350 --> 00:13:49,440

sonny it's peter and following up on

366

00:13:53,110 --> 00:13:51,360

bill's question if they told you hey

367

00:13:54,949 --> 00:13:53,120

we'd like you to go back up again and

368

00:13:59,990 --> 00:13:54,959

you will stay a year

369

00:14:05,189 --> 00:14:02,870

absolutely you know um like i said it's

370

00:14:07,910 --> 00:14:05,199

it's a small amount of the time of your

371

00:14:09,829 --> 00:14:07,920

life and uh you know if there are if

372

00:14:12,470 --> 00:14:09,839

there are science benefits that could

373

00:14:14,710 --> 00:14:12,480

come out of that uh you know for sure

374

00:14:16,150 --> 00:14:14,720

and um you know all the time that we

375

00:14:17,829 --> 00:14:16,160

talk about oh we might get delayed

376

00:14:19,350 --> 00:14:17,839

coming home you know this this group of

377

00:14:21,829 --> 00:14:19,360

people right here is pretty excited

378

00:14:24,230 --> 00:14:21,839

about staying up as long as we can uh to

379

00:14:26,150 --> 00:14:24,240

help and do any type of any any research

380

00:14:27,990 --> 00:14:26,160

that we can so

381

00:14:30,150 --> 00:14:28,000

yeah i think it would be great i think

382

00:14:31,670 --> 00:14:30,160

it would be a lot of fun uh you probably

383

00:14:32,949 --> 00:14:31,680

see a bunch of different crews coming

384

00:14:34,230 --> 00:14:32,959

through too and that's always

385

00:14:35,990 --> 00:14:34,240

interesting to get

386

00:14:38,230 --> 00:14:36,000

a new perspective new people coming up

387

00:14:39,829 --> 00:14:38,240

and see what see how their uh how they

388

00:14:41,829 --> 00:14:39,839



are adapting and how their opinions are

389

00:14:43,990 --> 00:14:41,839

of it so that that would make it a

390

00:14:45,829 --> 00:14:44,000

little exciting as well one of the nice

391

00:14:47,910 --> 00:14:45,839

things about living someplace where

392

00:14:49,509 --> 00:14:47,920

everybody wants to visit you know five

393

00:14:52,069 --> 00:14:49,519

years ago for you it was the boston

394

00:14:55,350 --> 00:14:52,079

marathon aboard station a few days ago

395

00:14:57,670 --> 00:14:55,360

you ran the malibu triathlon and i'm

396

00:14:59,750 --> 00:14:57,680

wondering is it easier or harder to do

397

00:15:05,269 --> 00:14:59,760

these events in space than on the ground

398

00:15:09,509 --> 00:15:06,790

so they both have their challenges you

399

00:15:11,590 --> 00:15:09,519

know i've run a couple marathons back

400

00:15:14,150 --> 00:15:11,600

on earth and every single time i sort of

401  
00:15:16,629 --> 00:15:14,160  
ask myself it's you know that 20 mile

402  
00:15:19,189 --> 00:15:16,639  
mark what what am i thinking um but you

403  
00:15:21,189 --> 00:15:19,199  
end up finishing it anyway that happened

404  
00:15:22,710 --> 00:15:21,199  
up here as well the same type of thing

405  
00:15:24,710 --> 00:15:22,720  
both in the boston marathon and while i

406  
00:15:26,949 --> 00:15:24,720  
was doing the triathlon i was what was i

407  
00:15:29,269 --> 00:15:26,959  
thinking this is crazy but um you know

408  
00:15:30,949 --> 00:15:29,279  
it's a little bit mind over matter uh

409  
00:15:33,350 --> 00:15:30,959  
and to prove to yourself that you can do

410  
00:15:34,870 --> 00:15:33,360  
stuff you know for me i think it's one

411  
00:15:37,829 --> 00:15:34,880  
of those things i think physical fitness

412  
00:15:39,910 --> 00:15:37,839  
is really important for kids

413  
00:15:40,949 --> 00:15:39,920

to start off with that mindset and it's

414

00:15:42,389 --> 00:15:40,959

one of the

415

00:15:44,150 --> 00:15:42,399

really the reason that i did both of

416

00:15:45,509 --> 00:15:44,160

those events is to sort of highlight

417

00:15:47,829 --> 00:15:45,519

that you know astronauts actually have

418

00:15:50,150 --> 00:15:47,839

to work out quite a bit too

419

00:15:52,710 --> 00:15:50,160

every single day to equal what happens

420

00:15:55,110 --> 00:15:52,720

on earth and it's just a good lifestyle

421

00:15:57,350 --> 00:15:55,120

and it's what people should do

422

00:15:59,829 --> 00:15:57,360

so it's they're both interesting i think

423

00:16:01,189 --> 00:15:59,839

both of them are hard up here uh you

424

00:16:02,629 --> 00:16:01,199

know you don't have gravity to work

425

00:16:04,310 --> 00:16:02,639

against but you have some equipment

426  
00:16:05,910 --> 00:16:04,320  
that's not really quite comfortable and

427  
00:16:08,230 --> 00:16:05,920  
you're not on your favorite bike or in

428  
00:16:10,069 --> 00:16:08,240  
your favorite parish running shoes or

429  
00:16:12,710 --> 00:16:10,079  
you know uh swimming where you love to

430  
00:16:14,790 --> 00:16:12,720  
swim so um so time goes by a little bit

431  
00:16:17,509 --> 00:16:14,800  
slower maybe up here and some of these

432  
00:16:19,110 --> 00:16:17,519  
uh uh pieces of equipment so both are

433  
00:16:20,150 --> 00:16:19,120  
both are difficult

434  
00:16:22,629 --> 00:16:20,160  
you know we're in the middle of an

435  
00:16:24,389 --> 00:16:22,639  
election year of course and uh i i'm

436  
00:16:26,949 --> 00:16:24,399  
wondering how much you're able to follow

437  
00:16:28,550 --> 00:16:26,959  
the candidates what they are doing and

438  
00:16:32,870 --> 00:16:28,560

will you be able to watch the debates

439

00:16:38,470 --> 00:16:35,509

well you know we do get news up here and

440

00:16:40,230 --> 00:16:38,480

so we are able to keep up with what's

441

00:16:42,150 --> 00:16:40,240

going on and what

442

00:16:45,670 --> 00:16:42,160

people's opinions are and so that's

443

00:16:47,749 --> 00:16:45,680

that's good we also do get streaming tv

444

00:16:49,509 --> 00:16:47,759

on occasion primarily on the weekends

445

00:16:50,870 --> 00:16:49,519

it's a little distracting during the

446

00:16:52,230 --> 00:16:50,880

week but the weekends when we have a

447

00:16:53,749 --> 00:16:52,240

little free time

448

00:16:56,150 --> 00:16:53,759

we usually watch football but maybe

449

00:16:58,470 --> 00:16:56,160

we'll put on some of the debate debates

450

00:17:01,030 --> 00:16:58,480

uh we had the olympics on earlier in the

451  
00:17:03,189 --> 00:17:01,040  
year of course and so

452  
00:17:04,470 --> 00:17:03,199  
we'll we'll try to keep up but

453  
00:17:07,510 --> 00:17:04,480  
for me

454  
00:17:09,750 --> 00:17:07,520  
i am a florida resident i already voted

455  
00:17:12,230 --> 00:17:09,760  
so i already sent in my vote as an

456  
00:17:15,350 --> 00:17:12,240  
absentee ballot uh earlier

457  
00:17:17,909 --> 00:17:15,360  
as per the regulations so um i'll watch

458  
00:17:24,309 --> 00:17:17,919  
i'll see if i voted correctly

459  
00:17:28,630 --> 00:17:26,470  
i you know i asked about that process

460  
00:17:31,270 --> 00:17:28,640  
and from in florida we don't really have

461  
00:17:32,950 --> 00:17:31,280  
a a process for that in texas they do so

462  
00:17:35,110 --> 00:17:32,960  
people if people are texas residents

463  
00:17:36,710 --> 00:17:35,120

they can vote for space but i'm not

464

00:17:40,150 --> 00:17:36,720

absolutely familiar with that process

465

00:17:41,669 --> 00:17:40,160

just because that didn't apply to me

466

00:17:43,270 --> 00:17:41,679

sonny's bill harwood again let me

467

00:17:45,110 --> 00:17:43,280

squeeze in one more

468

00:17:46,789 --> 00:17:45,120

station related question i know you

469

00:17:49,110 --> 00:17:46,799

don't pay much attention to records but

470

00:17:50,549 --> 00:17:49,120

you are now the most experienced female

471

00:17:51,430 --> 00:17:50,559

space walker according to my records

472

00:17:52,710 --> 00:17:51,440

anyway

473

00:17:54,710 --> 00:17:52,720

and so you're a good one to ask this

474

00:17:56,310 --> 00:17:54,720

question too you know the second by

475

00:17:57,909 --> 00:17:56,320

second kind of training that went into a

476

00:18:00,870 --> 00:17:57,919

shuttle space walk versus the way you

477

00:18:02,310 --> 00:18:00,880

all do it now for a station how is that

478

00:18:03,669 --> 00:18:02,320

how's that working i mean obviously you

479

00:18:05,990 --> 00:18:03,679

guys pulled off an incredibly

480

00:18:07,990 --> 00:18:06,000

complicated eva recently but how is that

481

00:18:12,789 --> 00:18:08,000

more open-ended sort of training working

482

00:18:18,789 --> 00:18:14,789

yeah it's a it's a lot different mindset

483

00:18:21,270 --> 00:18:18,799

actually station evas um we get a

484

00:18:23,750 --> 00:18:21,280

limited amount of spacewalk practice on

485

00:18:25,350 --> 00:18:23,760

the ground before we um come up here

486

00:18:27,830 --> 00:18:25,360

because we only have a limited amount of

487

00:18:29,510 --> 00:18:27,840

time in our training template and we try

488

00:18:31,830 --> 00:18:29,520



to hit all of the big things and the

489

00:18:33,350 --> 00:18:31,840

things that they predict could break and

490

00:18:35,510 --> 00:18:33,360

and the things that we might be able to

491

00:18:37,430 --> 00:18:35,520

go might have to go outside and fix

492

00:18:39,110 --> 00:18:37,440

however there's always surprises and

493

00:18:41,350 --> 00:18:39,120

something different always happens and

494

00:18:43,350 --> 00:18:41,360

so you don't get all of the specific

495

00:18:45,029 --> 00:18:43,360

training that you might need

496

00:18:46,870 --> 00:18:45,039

so it's a lot of work

497

00:18:49,110 --> 00:18:46,880

for the guys on the ground primarily

498

00:18:51,669 --> 00:18:49,120

because they're coming up with all the

499

00:18:53,350 --> 00:18:51,679

subsequent scenarios and what we call

500

00:18:55,669 --> 00:18:53,360

crib sheets of things that could happen

501  
00:18:58,070 --> 00:18:55,679  
when we go outside there's a lot of

502  
00:18:59,750 --> 00:18:58,080  
studying on our part as well

503  
00:19:02,390 --> 00:18:59,760  
but we're sort of following their

504  
00:19:04,150 --> 00:19:02,400  
direction and based on our skills

505  
00:19:05,669 --> 00:19:04,160  
going out and doing the space walk i

506  
00:19:07,510 --> 00:19:05,679  
think it's working out pretty well i

507  
00:19:08,789 --> 00:19:07,520  
think it's the way of the future you

508  
00:19:10,789 --> 00:19:08,799  
know we're not going to know everything

509  
00:19:13,110 --> 00:19:10,799  
that goes wrong when we do

510  
00:19:14,230 --> 00:19:13,120  
potentially mars walks or moon walks in

511  
00:19:15,590 --> 00:19:14,240  
the future

512  
00:19:18,390 --> 00:19:15,600  
and we just got to be able to have the

513  
00:19:20,150 --> 00:19:18,400

skills and then be able to adapt

514

00:19:21,990 --> 00:19:20,160

hey one last one for me and it's a

515

00:19:27,270 --> 00:19:22,000

simple one what's the most fun thing you

516

00:19:30,789 --> 00:19:28,870

it has to be flying around that's

517

00:19:32,870 --> 00:19:30,799

absolutely the most fun thing you know

518

00:19:35,029 --> 00:19:32,880

you you at first when you get here you

519

00:19:35,909 --> 00:19:35,039

start flying around it's really unique

520

00:19:37,750 --> 00:19:35,919

and it's

521

00:19:39,110 --> 00:19:37,760

fun and interesting and then you sort of

522

00:19:41,110 --> 00:19:39,120

forget about it because you're working

523

00:19:42,950 --> 00:19:41,120

all the time but every now and then it

524

00:19:44,470 --> 00:19:42,960

snaps in your mind as you come zipping

525

00:19:46,630 --> 00:19:44,480

around the corner flying up to the

526

00:19:48,630 --> 00:19:46,640

cupola and it's just like being like

527

00:19:50,789 --> 00:19:48,640

superman so you know flying around is

528

00:19:52,789 --> 00:19:50,799

absolutely the most fun thing looking

529

00:19:53,909 --> 00:19:52,799

out the window is the most spectacular

530

00:19:55,590 --> 00:19:53,919

thing

531

00:19:57,590 --> 00:19:55,600

being outside during a spacewalk and

532

00:19:58,789 --> 00:19:57,600

looking all around you and both flying

533

00:20:02,230 --> 00:19:58,799

around and looking out through your

534

00:20:03,510 --> 00:20:02,240

helmet is just just amazing so

535

00:20:05,110 --> 00:20:03,520

i don't know there's so many great

536

00:20:07,750 --> 00:20:05,120

things about being up here but flying is

537

00:20:09,350 --> 00:20:07,760

cool sonny thank you so much for the

538

00:20:10,549 --> 00:20:09,360

time this morning it's always a pleasure

539

00:20:12,310 --> 00:20:10,559

and we'll look forward to talking with

540

00:20:18,150 --> 00:20:12,320

you again either from up there or when

541

00:20:18,160 --> 00:20:22,070

thanks bill thanks peter

542

00:20:29,990 --> 00:20:24,390

station this is houston acr

543

00:20:34,789 --> 00:20:32,390

thank you huffington post and cbs radio