



1  
00:00:06,800 --> 00:00:04,309  
International Space Station this is

2  
00:00:09,669 --> 00:00:06,810  
Houston are you ready for the event soon

3  
00:00:16,360 --> 00:00:12,169  
the International Space Station is ready

4  
00:00:21,650 --> 00:00:19,430  
wbz-tv this is Mission Control in

5  
00:00:26,570 --> 00:00:21,660  
Houston Texas please call station for a

6  
00:00:31,339 --> 00:00:26,580  
voice check station this is WBZ TV how

7  
00:00:32,749 --> 00:00:31,349  
do you hear me we've got you loud and

8  
00:00:37,360 --> 00:00:32,759  
clear up here on the International Space

9  
00:00:41,780 --> 00:00:40,040  
excellent so you can hear me perfectly

10  
00:00:44,840 --> 00:00:41,790  
and I can see you and hear you perfectly

11  
00:00:46,370 --> 00:00:44,850  
waving right back at you we are just

12  
00:00:52,520 --> 00:00:46,380  
having a little bit of a debate it's

13  
00:00:54,500 --> 00:00:52,530

sunny Williams not suni Williams that's

14

00:00:55,700 --> 00:00:54,510

right my real name is actually Sunita so

15

00:00:57,380 --> 00:00:55,710

that's where people get a little bit

16

00:00:59,660 --> 00:00:57,390

mixed up but I think my mom always

17

00:01:04,100 --> 00:00:59,670

wanted to call me sunny so most people

18

00:01:05,600 --> 00:01:04,110

call me Sonny well it's your personality

19

00:01:07,160 --> 00:01:05,610

your you always have that sunny

20

00:01:08,570 --> 00:01:07,170

disposition well thank you so much for

21

00:01:09,590 --> 00:01:08,580

taking a couple of moments to talk to it

22

00:01:12,440 --> 00:01:09,600

so really appreciate it

23

00:01:14,270 --> 00:01:12,450

220 miles from Earth kind of a neat

24

00:01:16,249 --> 00:01:14,280

thing to be able to talk to you and

25

00:01:20,599 --> 00:01:16,259

first of all just tell me how you doing

26

00:01:22,219 --> 00:01:20,609

up there well we're doing great

27

00:01:23,899 --> 00:01:22,229

we've been up here a couple months now

28

00:01:27,469 --> 00:01:23,909

it feels like we've been here forever

29

00:01:29,569 --> 00:01:27,479

you sort of acclimatize and and then new

30

00:01:31,669 --> 00:01:29,579

and exciting things happened I think you

31

00:01:33,800 --> 00:01:31,679

know we had a SpaceX vehicle come visit

32

00:01:35,779 --> 00:01:33,810

us the other day so now we have it all

33

00:01:37,550 --> 00:01:35,789

docked and open the hatch and we found

34

00:01:39,200 --> 00:01:37,560

some pretty fun things inside and

35

00:01:43,489 --> 00:01:39,210

getting ready to pack it up with a bunch

36

00:01:44,779 --> 00:01:43,499

of stuff to take home actually and I

37

00:01:47,270 --> 00:01:44,789

heard that part of your delivery the

38

00:01:52,550 --> 00:01:47,280

other day was some homemade ice cream

39

00:01:54,679 --> 00:01:52,560

was that a big deal yeah we still have a

40

00:01:57,020 --> 00:01:54,689

bunch of it it's up in the freezer we've

41

00:01:58,340 --> 00:01:57,030

only we're you know up here you don't

42

00:02:01,069 --> 00:01:58,350

you can't just go to the grocery store

43

00:02:03,410 --> 00:02:01,079

and and fill up and so we are maybe a

44

00:02:05,359 --> 00:02:03,420

little miserly and eating it slowly but

45

00:02:08,699 --> 00:02:05,369

yeah we have ice cream up here now and

46

00:02:11,250 --> 00:02:08,709

we're enjoying every moment of it

47

00:02:12,449 --> 00:02:11,260

and I did a lot of research because I

48

00:02:17,940 --> 00:02:12,459

needed to know it was a chocolate

49

00:02:19,619 --> 00:02:17,950

vanilla swirl correct absolutely yes the

50

00:02:22,679 --> 00:02:19,629

inquire minds need to know chocolate

51  
00:02:25,289 --> 00:02:22,689  
vanilla always a good standby everybody

52  
00:02:27,089 --> 00:02:25,299  
loves it so it's perfect and we have

53  
00:02:28,619 --> 00:02:27,099  
some things we can add to it up here too

54  
00:02:33,030 --> 00:02:28,629  
to make it a little bit spice it up if

55  
00:02:34,530 --> 00:02:33,040  
we need to Sonny let me ask you I was

56  
00:02:36,479 --> 00:02:34,540  
looking at some live pictures actually

57  
00:02:38,520 --> 00:02:36,489  
just a few moments ago of the space

58  
00:02:40,649 --> 00:02:38,530  
shuttle Endeavour going through the

59  
00:02:44,699 --> 00:02:40,659  
streets of California as it's making its

60  
00:02:47,009 --> 00:02:44,709  
way to it its final home what does it

61  
00:02:49,199 --> 00:02:47,019  
feel like for you to see the space

62  
00:02:50,940 --> 00:02:49,209  
program now using these private

63  
00:02:56,149 --> 00:02:50,950

shipments like you had the other day and

64  
00:03:01,319 --> 00:02:59,069  
well you know it was a sad day when when

65  
00:03:03,750 --> 00:03:01,329  
the last space shuttle landed last year

66  
00:03:05,970 --> 00:03:03,760  
and all of us were you know a little

67  
00:03:08,759 --> 00:03:05,980  
teary-eyed a bunch of people in Houston

68  
00:03:10,440 --> 00:03:08,769  
saw Endeavour flyby it actually stopped

69  
00:03:11,970 --> 00:03:10,450  
over in Houston which was really awesome

70  
00:03:13,649 --> 00:03:11,980  
for all the folks who have been working

71  
00:03:16,530 --> 00:03:13,659  
on the space shuttle program for so long

72  
00:03:18,270 --> 00:03:16,540  
but you know it's the next step the

73  
00:03:20,099 --> 00:03:18,280  
Space Shuttle has a capability had a

74  
00:03:22,080 --> 00:03:20,109  
capability to come to low Earth orbit to

75  
00:03:24,030 --> 00:03:22,090  
build this amazing Space Station I mean

76

00:03:26,460 --> 00:03:24,040

wow what an accomplishment quite a

77

00:03:29,490 --> 00:03:26,470

vehicle you know all of them that were

78

00:03:31,740 --> 00:03:29,500

participated in it but you know our nez

79

00:03:33,839 --> 00:03:31,750

NASA our next step is moving out of low

80

00:03:36,420 --> 00:03:33,849

Earth orbit maybe going to the back to

81

00:03:38,099 --> 00:03:36,430

the moon an asteroid onto Mars and the

82

00:03:39,990 --> 00:03:38,109

Space Shuttle wasn't the vehicle for

83

00:03:42,149 --> 00:03:40,000

that and so we've got to spend our money

84

00:03:43,860 --> 00:03:42,159

and our attention and our expertise on

85

00:03:46,349 --> 00:03:43,870

building the next spacecraft and I think

86

00:03:48,990 --> 00:03:46,359

you know that's just a step in the right

87

00:03:51,390 --> 00:03:49,000

direction so you know hats off to the

88

00:03:53,879 --> 00:03:51,400

Space Shuttle team amazing vehicle

89

00:03:56,819 --> 00:03:53,889

like I said built my home right now so I

90

00:03:58,379 --> 00:03:56,829

can't complain about it at all but you

91

00:04:02,429 --> 00:03:58,389

know maybe time to retire and bring

92

00:04:04,649 --> 00:04:02,439

something new sunny have you looked at

93

00:04:10,259 --> 00:04:04,659

the Mars rover and thought to yourself

94

00:04:12,059 --> 00:04:10,269

you know I'd like to go there absolutely

95

00:04:14,009 --> 00:04:12,069

you know that things about the size of a

96

00:04:16,349 --> 00:04:14,019

VW Bug so it might be a little bit of a

97

00:04:19,050 --> 00:04:16,359

squishy ride but you know our Soyuz

98

00:04:20,580 --> 00:04:19,060

capsule too isn't isn't that much bigger

99

00:04:22,200 --> 00:04:20,590

the part that we ride in

100

00:04:24,210 --> 00:04:22,210

but then when you see the pictures of

101  
00:04:26,129 --> 00:04:24,220  
Mars how could you not help but think

102  
00:04:27,600 --> 00:04:26,139  
man I'd like to be there I'd like to be

103  
00:04:30,030 --> 00:04:27,610  
the guy making the decision whether or

104  
00:04:32,129 --> 00:04:30,040  
not we should test this area if water

105  
00:04:36,540 --> 00:04:32,139  
flowed here where's the next area to

106  
00:04:38,430 --> 00:04:36,550  
look at give it that human touch there

107  
00:04:40,080 --> 00:04:38,440  
on that surface of that planet but we'll

108  
00:04:42,390 --> 00:04:40,090  
get there you know a combination of

109  
00:04:44,219 --> 00:04:42,400  
verbal biotics and human spaceflight I

110  
00:04:46,710 --> 00:04:44,229  
think the next generation of explorers

111  
00:04:51,540 --> 00:04:46,720  
the kids who are in elementary school

112  
00:04:53,280 --> 00:04:51,550  
today are going to be there let me ask

113  
00:04:54,900 --> 00:04:53,290

you Sonny over the past couple of years

114

00:04:56,820 --> 00:04:54,910

every time we've mentioned Sonny

115

00:04:59,760 --> 00:04:56,830

Williams we've always referred to you as

116

00:05:01,590 --> 00:04:59,770

either needham zone where the pride of

117

00:05:03,240 --> 00:05:01,600

needham but over the past couple of

118

00:05:06,120 --> 00:05:03,250

months you've had some competition there

119

00:05:08,550 --> 00:05:06,130

Aly Raisman also now being called

120

00:05:10,500 --> 00:05:08,560

Needham Zone I know you've been up in

121

00:05:13,320 --> 00:05:10,510

the space station while all the Olympics

122

00:05:18,060 --> 00:05:13,330

were happening give me your thoughts on

123

00:05:19,980 --> 00:05:18,070

seeing what she did she's amazing

124

00:05:23,670 --> 00:05:19,990

actually we got to watch the Olympics

125

00:05:26,070 --> 00:05:23,680

some sort of real time we have a week in

126

00:05:27,870 --> 00:05:26,080

the uplink TV and I made a point to make

127

00:05:30,000 --> 00:05:27,880

sure we are watching the gymnastics when

128

00:05:31,409 --> 00:05:30,010

the u.s. women's team was on and just

129

00:05:32,909 --> 00:05:31,419

right down there we are watching I was

130

00:05:37,500 --> 00:05:32,919

wearing my Needham rocket sweatshirt

131

00:05:39,330 --> 00:05:37,510

cheering for her it's awesome do you

132

00:05:41,940 --> 00:05:39,340

think I mean you have a little bit of

133

00:05:43,320 --> 00:05:41,950

help there with the lack of gravity but

134

00:05:48,480 --> 00:05:43,330

you think you could do a few Aly Raisman

135

00:05:50,550 --> 00:05:48,490

type flips for us oh I'm a perfect 10 up

136

00:05:54,659 --> 00:05:50,560

here I wouldn't compete with her on the

137

00:05:55,620 --> 00:05:54,669

ground but I'm pretty good up here oh

138

00:05:58,890 --> 00:05:55,630

here she goes

139

00:06:01,200 --> 00:05:58,900

oh pretty good pretty good

140

00:06:03,089 --> 00:06:01,210

all right everyone gives you a ten

141

00:06:05,100 --> 00:06:03,099

except for the Russian judge gives you a

142

00:06:07,740 --> 00:06:05,110

nine point six but we could talk about

143

00:06:09,990 --> 00:06:07,750

that later on I know also a sunny that

144

00:06:11,730 --> 00:06:10,000

you are a big Red Sox fan you've been up

145

00:06:13,080 --> 00:06:11,740

there since July which means you didn't

146

00:06:17,960 --> 00:06:13,090

have to watch the second half of the

147

00:06:22,050 --> 00:06:20,580

yeah I'm still a Red Sox fan you could

148

00:06:24,779 --> 00:06:22,060

probably notice in my flip I'm wearing

149

00:06:26,610 --> 00:06:24,789

my Red Sox I have faith I'm happy it's

150

00:06:31,620 --> 00:06:26,620

football season and the Patriots are

151

00:06:34,080 --> 00:06:31,630

doing well so go Pat's that's right we

152

00:06:36,090 --> 00:06:34,090

always have the Patriots to fall back on

153

00:06:38,070 --> 00:06:36,100

very very good point and I just wanted

154

00:06:40,770 --> 00:06:38,080

to ask you a couple of weeks ago you did

155

00:06:42,150 --> 00:06:40,780

a triathlon now when I first read this I

156

00:06:43,950 --> 00:06:42,160

thought how do you do a triathlon in

157

00:06:49,020 --> 00:06:43,960

this in space so can you explain how

158

00:06:50,879 --> 00:06:49,030

that works certainly actually right here

159

00:06:52,770 --> 00:06:50,889

in front of the camera is the bike it

160

00:06:54,180 --> 00:06:52,780

only has you only have to clip in with

161

00:06:55,350 --> 00:06:54,190

pedals you don't have to sit down of

162

00:06:57,570 --> 00:06:55,360

course because there's no gravity so

163

00:06:59,070 --> 00:06:57,580

there's really no sitting so that's the

164

00:07:01,980 --> 00:06:59,080

bike we have a treadmill around the

165

00:07:03,240 --> 00:07:01,990

corner and also we have a weightlifting

166

00:07:05,120 --> 00:07:03,250

machine it's called the advanced

167

00:07:07,860 --> 00:07:05,130

resistive exercise device and that

168

00:07:10,170 --> 00:07:07,870

actually is like a bar like a normal

169

00:07:12,510 --> 00:07:10,180

benchpress bar which you can do squats

170

00:07:16,110 --> 00:07:12,520

on and deadlifts as well as upper body

171

00:07:17,610 --> 00:07:16,120

and so for the triathlon I looked at how

172

00:07:20,370 --> 00:07:17,620

much time it would probably take me to

173

00:07:22,710 --> 00:07:20,380

swim and we we organized an exercise

174

00:07:24,600 --> 00:07:22,720

program of about 15 exercises on the a

175

00:07:26,279 --> 00:07:24,610

red which worked everything from upper

176

00:07:29,279 --> 00:07:26,289

body all the way lower body including

177

00:07:31,379 --> 00:07:29,289

abs for about 20 minutes and then I got

178

00:07:33,270 --> 00:07:31,389

on the bike and essentially did the same

179

00:07:36,510 --> 00:07:33,280

profile that the guys did in California

180

00:07:39,420 --> 00:07:36,520

and then ran four miles on the treadmill

181

00:07:42,060 --> 00:07:39,430

and so my transition areas were a little

182

00:07:43,590 --> 00:07:42,070

bit shorter I wore the same clothes so I

183

00:07:46,200 --> 00:07:43,600

didn't have to change like that or

184

00:07:49,140 --> 00:07:46,210

anything from one exercise to another

185

00:07:51,420 --> 00:07:49,150

did change my shoes and got some water

186

00:07:53,310 --> 00:07:51,430

in between time too so it was it was an

187

00:07:56,580 --> 00:07:53,320

imitation but it was pretty close I was

188

00:07:58,440 --> 00:07:56,590

pretty tired at the end of it that's

189

00:07:59,790 --> 00:07:58,450

pretty cool and do you have any plans I

190

00:08:02,100 --> 00:07:59,800

know that you have run the Boston

191

00:08:06,290 --> 00:08:02,110

Marathon before and he plans to run it

192

00:08:09,900 --> 00:08:07,830

absolutely

193

00:08:13,230 --> 00:08:09,910

you know my folks live in Falmouth right

194

00:08:15,000 --> 00:08:13,240

now and so this year I ran on the space

195

00:08:17,430 --> 00:08:15,010

station with my sister just like I ran

196

00:08:20,400 --> 00:08:17,440

the marathon last time I was up here the

197

00:08:21,900 --> 00:08:20,410

Falmouth Road race which is only 7.2 and

198

00:08:24,060 --> 00:08:21,910

I was happy it was a little bit shorter

199

00:08:25,560 --> 00:08:24,070

than the marathon but I think with

200

00:08:27,360 --> 00:08:25,570

working out up here I'm feeling pretty

201  
00:08:28,830 --> 00:08:27,370  
strong and so when I get home I hope to

202  
00:08:30,990 --> 00:08:28,840  
run the Boston Marathon again it's a

203  
00:08:34,019 --> 00:08:31,000  
great town I love Boston I love being

204  
00:08:36,690 --> 00:08:34,029  
close by there in it you know being part

205  
00:08:39,149 --> 00:08:36,700  
of it when I talk fast the accent comes

206  
00:08:40,589 --> 00:08:39,159  
out so that's good I haven't lost it so

207  
00:08:42,940 --> 00:08:40,599  
I definitely plan on running the Boston

208  
00:08:45,350 --> 00:08:42,950  
Marathon again

209  
00:08:48,710 --> 00:08:45,360  
let me hear your Boston accent let me

210  
00:08:54,560 --> 00:08:48,720  
hear you say pakiya Space Station and

211  
00:08:57,620 --> 00:08:54,570  
Havas Yad you can pack it's your space

212  
00:09:00,950 --> 00:08:57,630  
station have it yet go go down to Cape

213  
00:09:02,660 --> 00:09:00,960

Cod haha

214

00:09:04,250 --> 00:09:02,670

speaking of Cape Cod I know your parents

215

00:09:05,270 --> 00:09:04,260

I think they're down in Falmouth

216

00:09:10,220 --> 00:09:05,280

anything you want to say to your family

217

00:09:12,530 --> 00:09:10,230

back home I just wanted to say hi they

218

00:09:15,350 --> 00:09:12,540

all can went out last night two knobs go

219

00:09:17,090 --> 00:09:15,360

lighthouse to see us fly over I think my

220

00:09:19,250 --> 00:09:17,100

dog was out there too so I just wanted

221

00:09:21,020 --> 00:09:19,260

to say hi to everybody down in Falmouth

222

00:09:23,330 --> 00:09:21,030

and Cape Cod as well and of course in

223

00:09:27,860 --> 00:09:23,340

Boston and we missed you guys we love

224

00:09:29,510 --> 00:09:27,870

you we got one piece of New England I

225

00:09:32,360 --> 00:09:29,520

don't know what you call the New England

226

00:09:34,670 --> 00:09:32,370

prized fall price what from SpaceX too

227

00:09:36,400 --> 00:09:34,680

so it's a little bit reminder of home I

228

00:09:39,380 --> 00:09:36,410

love it

229

00:09:41,780 --> 00:09:39,390

very nice doing your apple picking and

230

00:09:43,490 --> 00:09:41,790

you're ready for a New England fall and

231

00:09:46,430 --> 00:09:43,500

I know you'll be home soon in time for

232

00:09:49,160 --> 00:09:46,440

Thanksgiving so great job up there and

233

00:09:53,720 --> 00:09:49,170

I'm sure everyone back home can't wait

234

00:09:54,650 --> 00:09:53,730

to see you so thank you so much thanks

235

00:09:56,120 --> 00:09:54,660

for your time and thanks for your

236

00:09:58,250 --> 00:09:56,130

interest in the space program and I hope

237

00:09:59,930 --> 00:09:58,260

there's more Nita mites in Boston mites

238

00:10:04,190 --> 00:09:59,940

who will be up here flying in space

239

00:10:08,980 --> 00:10:04,200

before long all right thank you Sonny

240

00:10:27,400 --> 00:10:11,590

you

241

00:10:29,290 --> 00:10:27,410

WBZ television station we are now