



1  
00:00:08,490 --> 00:00:04,050  
nation this is Houston are you ready for

2  
00:00:13,340 --> 00:00:10,629  
houston the station is ready for the

3  
00:00:20,870 --> 00:00:15,690  
CNN this is Mission Control Houston

4  
00:00:20,880 --> 00:00:25,790  
Jason this is CNN how do you hear me

5  
00:00:33,140 --> 00:00:28,279  
we've got you loud and clear dr. Gupta

6  
00:00:36,860 --> 00:00:33,150  
how are you I'm doing great how are you

7  
00:00:41,160 --> 00:00:39,000  
it's been a little bit busy the last

8  
00:00:43,829 --> 00:00:41,170  
couple days but we were definitely

9  
00:00:45,149 --> 00:00:43,839  
managing some time to work out and and

10  
00:00:49,680 --> 00:00:45,159  
stay healthy

11  
00:00:56,190 --> 00:00:52,740  
Oh gravity is exerting its effect on us

12  
00:00:58,320 --> 00:00:56,200  
here on earth and but we're doing well

13  
00:01:03,360 --> 00:00:58,330

can you just spend a minute just telling

14

00:01:05,070 --> 00:01:03,370

us where you are right now well you

15

00:01:06,900 --> 00:01:05,080

could probably say see I was looking

16

00:01:09,030 --> 00:01:06,910

around my shoulder here we have a

17

00:01:10,830 --> 00:01:09,040

program called world map that tells us

18

00:01:12,110 --> 00:01:10,840

right where we are so we're right

19

00:01:14,040 --> 00:01:12,120

actually off the coast of California

20

00:01:16,469 --> 00:01:14,050

probably a little far off the coast

21

00:01:19,020 --> 00:01:16,479

about one orbit so about 15 degrees off

22

00:01:21,210 --> 00:01:19,030

the coast so it just became sunrise on

23

00:01:22,500 --> 00:01:21,220

the International Space Station we

24

00:01:24,390 --> 00:01:22,510

actually have a window right below us

25

00:01:26,100 --> 00:01:24,400

too but it's doing some scientific

26  
00:01:28,440 --> 00:01:26,110  
observations so we don't have it open

27  
00:01:30,749 --> 00:01:28,450  
all the time we have a window around the

28  
00:01:32,730 --> 00:01:30,759  
corner which is probably lighting up

29  
00:01:38,430 --> 00:01:32,740  
that module over there as the Sun was

30  
00:01:40,290 --> 00:01:38,440  
just coming up absolutely amazing I

31  
00:01:42,330 --> 00:01:40,300  
think about you every time I look up

32  
00:01:44,760 --> 00:01:42,340  
into the sky I want to start off

33  
00:01:46,920 --> 00:01:44,770  
commander by just congratulating you on

34  
00:01:53,029 --> 00:01:46,930  
doing what we believe is the world's

35  
00:01:58,230 --> 00:01:55,710  
thank you you know when we met a little

36  
00:02:00,419 --> 00:01:58,240  
while ago I was feeling good because I

37  
00:02:02,309 --> 00:02:00,429  
was on the ground practicing running

38  
00:02:04,830 --> 00:02:02,319

biking swimming and feeling real good

39

00:02:06,779 --> 00:02:04,840

about it then after coming up here your

40

00:02:08,940 --> 00:02:06,789

body starts to change and I was thinking

41

00:02:12,570 --> 00:02:08,950

those I might have second thoughts about

42

00:02:14,580 --> 00:02:12,580

this triathlon thing but worked out for

43

00:02:16,830 --> 00:02:14,590

a while leading up to it and felt pretty

44

00:02:24,900 --> 00:02:16,840

good doing it up here too so thank you

45

00:02:26,760 --> 00:02:24,910

for the congratulations obviously saw

46

00:02:29,820 --> 00:02:26,770

how you were going to do it there using

47

00:02:31,860 --> 00:02:29,830

the swim machine and and literally using

48

00:02:34,199 --> 00:02:31,870

bungee cords for example to to bungee

49

00:02:35,580 --> 00:02:34,209

yourself down to the treadmill and even

50

00:02:38,400 --> 00:02:35,590

on the bike obviously you have a bike

51  
00:02:40,770 --> 00:02:38,410  
there that you can ride your time with

52  
00:02:42,480 --> 00:02:40,780  
you know I have to say this and in all

53  
00:02:45,090 --> 00:02:42,490  
fairness your time was very fast I think

54  
00:02:47,610 --> 00:02:45,100  
about 10 minutes faster than mine here

55  
00:02:53,339 --> 00:02:47,620  
on earth did that surprise you at all

56  
00:02:54,540 --> 00:02:53,349  
how fast you went well you know I was

57  
00:02:56,430 --> 00:02:54,550  
just trying to get through it you know I

58  
00:02:59,430 --> 00:02:56,440  
had our astronauts strength and

59  
00:03:01,500 --> 00:02:59,440  
conditioning coaches and trainers have

60  
00:03:01,750 --> 00:03:01,510  
put together a good program on the a red

61  
00:03:04,600 --> 00:03:01,760  
the

62  
00:03:07,570 --> 00:03:04,610  
an advanced resistive exercise device to

63  
00:03:11,470 --> 00:03:07,580

simulate the swim and my shoulders and

64  
00:03:13,149 --> 00:03:11,480  
my biceps and my abs and also my legs of

65  
00:03:15,250 --> 00:03:13,159  
course we're pretty tired after that and

66  
00:03:16,750 --> 00:03:15,260  
that's I was I was getting a little bit

67  
00:03:18,670 --> 00:03:16,760  
tired getting on the bike but I knew I'd

68  
00:03:20,380 --> 00:03:18,680  
have to have about an hour bike ride

69  
00:03:24,009 --> 00:03:20,390  
before I could even get on the treadmill

70  
00:03:26,440 --> 00:03:24,019  
so I was happy with my time I I did a

71  
00:03:28,809 --> 00:03:26,450  
sprint workout one of our fast running

72  
00:03:31,449 --> 00:03:28,819  
workouts as part of the the four miles

73  
00:03:36,160 --> 00:03:31,459  
for the run and I think that made me go

74  
00:03:37,600 --> 00:03:36,170  
a little bit faster at the end I was

75  
00:03:39,400 --> 00:03:37,610  
definitely thinking about you when I was

76  
00:03:41,289 --> 00:03:39,410  
doing the race you were wearing the same

77  
00:03:42,970 --> 00:03:41,299  
number that I was wearing and again I

78  
00:03:45,039 --> 00:03:42,980  
just think it's an amazing thing to

79  
00:03:48,069 --> 00:03:45,049  
think that I was doing that on earth and

80  
00:03:49,660 --> 00:03:48,079  
you are cruising around in there doing

81  
00:03:52,119 --> 00:03:49,670  
the same thing so congratulations again

82  
00:03:54,190 --> 00:03:52,129  
I do want to ask you about your health

83  
00:03:56,979 --> 00:03:54,200  
overall one of the things I've been

84  
00:03:59,319 --> 00:03:56,989  
fascinated by is how you maintain sort

85  
00:04:02,949 --> 00:03:59,329  
of your exams up there doing ultrasounds

86  
00:04:09,819 --> 00:04:02,959  
for example of your heart doing ice can

87  
00:04:12,640 --> 00:04:09,829  
example how that works yeah you know

88  
00:04:14,319 --> 00:04:12,650

it's it's pretty intensive and luckily

89

00:04:16,629 --> 00:04:14,329

enough we've got a big support crew on

90

00:04:18,099 --> 00:04:16,639

the ground that helps us out with some

91

00:04:19,900 --> 00:04:18,109

of this stuff because you know when

92

00:04:21,190 --> 00:04:19,910

we're up here not everybody's a doctor

93

00:04:23,379 --> 00:04:21,200

you know the crew up here right now

94

00:04:26,050 --> 00:04:23,389

there's no doctors on board you know we

95

00:04:28,060 --> 00:04:26,060

have a pilot engineer and then two

96

00:04:31,210 --> 00:04:28,070

pilots and an engineer for example and

97

00:04:32,830 --> 00:04:31,220

so this is not our natural expertise but

98

00:04:35,050 --> 00:04:32,840

we're trained on the ground beforehand

99

00:04:36,520 --> 00:04:35,060

how to use the ultrasound and then sort

100

00:04:38,800 --> 00:04:36,530

of what we're looking for and we have

101  
00:04:41,230 --> 00:04:38,810  
remote guiders on the ground that helped

102  
00:04:43,360 --> 00:04:41,240  
us and so they're able to see through

103  
00:04:45,820 --> 00:04:43,370  
the ultrasound machines both here when

104  
00:04:48,550 --> 00:04:45,830  
we're doing our cardiac ultrasound in

105  
00:04:50,830 --> 00:04:48,560  
the Columbus module doing our leg muscle

106  
00:04:52,360 --> 00:04:50,840  
ultrasound and also we're doing our I

107  
00:04:54,550 --> 00:04:52,370  
alter sounds so there's different

108  
00:04:56,020 --> 00:04:54,560  
specialists on the ground and know the

109  
00:04:58,750 --> 00:04:56,030  
specific things that they're looking for

110  
00:05:01,839 --> 00:04:58,760  
when we're using it but we definitely

111  
00:05:04,689 --> 00:05:01,849  
need their help it's pretty it's pretty

112  
00:05:07,750 --> 00:05:04,699  
fun the the cardiac ultrasound we do

113  
00:05:09,969 --> 00:05:07,760

both resting as well as while we're on

114

00:05:12,399 --> 00:05:09,979

the bike and so it's pretty interesting

115

00:05:15,379 --> 00:05:12,409

to get to know all the different parts

116

00:05:16,790 --> 00:05:15,389

and places that you can see your heart

117

00:05:23,439 --> 00:05:16,800

and so I've become pretty familiar with

118

00:05:28,429 --> 00:05:25,490

some of that technology and my

119

00:05:32,059 --> 00:05:28,439

understanding Joseph Lee's blood and

120

00:05:33,830 --> 00:05:32,069

urine samples as well to be analyzed how

121

00:05:38,779 --> 00:05:33,840

does that work it and how is everyone

122

00:05:41,149 --> 00:05:38,789

doing up there so that's yeah that's an

123

00:05:43,939 --> 00:05:41,159

interesting concept you know it's it's a

124

00:05:45,920 --> 00:05:43,949

little bit without gravity some of those

125

00:05:49,429 --> 00:05:45,930

things are a little bit more challenging

126

00:05:52,909 --> 00:05:49,439

I might say you know usually the whc the

127

00:05:55,159 --> 00:05:52,919

bathroom it has a pump in a machine that

128

00:05:56,809 --> 00:05:55,169

sort of sucks the liquid to the right

129

00:05:58,969 --> 00:05:56,819

place with when we're doing our own

130

00:06:01,159 --> 00:05:58,979

urine collections you're essentially

131

00:06:03,140 --> 00:06:01,169

pushing the urine into a urine

132

00:06:04,670 --> 00:06:03,150

collection bag with a one-way valve to

133

00:06:06,230 --> 00:06:04,680

hopefully not have it come back out

134

00:06:08,779 --> 00:06:06,240

because you you know how liquid is in

135

00:06:10,790 --> 00:06:08,789

microgravity it just sort of balls up

136

00:06:13,010 --> 00:06:10,800

all around you so this is a little bit

137

00:06:16,610 --> 00:06:13,020

of a messy procedure if you don't get it

138

00:06:18,800 --> 00:06:16,620

right after that you take samples in a

139

00:06:21,170 --> 00:06:18,810

in a tube essentially pulling

140

00:06:24,469 --> 00:06:21,180

essentially against a vacuum to pull the

141

00:06:26,329 --> 00:06:24,479

the sample in and then we have minus 80

142

00:06:29,269 --> 00:06:26,339

degrees freezers up here so we take

143

00:06:31,010 --> 00:06:29,279

samples almost monthly and so we can

144

00:06:33,589 --> 00:06:31,020

tell what's what's going on our

145

00:06:40,700 --> 00:06:33,599

metabolism for both urine and blood up

146

00:06:42,740 --> 00:06:40,710

here think about how they come up with

147

00:06:44,420 --> 00:06:42,750

solutions and I know that we had to

148

00:06:46,399 --> 00:06:44,430

spend a couple of days there helping

149

00:06:48,920 --> 00:06:46,409

repair the WH through the waste and

150

00:06:50,809 --> 00:06:48,930

hygiene compartment so you can turn

151

00:07:02,209 --> 00:06:50,819

today's coffee into tomorrow's coffee

152

00:07:04,490 --> 00:07:02,219

and somebody put it there yeah actually

153

00:07:07,040 --> 00:07:04,500

there is a lot of food up here you know

154

00:07:08,869 --> 00:07:07,050

maybe it's because me and Aki and Yuri

155

00:07:10,640 --> 00:07:08,879

are a little bit smaller than the crews

156

00:07:11,779 --> 00:07:10,650

beforehand but I'm finding there's a lot

157

00:07:14,360 --> 00:07:11,789

of food and there's a really good

158

00:07:18,019 --> 00:07:14,370

selection we also have bonus containers

159

00:07:21,170 --> 00:07:18,029

which are provided maybe about six to

160

00:07:22,790 --> 00:07:21,180

nine of them per increment per of your

161

00:07:24,949 --> 00:07:22,800

specific things that you like and

162

00:07:26,149 --> 00:07:24,959

knowing that we're coming up here and

163

00:07:30,049 --> 00:07:26,159

there are some out

164

00:07:32,149 --> 00:07:30,059

issues high sodium bone density muscle

165

00:07:34,129 --> 00:07:32,159

loss we get with the nutritionist before

166

00:07:36,379 --> 00:07:34,139

we come and sort of understand what

167

00:07:37,820 --> 00:07:36,389

foods are good for you and so in the

168

00:07:39,919 --> 00:07:37,830

bonus containers as well as the other

169

00:07:42,320 --> 00:07:39,929

food containers you can sort of pick out

170

00:07:44,299 --> 00:07:42,330

because we have about a 16 day cycle you

171

00:07:46,100 --> 00:07:44,309

can pick out the foods that you like

172

00:07:48,799 --> 00:07:46,110

first of all and then second of all

173

00:07:50,389 --> 00:07:48,809

which are nutritious and good for you so

174

00:07:53,809 --> 00:07:50,399

I've been eating a lot of fish a lot of

175

00:07:55,790 --> 00:07:53,819

nuts as well as doing controlled diets

176

00:07:57,919 --> 00:07:55,800

so we can do some comparisons so we can

177

00:08:09,999 --> 00:07:57,929

get some really good data for future

178

00:08:15,259 --> 00:08:13,249

psychologically is it tough being up

179

00:08:16,639 --> 00:08:15,269

there with people for so many days and

180

00:08:21,709 --> 00:08:16,649

how much does it mean to have a new crew

181

00:08:23,269 --> 00:08:21,719

coming it's really exciting to have a

182

00:08:26,149 --> 00:08:23,279

new crew coming I think but I think

183

00:08:29,119 --> 00:08:26,159

every every new event that happens is

184

00:08:32,300 --> 00:08:29,129

the next thing to look at I mean I think

185

00:08:34,249 --> 00:08:32,310

we we plan our days as like one day at a

186

00:08:35,959 --> 00:08:34,259

time and looking for the next big event

187

00:08:37,429 --> 00:08:35,969

and knowing that there's things that we

188

00:08:40,040 --> 00:08:37,439

have to do to lead up to the next big

189

00:08:42,679 --> 00:08:40,050

event we got some we had some pretty

190

00:08:44,660 --> 00:08:42,689

interesting things last week with a TV

191

00:08:46,790 --> 00:08:44,670

the European module leaving this week

192

00:08:48,980 --> 00:08:46,800

we're actually letting go some Japanese

193

00:08:53,150 --> 00:08:48,990

satellites on the anniversary of the

194

00:08:55,189 --> 00:08:53,160

launch of Sputnik next we have a SpaceX

195

00:08:58,009 --> 00:08:55,199

vehicle coming up and then we have the

196

00:08:59,749 --> 00:08:58,019

next crew coming up so psychologically

197

00:09:01,939 --> 00:08:59,759

it's like what is the next event that's

198

00:09:03,350 --> 00:09:01,949

going to happen and so we are we're an

199

00:09:05,600 --> 00:09:03,360

increment that has a lot of things like

200

00:09:07,220 --> 00:09:05,610

that going on so it's I think that's a

201

00:09:09,650 --> 00:09:07,230

good approach is just keep looking at

202

00:09:12,019 --> 00:09:09,660

the next thing and then planned for the

203

00:09:14,780 --> 00:09:12,029

long term just to hang on for the long

204

00:09:15,679 --> 00:09:14,790

term as you know all that all the events

205

00:09:19,220 --> 00:09:15,689

that are going to happen during the

206

00:09:24,480 --> 00:09:21,690

well thank you so much you don't have to

207

00:09:27,030 --> 00:09:24,490

pay again honey since we met every time

208

00:09:28,680 --> 00:09:27,040

I look up in the sky I think about you

209

00:09:30,930 --> 00:09:28,690

and I think about you up there doing

210

00:09:32,670 --> 00:09:30,940

doing all this important work I must say

211

00:09:35,640 --> 00:09:32,680

that I think we should do a triathlon

212

00:09:37,620 --> 00:09:35,650

together now at some point and while it

213

00:09:39,540 --> 00:09:37,630

would be easy certainly for you to come

214

00:09:40,890 --> 00:09:39,550

to earth and for us to get together on

215

00:09:42,510 --> 00:09:40,900

earth I was thinking if you could

216

00:09:43,650 --> 00:09:42,520

somehow arrange it but I do it up there

217

00:09:46,140 --> 00:09:43,660

with you in the International Space

218

00:09:51,120 --> 00:09:46,150

Station that would be even better think

219

00:09:53,190 --> 00:09:51,130

you can make that happen well we'll talk

220

00:09:54,570 --> 00:09:53,200

about it when I get back into triathlon

221

00:09:56,940 --> 00:09:54,580

that we do on earth and then we'll see

222

00:09:59,430 --> 00:09:56,950

when the next people will be coming up

223

00:10:01,020 --> 00:09:59,440

to the space station I you know people

224

00:10:03,660 --> 00:10:01,030

ask me all the time what do you think

225

00:10:05,310 --> 00:10:03,670

about you know when when will normal

226

00:10:07,110 --> 00:10:05,320

people or general people be able to come

227

00:10:08,550 --> 00:10:07,120

to space and you know everything that

228

00:10:10,410 --> 00:10:08,560

we're doing up here all the research

229

00:10:12,450 --> 00:10:10,420

that we're doing up here is one step

230

00:10:15,780 --> 00:10:12,460

closer and closer and closer so I really

231

00:10:17,790 --> 00:10:15,790

do hope that in our lifetime we see a

232

00:10:19,560 --> 00:10:17,800

lot of people coming to space I think

233

00:10:21,480 --> 00:10:19,570

I've said it before everyone needs to

234

00:10:22,710 --> 00:10:21,490

take a lap around the planet it would

235

00:10:31,350 --> 00:10:22,720

change your perspective and it's a

236

00:10:32,520 --> 00:10:31,360

beautiful beautiful place we live but

237

00:10:33,900 --> 00:10:32,530

it's good luck

238

00:10:37,570 --> 00:10:33,910

be safe up there and hope to see you

239

00:10:41,480 --> 00:10:40,280

absolutely thanks again for callin

240

00:10:44,960 --> 00:10:41,490

thanks for your interest in the space

241

00:10:47,300 --> 00:10:44,970

program the station this is Houston ACR

242

00:10:49,250 --> 00:10:47,310

that concludes the CNN portion of the

243

00:10:52,910 --> 00:10:49,260

event please stand by for a voice check

244

00:10:56,550 --> 00:10:52,920

from New York Times station this is the

245

00:11:00,550 --> 00:10:58,990

we've got you loud up here loud and

246

00:11:04,600 --> 00:11:00,560

clear up here at the International Space

247

00:11:05,140 --> 00:11:04,610

Station how do you hear us great um hi

248

00:11:07,600 --> 00:11:05,150

sunny

249

00:11:10,060 --> 00:11:07,610

uh first question I was wondering this

250

00:11:12,040 --> 00:11:10,070

is your second trip to space how is it

251  
00:11:18,100 --> 00:11:12,050  
compared to your first day on ISS and

252  
00:11:19,840 --> 00:11:18,110  
how science has changed well let me

253  
00:11:21,070 --> 00:11:19,850  
answer the second part first it's

254  
00:11:23,230 --> 00:11:21,080  
changed a lot

255  
00:11:25,150 --> 00:11:23,240  
I think we've added about seven more

256  
00:11:28,480 --> 00:11:25,160  
modules since I was here last time and

257  
00:11:30,280 --> 00:11:28,490  
so it's a it's a big house now there's

258  
00:11:31,960 --> 00:11:30,290  
there were six of us when I first got

259  
00:11:33,910 --> 00:11:31,970  
here and and now that we're back to

260  
00:11:36,130 --> 00:11:33,920  
three like I would like my first

261  
00:11:38,110 --> 00:11:36,140  
increment so the six was a little bit

262  
00:11:40,120 --> 00:11:38,120  
busy it was pretty interesting and neat

263  
00:11:42,490 --> 00:11:40,130

to have six different personalities up

264

00:11:45,990 --> 00:11:42,500

here so the space station has changed a

265

00:11:48,550 --> 00:11:46,000

whole lot it's really active insofar as

266

00:11:49,990 --> 00:11:48,560

science programs that are going on and

267

00:11:52,180 --> 00:11:50,000

things that we're doing inside the

268

00:11:53,140 --> 00:11:52,190

spacecraft when I was up here before we

269

00:11:54,640 --> 00:11:53,150

were really in the middle of

270

00:11:57,070 --> 00:11:54,650

construction and so that was the main

271

00:11:58,990 --> 00:11:57,080

goal and purpose but now we've sort of

272

00:12:00,760 --> 00:11:59,000

shifted and we're into utilization as

273

00:12:02,800 --> 00:12:00,770

they call it and so we're using this

274

00:12:05,590 --> 00:12:02,810

laboratory and hopefully coming up with

275

00:12:08,130 --> 00:12:05,600

some good discoveries and some

276

00:12:11,050 --> 00:12:08,140

advancements for the future spacecraft I

277

00:12:16,930 --> 00:12:11,060

do describe what your typical day is

278

00:12:19,240 --> 00:12:16,940

like I'm laughing a little bit because

279

00:12:20,920 --> 00:12:19,250

every day is is different and it's hard

280

00:12:23,800 --> 00:12:20,930

to it's hard to tell you a typical day

281

00:12:26,260 --> 00:12:23,810

but in general you know we get up around

282

00:12:28,050 --> 00:12:26,270

6 o'clock we have a tag up with all of

283

00:12:33,700 --> 00:12:28,060

our control centers around the world

284

00:12:35,650 --> 00:12:33,710

here in Houston and Moscow in Munich in

285

00:12:38,560 --> 00:12:35,660

Japan and in Huntsville which is the

286

00:12:39,940 --> 00:12:38,570

head of the payloads and we just try to

287

00:12:41,440 --> 00:12:39,950

have an understanding of the things

288

00:12:42,910 --> 00:12:41,450

we're gonna do that day and that might

289

00:12:44,800 --> 00:12:42,920

be science experiments it might be

290

00:12:47,020 --> 00:12:44,810

robotics work getting ready for a

291

00:12:49,720 --> 00:12:47,030

vehicle that's coming to join us it

292

00:12:51,460 --> 00:12:49,730

might be getting ready for an Eevee a it

293

00:12:54,310 --> 00:12:51,470

might be getting ready for an ultrasound

294

00:12:58,420 --> 00:12:54,320

it might be doing some physical fitness

295

00:13:00,319 --> 00:12:58,430

activity might be wearing a cardio press

296

00:13:02,030 --> 00:13:00,329

in support of a

297

00:13:04,729 --> 00:13:02,040

you know another experiment that we're

298

00:13:07,220 --> 00:13:04,739

doing so it's every day is pretty

299

00:13:09,559 --> 00:13:07,230

different and I think that's one of the

300

00:13:11,660 --> 00:13:09,569

really cool things about working in this

301

00:13:14,569 --> 00:13:11,670

laboratory you're sort of a

302

00:13:16,759 --> 00:13:14,579

jack-of-all-trades and in it's sort of

303

00:13:18,259 --> 00:13:16,769

fun we spent a day working on the toilet

304

00:13:20,600 --> 00:13:18,269

the other day and that was not expected

305

00:13:23,539 --> 00:13:20,610

so every day is different and every day

306

00:13:29,869 --> 00:13:23,549

is fun um what's your most memorable

307

00:13:32,869 --> 00:13:29,879

experience on ISS Wow

308

00:13:34,579 --> 00:13:32,879

hard to say you know everybody talks

309

00:13:36,319 --> 00:13:34,589

about spacewalks because they're just

310

00:13:38,269 --> 00:13:36,329

incredible of course you know we've got

311

00:13:40,100 --> 00:13:38,279

a cupola that has a great view but when

312

00:13:41,539 --> 00:13:40,110

you're out on a spacewalk and you have

313

00:13:43,489 --> 00:13:41,549

your helmet is really the only thing

314

00:13:45,829 --> 00:13:43,499

between your eyes and the rest of space

315

00:13:47,840 --> 00:13:45,839

that's that's pretty priceless

316

00:13:49,999 --> 00:13:47,850

we've had a you know two spacewalks

317

00:13:52,639 --> 00:13:50,009

during this increment so far and when we

318

00:13:54,350 --> 00:13:52,649

were when we finally got the main bus

319

00:13:57,249 --> 00:13:54,360

switching unit the mbsu the big

320

00:13:59,809 --> 00:13:57,259

electrical box put in that was pretty

321

00:14:03,559 --> 00:13:59,819

momentous and so I think that's probably

322

00:14:09,039 --> 00:14:03,569

the highlight so far I what was most

323

00:14:14,239 --> 00:14:13,129

the toilet ranks up there definitely Aki

324

00:14:16,699 --> 00:14:14,249

and I were talking about it the other

325

00:14:19,340 --> 00:14:16,709

day and we definitely won't lap take our

326

00:14:21,829 --> 00:14:19,350

our toilet for granted anymore you know

327

00:14:23,150 --> 00:14:21,839

at home you know you just go in and use

328

00:14:24,799 --> 00:14:23,160

it in here you get into the habit of

329

00:14:28,039 --> 00:14:24,809

just going in and using it but when it

330

00:14:30,499 --> 00:14:28,049

breaks that's that's bad news you know

331

00:14:33,100 --> 00:14:30,509

we have luckily a backup which is nice

332

00:14:35,749 --> 00:14:33,110

but it's always good to have your own

333

00:14:38,659 --> 00:14:35,759

fixed and ready to go but really the

334

00:14:41,059 --> 00:14:38,669

most unexpected thing and it should be

335

00:14:42,650 --> 00:14:41,069

expected by now is every every time you

336

00:14:44,780 --> 00:14:42,660

expect something something changes you

337

00:14:47,780 --> 00:14:44,790

know we had a little glitch when a TV

338

00:14:49,039 --> 00:14:47,790

was supposed to leave and you know we

339

00:14:52,579 --> 00:14:49,049

all thought that was gonna happen and it

340

00:14:54,590 --> 00:14:52,589

didn't happen and when a HTV left it

341

00:14:56,809 --> 00:14:54,600

left fairly fast faster than we had

342

00:14:59,509 --> 00:14:56,819

expected so I think one of the things

343

00:15:01,759 --> 00:14:59,519

we're starting to get used to is mostly

344

00:15:03,590 --> 00:15:01,769

things are unexpected up here and and

345

00:15:07,249 --> 00:15:03,600

that's what we're trained so thoroughly

346

00:15:10,069 --> 00:15:07,259

for um a couple weeks ago you became a

347

00:15:14,410 --> 00:15:10,079

commander of expedition 33 what exactly

348

00:15:19,730 --> 00:15:17,960

so that's a good question there's three

349

00:15:22,130 --> 00:15:19,740

of us now and they will be six of us so

350

00:15:23,750 --> 00:15:22,140

I I guess you would say you'll be in

351

00:15:27,110 --> 00:15:23,760

charge of three and then in six but

352

00:15:28,610 --> 00:15:27,120

really I think more importantly was our

353

00:15:31,880 --> 00:15:28,620

training on the ground and getting to

354

00:15:33,410 --> 00:15:31,890

know our two teams and actually the the

355

00:15:36,800 --> 00:15:33,420

group before us too when gennady padalka

356

00:15:38,750 --> 00:15:36,810

was the commander our three teams our

357

00:15:40,520 --> 00:15:38,760

crewmates getting to know each other and

358

00:15:43,490 --> 00:15:40,530

taking a little bit of responsibility to

359

00:15:45,080 --> 00:15:43,500

make sure that everybody knows each

360

00:15:46,700 --> 00:15:45,090

other's personalities and knows what to

361

00:15:48,350 --> 00:15:46,710

expect when we get up here because

362

00:15:51,080 --> 00:15:48,360

really when we're up here it's such a

363

00:15:53,720 --> 00:15:51,090

small group we're more of a team than a

364

00:15:56,210 --> 00:15:53,730

commander and then people who are you

365

00:15:58,430 --> 00:15:56,220

know under the commander so I feel

366

00:16:00,230 --> 00:15:58,440

pretty happy and maybe you leaving a

367

00:16:02,480 --> 00:16:00,240

little bit proud that our groups of

368

00:16:04,580 --> 00:16:02,490

people up here have got to get along so

369

00:16:06,470 --> 00:16:04,590

well and work so well together so I

370

00:16:14,890 --> 00:16:06,480

think that's partially the work on the

371

00:16:22,310 --> 00:16:18,140

I think I worry a little bit more than I

372

00:16:24,470 --> 00:16:22,320

did last time you know but but all in

373

00:16:26,810 --> 00:16:24,480

general not really because you know you

374

00:16:29,750 --> 00:16:26,820

get up like I mentioned the typical day

375

00:16:31,550 --> 00:16:29,760

and you have tasks on your schedule you

376

00:16:34,850 --> 00:16:31,560

think about the big picture a little bit

377

00:16:37,840 --> 00:16:34,860

about what what is going going to happen

378

00:16:40,640 --> 00:16:37,850

down the line making sure you know

379

00:16:42,620 --> 00:16:40,650

everybody's tasks are a little bit equal

380

00:16:45,320 --> 00:16:42,630

and nobody's overworked and stuff like

381

00:16:47,840 --> 00:16:45,330

that but in general it's it's it's

382

00:16:50,840 --> 00:16:47,850

business as usual but like I said I

383

00:16:52,220 --> 00:16:50,850

think I worry a little bit more how do

384

00:16:56,240 --> 00:16:52,230

you feel about being the second woman to

385

00:16:58,210 --> 00:16:56,250

command ISS this is expedition 33 and it

386

00:17:05,179 --> 00:16:58,220

seems like for you to be second distill

387

00:17:06,650 --> 00:17:05,189

disparity there you know I never really

388

00:17:09,230 --> 00:17:06,660

thought about it too much until people

389

00:17:11,240 --> 00:17:09,240

start talking about it I think it's just

390

00:17:12,860 --> 00:17:11,250

a natural progression as there's you

391

00:17:14,740 --> 00:17:12,870

know probably about 30 percent of the

392

00:17:17,199 --> 00:17:14,750

women and then us astronaut office

393

00:17:20,000 --> 00:17:17,209

thirty percent of the astronauts in the

394

00:17:21,590 --> 00:17:20,010

US astronaut office are women so it's

395

00:17:23,000 --> 00:17:21,600

it's good it's bound to happen it's

396

00:17:25,640 --> 00:17:23,010

going to happen

397

00:17:27,860 --> 00:17:25,650

I hope you know pega did a great job

398

00:17:29,539 --> 00:17:27,870

before me I hope that I do a good job

399

00:17:31,669 --> 00:17:29,549

that people say you know this that's

400

00:17:34,310 --> 00:17:31,679

just you know ops normal that's just

401  
00:17:35,990 --> 00:17:34,320  
business as usual and nobody even thinks

402  
00:17:38,180 --> 00:17:36,000  
about it I think that's the best

403  
00:17:41,180 --> 00:17:38,190  
compliment for for being one of the

404  
00:17:46,210 --> 00:17:41,190  
first or seconds do you see yourself as

405  
00:17:53,000 --> 00:17:50,810  
all right well I hope so you know the

406  
00:17:54,770 --> 00:17:53,010  
things that I've got to do have been a

407  
00:17:57,980 --> 00:17:54,780  
little bit of luck a little bit of

408  
00:18:00,409 --> 00:17:57,990  
persistence a little bit being in the

409  
00:18:04,100 --> 00:18:00,419  
right place at the right time but I

410  
00:18:06,980 --> 00:18:04,110  
think overall I hope that I've become a

411  
00:18:09,140 --> 00:18:06,990  
little bit of a role model and women and

412  
00:18:11,390 --> 00:18:09,150  
young girls who never thought they could

413  
00:18:13,130 --> 00:18:11,400

do this stuff look at me and can relate

414

00:18:15,230 --> 00:18:13,140

to me and think wow I'm just like her

415

00:18:16,820 --> 00:18:15,240

then if I want to be a station commander

416

00:18:18,350 --> 00:18:16,830

I can be a station commander if I want

417

00:18:22,070 --> 00:18:18,360

to be an astronaut if I want to be a jet

418

00:18:24,289 --> 00:18:22,080

pilot I can do that so in that regard I

419

00:18:28,010 --> 00:18:24,299

really do hope I am a positive role

420

00:18:29,710 --> 00:18:28,020

model so last time you ran a marathon

421

00:18:32,419 --> 00:18:29,720

and this time you just did a triathlon

422

00:18:40,010 --> 00:18:32,429

is easier doing in space land on the

423

00:18:41,570 --> 00:18:40,020

ground you know everything's a little

424

00:18:43,070 --> 00:18:41,580

different on the ground things some

425

00:18:44,750 --> 00:18:43,080

things are harder in space some things

426

00:18:47,000 --> 00:18:44,760

are harder when it comes to physical

427

00:18:50,000 --> 00:18:47,010

fitness I think that's that's exactly

428

00:18:52,159 --> 00:18:50,010

the same thing maybe some somebody would

429

00:18:53,510 --> 00:18:52,169

think it's easier up here just because

430

00:18:55,549 --> 00:18:53,520

you don't have to fight against gravity

431

00:18:57,260 --> 00:18:55,559

and actually running hills on earth is

432

00:19:01,039 --> 00:18:57,270

very a little bit more painful than

433

00:19:03,350 --> 00:19:01,049

running hills on in space but the

434

00:19:05,720 --> 00:19:03,360

equipment up here is tough to get used

435

00:19:07,490 --> 00:19:05,730

to it floats a little bit so you have to

436

00:19:10,880 --> 00:19:07,500

get used to that you're wearing a

437

00:19:12,650 --> 00:19:10,890

harness or you're clipped in or the

438

00:19:14,810 --> 00:19:12,660

machine is moving because it's a

439

00:19:16,580 --> 00:19:14,820

vibration isolation type of system like

440

00:19:19,400 --> 00:19:16,590

our advanced resistive exercise device

441

00:19:22,039 --> 00:19:19,410

and so all that getting used to it it

442

00:19:25,070 --> 00:19:22,049

sort of equals I think the difficulty on

443

00:19:26,690 --> 00:19:25,080

on the on earth as it does in space so

444

00:19:29,600 --> 00:19:26,700

both have their challenges both are

445

00:19:30,799 --> 00:19:29,610

different and I'm lucky that I've got to

446

00:19:33,740 --> 00:19:30,809

be one of those people that can actually

447

00:19:39,560 --> 00:19:33,750

compare though to what are your career

448

00:19:41,840 --> 00:19:39,570

plans after you get back to earth that's

449

00:19:44,090 --> 00:19:41,850

a good question I don't know well I

450

00:19:47,930 --> 00:19:44,100

think we'll see where the what we're

451  
00:19:49,730 --> 00:19:47,940  
doing and at NASA I'm it's looking like

452  
00:19:52,340 --> 00:19:49,740  
we're gonna have a heavy-lift rocket

453  
00:19:53,990 --> 00:19:52,350  
that's going to take people to different

454  
00:19:56,360 --> 00:19:54,000  
places beside for the International

455  
00:19:57,890 --> 00:19:56,370  
Space Station beyond but we'll have the

456  
00:19:59,480 --> 00:19:57,900  
International Space Station as well as

457  
00:20:02,270 --> 00:19:59,490  
our international partners so you know

458  
00:20:04,130 --> 00:20:02,280  
for the next 10 years or so I love this

459  
00:20:06,440 --> 00:20:04,140  
business it's a lot of fun I'd like to

460  
00:20:08,210 --> 00:20:06,450  
stay in the space business but one day

461  
00:20:11,960 --> 00:20:08,220  
when I grow up I think I would like to

462  
00:20:13,790 --> 00:20:11,970  
teach junior high science so we'll see

463  
00:20:14,960 --> 00:20:13,800

what happens I don't know I'm getting a

464

00:20:16,700 --> 00:20:14,970

little bit older again a little bit

465

00:20:18,380 --> 00:20:16,710

grayer got to open the door for the

466

00:20:21,799 --> 00:20:18,390

generation behind me so I'm not really

467

00:20:24,169 --> 00:20:21,809

sure what exactly I'm going to do thank

468

00:20:27,840 --> 00:20:24,179

you for talking with me I enjoyed it and

469

00:20:32,440 --> 00:20:30,039

thank you very much it's been a pleasure

470

00:20:34,210 --> 00:20:32,450

and again appreciates your interest in

471

00:20:36,789 --> 00:20:34,220

the space program and the international

472

00:20:40,530 --> 00:20:36,799

space station station this is Houston

473

00:20:43,230 --> 00:20:40,540

ACR that concludes the event thank you

474

00:20:45,480 --> 00:20:43,240

Thank You CNN and New York time station