



QUESTIONS FROM:

Kennedy Space Center

1
00:00:09,190 --> 00:00:04,710
meet the international space station's

2
00:00:13,589 --> 00:00:11,430
u.s air force colonel michael hopkins

3
00:00:16,230 --> 00:00:13,599
will be the first from the 2009

4
00:00:18,710 --> 00:00:16,240
astronaut class to journey into space he

5
00:00:21,029 --> 00:00:18,720
grew up in richland missouri and enjoys

6
00:00:23,590 --> 00:00:21,039
backpacking snow skiing weightlifting

7
00:00:26,150 --> 00:00:23,600
running and hockey and football he and

8
00:00:28,070 --> 00:00:26,160
his wife julie have two sons

9
00:00:30,310 --> 00:00:28,080
before joining the astronaut corps

10
00:00:32,150 --> 00:00:30,320
michael served as a test pilot studied

11
00:00:34,470 --> 00:00:32,160
political science at the university of

12
00:00:36,150 --> 00:00:34,480
parma in italy worked in the air force

13
00:00:38,470 --> 00:00:36,160

rapid capabilities office of the

14

00:00:40,229 --> 00:00:38,480

pentagon and served as a special

15

00:00:43,030 --> 00:00:40,239

assistant to the vice chairman of the

16

00:00:45,750 --> 00:00:43,040

joint chiefs of staff

17

00:00:48,150 --> 00:00:45,760

soyuz commander oleg kotov was the 100th

18

00:00:50,310 --> 00:00:48,160

russian to fly in space he has spent

19

00:00:52,229 --> 00:00:50,320

nearly a year of his life on orbit over

20

00:00:54,709 --> 00:00:52,239

the course of his two space flights and

21

00:00:56,950 --> 00:00:54,719

has three spacewalks to his credit in

22

00:00:59,270 --> 00:00:56,960

his spare time the father of two enjoys

23

00:01:01,830 --> 00:00:59,280

working with computers photography and

24

00:01:03,990 --> 00:01:01,840

scuba diving oleg will take over as

25

00:01:06,310 --> 00:01:04,000

expedition 38 commander from fyodor

26
00:01:08,310 --> 00:01:06,320
yurchikhin who accompanied him on his

27
00:01:09,830 --> 00:01:08,320
first voyage to the international space

28
00:01:12,230 --> 00:01:09,840
station

29
00:01:14,630 --> 00:01:12,240
first time space flier sergey ryazanskiy

30
00:01:17,429 --> 00:01:14,640
is a biochemist from moscow

31
00:01:21,270 --> 00:01:17,439
selected as a cosmonaut in 2003 and in

32
00:01:23,670 --> 00:01:21,280
2009 served as crew commander of a 105

33
00:01:26,550 --> 00:01:23,680
day long isolation experiment for the

34
00:01:29,190 --> 00:01:26,560
mars 500 project the father of three's

35
00:01:31,670 --> 00:01:29,200
hobbies includes sports travel playing

36
00:01:33,670 --> 00:01:31,680
the guitar and coin collecting

37
00:01:35,670 --> 00:01:33,680
michael olig and sergey will launch to

38
00:01:48,310 --> 00:01:35,680

the station from the baikonur cosmodrome

39

00:01:51,510 --> 00:01:49,910

all right thank you for joining us for

40

00:01:52,789 --> 00:01:51,520

this great briefing with the next crew

41

00:01:54,870 --> 00:01:52,799

headed to the international space

42

00:01:57,990 --> 00:01:54,880

station i'm joined by astronaut mike

43

00:02:00,230 --> 00:01:58,000

hopkins cosmonaut oleg kota and fellow

44

00:02:02,310 --> 00:02:00,240

cosmonaut sergey rosinski so thank you

45

00:02:03,990 --> 00:02:02,320

all for joining us um you guys are

46

00:02:05,590 --> 00:02:04,000

preparing for your launch to the space

47

00:02:07,590 --> 00:02:05,600

station just a couple months from now

48

00:02:09,589 --> 00:02:07,600

you're going to launch on september 25th

49

00:02:11,350 --> 00:02:09,599

for a one-day trip to the space station

50

00:02:13,910 --> 00:02:11,360

very nice and then you're going to join

51
00:02:15,350 --> 00:02:13,920
astronaut karen nyberg chris cassidy and

52
00:02:19,110 --> 00:02:15,360
fyodor your chicken who are already on

53
00:02:21,350 --> 00:02:19,120
orbit and working luca parmitano sorry

54
00:02:22,550 --> 00:02:21,360
and you'll begin your long-duration

55
00:02:25,190 --> 00:02:22,560
mission doing a lot of science

56
00:02:26,710 --> 00:02:25,200
experiments yourselves and uh so with

57
00:02:28,470 --> 00:02:26,720
that mike this is going to be your first

58
00:02:30,229 --> 00:02:28,480
mission likewise for sergey can you tell

59
00:02:31,190 --> 00:02:30,239
us just start start by telling us what

60
00:02:33,110 --> 00:02:31,200
you're doing and what it's like

61
00:02:35,990 --> 00:02:33,120
preparing for this this first mission

62
00:02:38,390 --> 00:02:36,000
yeah so the uh the training flow for uh

63
00:02:40,150 --> 00:02:38,400

going up into space on the expeditions

64

00:02:42,070 --> 00:02:40,160

uh on the international space station is

65

00:02:44,229 --> 00:02:42,080

a two and a half year training flow

66

00:02:45,589 --> 00:02:44,239

and so it's uh it's been a long two and

67

00:02:47,030 --> 00:02:45,599

a half years but it's also been a fast

68

00:02:48,949 --> 00:02:47,040

two and a half years if that makes any

69

00:02:51,190 --> 00:02:48,959

sense uh fortunately we've been doing

70

00:02:53,190 --> 00:02:51,200

this uh training crews to go to the

71

00:02:54,790 --> 00:02:53,200

space station now for over 10 years and

72

00:02:57,350 --> 00:02:54,800

so they've really fine-tuned that

73

00:02:59,270 --> 00:02:57,360

process and and also i'm very fortunate

74

00:03:01,430 --> 00:02:59,280

because i backed up

75

00:03:04,390 --> 00:03:01,440

chris cassidy who was a very experienced

76
00:03:07,110 --> 00:03:04,400
space flier and i have uh steve swanson

77
00:03:08,550 --> 00:03:07,120
is backing me up as well as a as an

78
00:03:10,070 --> 00:03:08,560
experienced guy he's flown twice on the

79
00:03:12,790 --> 00:03:10,080
shuttle and then of course my commander

80
00:03:13,750 --> 00:03:12,800
oleg kotov so having those folks around

81
00:03:15,830 --> 00:03:13,760
you as you're going through this

82
00:03:16,869 --> 00:03:15,840
training flow is has just been fantastic

83
00:03:18,149 --> 00:03:16,879
because

84
00:03:19,990 --> 00:03:18,159
they're always able to give you those

85
00:03:21,670 --> 00:03:20,000
little bit of nuggets that oftentimes

86
00:03:23,030 --> 00:03:21,680
you don't hear in the classroom

87
00:03:25,110 --> 00:03:23,040
and so that's that's made it very

88
00:03:27,350 --> 00:03:25,120

enjoyable

89

00:03:28,470 --> 00:03:27,360

anything else you want to add on that

90

00:03:30,630 --> 00:03:28,480

i think that

91

00:03:33,990 --> 00:03:30,640

training as a cosmonaut

92

00:03:36,390 --> 00:03:34,000

is the most fun thing that person can do

93

00:03:38,309 --> 00:03:36,400

in his life

94

00:03:39,589 --> 00:03:38,319

i think most of us agree here

95

00:03:40,949 --> 00:03:39,599

so with that we've got a room full of

96

00:03:42,229 --> 00:03:40,959

folks here anxious to talk with you so

97

00:03:43,430 --> 00:03:42,239

we're going to go ahead and start with

98

00:03:45,270 --> 00:03:43,440

some questions here so if you'll just

99

00:03:46,949 --> 00:03:45,280

raise your hand state your name and

100

00:03:49,030 --> 00:03:46,959

affiliation if you're with a media

101
00:03:51,270 --> 00:03:49,040
organization and we'll try to get to as

102
00:03:53,670 --> 00:03:51,280
many of you as we can go ahead

103
00:03:54,949 --> 00:03:53,680
jim oberge with nbc news i want to ask

104
00:03:57,750 --> 00:03:54,959
the two

105
00:04:00,789 --> 00:03:57,760
currently two rookies i want to ask the

106
00:04:03,030 --> 00:04:00,799
two new flyers what kinds of secrets of

107
00:04:04,630 --> 00:04:03,040
space adaptation and space long space

108
00:04:06,949 --> 00:04:04,640
flight have you learned from your

109
00:04:09,429 --> 00:04:06,959
experience commander one in in the dark

110
00:04:11,270 --> 00:04:09,439
or at the bar afterwards what kinds of

111
00:04:14,869 --> 00:04:11,280
secrets has he shared with you to make

112
00:04:16,069 --> 00:04:14,879
your flights your first flights easier

113
00:04:18,069 --> 00:04:16,079

yeah so i'll go ahead and start off on

114

00:04:19,990 --> 00:04:18,079

that um you know i think one of the

115

00:04:21,509 --> 00:04:20,000

secrets that you learn is that it's

116

00:04:24,150 --> 00:04:21,519

different for everybody and you're not

117

00:04:26,710 --> 00:04:24,160

really sure how you're going to react

118

00:04:28,150 --> 00:04:26,720

once you get up into space and

119

00:04:30,950 --> 00:04:28,160

and so i think we're going to be a

120

00:04:32,710 --> 00:04:30,960

little bit of wait and see um there are

121

00:04:34,230 --> 00:04:32,720

a few little nuggets here and there but

122

00:04:39,510 --> 00:04:34,240

for the most part i think it's really

123

00:04:42,550 --> 00:04:40,390

maybe

124

00:04:45,430 --> 00:04:42,560

the main secret is

125

00:04:47,350 --> 00:04:45,440

to be calm and patient

126
00:04:49,670 --> 00:04:47,360
so this is

127
00:04:52,870 --> 00:04:49,680
how

128
00:04:54,390 --> 00:04:52,880
most people deal with all this

129
00:04:55,350 --> 00:04:54,400
stress

130
00:04:58,150 --> 00:04:55,360
to be

131
00:05:01,909 --> 00:04:58,160
first time flyer

132
00:05:03,990 --> 00:05:01,919
this is how they adapt themselves to

133
00:05:05,029 --> 00:05:04,000
specific environment

134
00:05:07,110 --> 00:05:05,039
so

135
00:05:08,150 --> 00:05:07,120
looking forward to this one

136
00:05:10,710 --> 00:05:08,160
thank you

137
00:05:14,710 --> 00:05:10,720
okay next go ahead oh and wait for the

138
00:05:19,749 --> 00:05:17,350

hi robert perlman with collectspace.com

139

00:05:20,790 --> 00:05:19,759

um i'm wondering how real-time events in

140

00:05:22,550 --> 00:05:20,800

space

141

00:05:25,110 --> 00:05:22,560

affect your training at this point for

142

00:05:27,830 --> 00:05:25,120

example yesterday's space walk and

143

00:05:29,990 --> 00:05:27,840

um and it's being curtailed does that

144

00:05:32,710 --> 00:05:30,000

have will that have or has that already

145

00:05:35,909 --> 00:05:32,720

had any impact in terms of planning for

146

00:05:37,670 --> 00:05:35,919

your own uh stay in space

147

00:05:39,990 --> 00:05:37,680

yeah so uh yesterday obviously was a

148

00:05:41,590 --> 00:05:40,000

very exciting day for the folks up on

149

00:05:44,390 --> 00:05:41,600

space station and the folks here on the

150

00:05:45,909 --> 00:05:44,400

ground um but uh uh you know i think the

151

00:05:48,550 --> 00:05:45,919

big thing from yesterday is that

152

00:05:49,909 --> 00:05:48,560

everybody is uh back inside and safe and

153

00:05:52,070 --> 00:05:49,919

uh and the station's in a safe

154

00:05:53,270 --> 00:05:52,080

configuration and works on going i will

155

00:05:54,950 --> 00:05:53,280

say at this point

156

00:05:56,710 --> 00:05:54,960

the the issues that they did have

157

00:05:58,230 --> 00:05:56,720

yesterday with the emu

158

00:06:00,550 --> 00:05:58,240

troubleshooting is ongoing we still

159

00:06:01,430 --> 00:06:00,560

don't know what happened and so in terms

160

00:06:03,430 --> 00:06:01,440

of

161

00:06:04,710 --> 00:06:03,440

how that's going to impact our flight we

162

00:06:07,029 --> 00:06:04,720

still don't know

163

00:06:08,950 --> 00:06:07,039

but i also say that we're all trained uh

164

00:06:10,950 --> 00:06:08,960

to do uh any and all missions that we

165

00:06:12,469 --> 00:06:10,960

might have up there and so we'll uh

166

00:06:13,909 --> 00:06:12,479

we'll wait and see and and i think we're

167

00:06:15,830 --> 00:06:13,919

ready for for whatever might get thrown

168

00:06:17,830 --> 00:06:15,840

our way

169

00:06:20,790 --> 00:06:17,840

okay um

170

00:06:23,830 --> 00:06:20,800

distribute just a minute

171

00:06:26,710 --> 00:06:23,840

hi i'm selyn barber from mike's hometown

172

00:06:28,390 --> 00:06:26,720

uh gatehouse media and a magazine in

173

00:06:29,990 --> 00:06:28,400

this regional national

174

00:06:31,749 --> 00:06:30,000

um what lessons have you learned from

175

00:06:33,990 --> 00:06:31,759

the lake that you're taking up in space

176

00:06:35,430 --> 00:06:34,000

or and or for your towns also that

177

00:06:37,510 --> 00:06:35,440

you're taking up to this particular

178

00:06:39,270 --> 00:06:37,520

mission

179

00:06:41,990 --> 00:06:39,280

so what what lessons have we learned

180

00:06:43,830 --> 00:06:42,000

from from growing up and yeah so uh you

181

00:06:45,670 --> 00:06:43,840

know i grew up where we're from as a

182

00:06:48,870 --> 00:06:45,680

small community in missouri

183

00:06:50,150 --> 00:06:48,880

and i think there's a lot of benefits

184

00:06:52,390 --> 00:06:50,160

from from growing up in that small

185

00:06:55,589 --> 00:06:52,400

community because you do tend to know a

186

00:06:57,749 --> 00:06:55,599

lot of people um and and you have this

187

00:06:59,670 --> 00:06:57,759

very close-knit feeling and we're

188

00:07:01,589 --> 00:06:59,680

obviously going to be a close-knit group

189

00:07:02,950 --> 00:07:01,599

up there as well with just six of us on

190

00:07:04,870 --> 00:07:02,960

board so

191

00:07:06,710 --> 00:07:04,880

i think that sense of community

192

00:07:07,830 --> 00:07:06,720

sharing with each other helping each

193

00:07:09,110 --> 00:07:07,840

other out

194

00:07:10,550 --> 00:07:09,120

i think that's all important and those

195

00:07:13,909 --> 00:07:10,560

are things that i learned where i grew

196

00:07:18,629 --> 00:07:16,230

i grew up in

197

00:07:21,589 --> 00:07:18,639

the capital of russia moscow is

198

00:07:23,909 --> 00:07:21,599

something really similar to new york

199

00:07:24,870 --> 00:07:23,919

really crazy and crowded

200

00:07:27,350 --> 00:07:24,880

and

201
00:07:28,790 --> 00:07:27,360
also it gives really lots of

202
00:07:30,390 --> 00:07:28,800
possibilities for

203
00:07:31,270 --> 00:07:30,400
small kid to

204
00:07:33,510 --> 00:07:31,280
learn

205
00:07:34,710 --> 00:07:33,520
to study where to go

206
00:07:35,830 --> 00:07:34,720
and

207
00:07:37,670 --> 00:07:35,840
so

208
00:07:39,350 --> 00:07:37,680
maybe this is

209
00:07:42,309 --> 00:07:39,360
the main experience that i'm always

210
00:07:46,710 --> 00:07:42,319
looking for something new something

211
00:07:50,309 --> 00:07:46,720
with uh great approaches with a

212
00:07:52,790 --> 00:07:50,319
really new thing uh for myself

213
00:07:56,070 --> 00:07:53,830

like did you want to mention anything

214

00:07:59,589 --> 00:07:56,080

though you know i'm from the military

215

00:08:01,430 --> 00:07:59,599

family so that's i grew up in many

216

00:08:03,110 --> 00:08:01,440

cities and towns

217

00:08:04,869 --> 00:08:03,120

so but

218

00:08:07,110 --> 00:08:04,879

i get used uh

219

00:08:09,029 --> 00:08:07,120

just

220

00:08:10,230 --> 00:08:09,039

enjoying the looking from the window and

221

00:08:12,950 --> 00:08:10,240

so that's

222

00:08:17,909 --> 00:08:12,960

the the best opportunities to do it from

223

00:08:21,909 --> 00:08:19,749

i'm uh nolan peterson with runner's

224

00:08:23,430 --> 00:08:21,919

world and eic tv

225

00:08:26,230 --> 00:08:23,440

and can you explain how some of the

226

00:08:28,629 --> 00:08:26,240

techniques that you use in space to slow

227

00:08:30,309 --> 00:08:28,639

down the decline of the body

228

00:08:32,870 --> 00:08:30,319

could be used for people back on earth

229

00:08:35,750 --> 00:08:32,880

to maybe slow the aging process or

230

00:08:37,909 --> 00:08:35,760

rehab an injury

231

00:08:39,750 --> 00:08:37,919

i guess i'll start with that so yeah

232

00:08:42,790 --> 00:08:39,760

you're right when we are in space we do

233

00:08:44,870 --> 00:08:42,800

have uh um some negative effects of that

234

00:08:46,630 --> 00:08:44,880

uh zero gravity environment so our

235

00:08:48,870 --> 00:08:46,640

muscles will get weaker we can have bone

236

00:08:50,870 --> 00:08:48,880

loss and so the ways that we uh try and

237

00:08:52,870 --> 00:08:50,880

counteract that one of the main ways

238

00:08:55,509 --> 00:08:52,880

is through exercise and so we actually

239

00:08:58,310 --> 00:08:55,519

get quite a bit of time every day to to

240

00:09:00,710 --> 00:08:58,320

exercise and we have three main pieces

241

00:09:02,870 --> 00:09:00,720

of hardware that we use uh during during

242

00:09:05,269 --> 00:09:02,880

that exercise uh the first is arad which

243

00:09:07,910 --> 00:09:05,279

is an adaptive resistive exercise device

244

00:09:09,509 --> 00:09:07,920

that's basically our squat rack and it

245

00:09:10,389 --> 00:09:09,519

looks a little bit different

246

00:09:12,389 --> 00:09:10,399

it

247

00:09:14,470 --> 00:09:12,399

but in the end the way we're able to to

248

00:09:17,110 --> 00:09:14,480

do lifts very similar to what we do here

249

00:09:18,470 --> 00:09:17,120

on earth squats deadlifts bench press

250

00:09:19,269 --> 00:09:18,480

things like that we're able to do with

251
00:09:22,389 --> 00:09:19,279
it

252
00:09:25,829 --> 00:09:22,399
and then we also have

253
00:09:29,190 --> 00:09:25,839
a treadmill that we use and we also have

254
00:09:30,150 --> 00:09:29,200
a exercise bike and so both of those as

255
00:09:31,350 --> 00:09:30,160
well

256
00:09:32,710 --> 00:09:31,360
we'll have

257
00:09:34,550 --> 00:09:32,720
we can change the loads change the

258
00:09:36,070 --> 00:09:34,560
speeds on those so we can not only

259
00:09:40,550 --> 00:09:36,080
exercise our muscles but our heart and

260
00:09:40,560 --> 00:09:44,710
okay

261
00:09:48,389 --> 00:09:46,550
hi i'm carla sanchez i'm a personal

262
00:09:51,350 --> 00:09:48,399
trainer and metabolic nutritionist from

263
00:09:52,310 --> 00:09:51,360

denver colorado my question is what type

264

00:09:54,949 --> 00:09:52,320

of

265

00:09:56,949 --> 00:09:54,959

specific nutritional and or supplemental

266

00:09:58,949 --> 00:09:56,959

strategies do you use

267

00:10:02,550 --> 00:09:58,959

preparing for flight and then in flight

268

00:10:05,030 --> 00:10:02,560

for example whey protein creatine

269

00:10:06,870 --> 00:10:05,040

other supplements calcium vitamin d

270

00:10:08,870 --> 00:10:06,880

that's it's a great question we actually

271

00:10:12,470 --> 00:10:08,880

we're very fortunate here at nasa we

272

00:10:14,630 --> 00:10:12,480

have a food lab where they focus

273

00:10:16,470 --> 00:10:14,640

obviously on our diet and we have an

274

00:10:18,630 --> 00:10:16,480

incredible menu up there actually a wide

275

00:10:20,870 --> 00:10:18,640

variety menu that doesn't repeat itself

276

00:10:22,470 --> 00:10:20,880

until every eight nine days or so and so

277

00:10:23,509 --> 00:10:22,480

we have a lot of different types of food

278

00:10:25,670 --> 00:10:23,519

that we're

279

00:10:27,110 --> 00:10:25,680

able to enjoy up there and then we also

280

00:10:29,190 --> 00:10:27,120

have some experiments that we're doing

281

00:10:30,949 --> 00:10:29,200

that are focused on

282

00:10:32,949 --> 00:10:30,959

our nutrition and how we might be able

283

00:10:35,590 --> 00:10:32,959

to use that for countermeasures so for

284

00:10:37,509 --> 00:10:35,600

example there's a a pro k experiment

285

00:10:39,590 --> 00:10:37,519

where we're looking at the ratios of

286

00:10:41,509 --> 00:10:39,600

animal proteins to potassium because

287

00:10:44,470 --> 00:10:41,519

there's indications that that ratio

288

00:10:46,870 --> 00:10:44,480

could impact our bone loss and so by

289

00:10:49,030 --> 00:10:46,880

doing something as simple as uh

290

00:10:51,430 --> 00:10:49,040

our nutrition and what we eat we might

291

00:10:52,710 --> 00:10:51,440

be able to counteract some of these

292

00:10:54,790 --> 00:10:52,720

negative effects and all that then

293

00:10:55,990 --> 00:10:54,800

there's some benefits to that uh on

294

00:10:57,430 --> 00:10:56,000

earth as well right because if we can

295

00:10:59,030 --> 00:10:57,440

just change our nutrition as we get

296

00:11:02,230 --> 00:10:59,040

older we might also be able to

297

00:11:09,269 --> 00:11:02,240

counteract some of those same impacts

298

00:11:13,590 --> 00:11:10,790

during the social media we were just

299

00:11:15,829 --> 00:11:13,600

told live that you were launching a

300

00:11:18,389 --> 00:11:15,839

train like mike hashtag would you like

301

00:11:19,910 --> 00:11:18,399

to elaborate on that twitter

302

00:11:22,069 --> 00:11:19,920

possibility that all the nation in the

303

00:11:24,949 --> 00:11:22,079

world can also interact with and become

304

00:11:26,550 --> 00:11:24,959

more physically fit yeah

305

00:11:28,470 --> 00:11:26,560

yeah so the train like an astronaut

306

00:11:30,870 --> 00:11:28,480

program is one that's been ongoing now

307

00:11:33,430 --> 00:11:30,880

for several years and the focus of that

308

00:11:36,310 --> 00:11:33,440

program is to encourage

309

00:11:37,910 --> 00:11:36,320

kids to get out and exercise increase

310

00:11:40,389 --> 00:11:37,920

their fitness

311

00:11:43,910 --> 00:11:40,399

and so fitness has been a very big part

312

00:11:46,790 --> 00:11:43,920

of my life growing up and and even now

313

00:11:49,750 --> 00:11:46,800

and so i'm kind of joining along with

314

00:11:51,269 --> 00:11:49,760

that looking forward to

315

00:11:54,069 --> 00:11:51,279

participating with it and actually

316

00:11:56,629 --> 00:11:54,079

inviting people to uh to join me um in

317

00:11:57,910 --> 00:11:56,639

the last few months of my time on earth

318

00:12:00,230 --> 00:11:57,920

before we launch

319

00:12:02,310 --> 00:12:00,240

and then once i'm on board as well so

320

00:12:03,750 --> 00:12:02,320

hopefully we can follow along with my

321

00:12:05,269 --> 00:12:03,760

exercise program

322

00:12:07,670 --> 00:12:05,279

what i'm doing on board with some video

323

00:12:10,310 --> 00:12:07,680

clips and things like that and

324

00:12:12,230 --> 00:12:10,320

and then also when i land and seeing

325

00:12:13,829 --> 00:12:12,240

what it what happens to us once we get

326

00:12:15,509 --> 00:12:13,839

back down on earth so

327

00:12:17,910 --> 00:12:15,519

we're trying to combine those two things

328

00:12:20,230 --> 00:12:17,920

and very excited to help promote that

329

00:12:22,389 --> 00:12:20,240

and hopefully

330

00:12:25,030 --> 00:12:22,399

show my passion for

331

00:12:26,790 --> 00:12:25,040

fitness to to uh everybody around the

332

00:12:28,150 --> 00:12:26,800

world hopefully get them excited about

333

00:12:29,430 --> 00:12:28,160

in the same time get them excited about

334

00:12:30,870 --> 00:12:29,440

space

335

00:12:32,470 --> 00:12:30,880

okay i think we have another question

336

00:12:36,069 --> 00:12:32,480

down here

337

00:12:38,389 --> 00:12:36,079

um hi i'm leah crane no affiliation um

338

00:12:40,790 --> 00:12:38,399

and a very general question um i'm

339

00:12:42,710 --> 00:12:40,800

wondering what you would say was your

340

00:12:44,870 --> 00:12:42,720

most important step

341

00:12:54,870 --> 00:12:44,880

towards getting here and getting to

342

00:12:59,190 --> 00:12:56,550

i still haven't decided which is the

343

00:13:01,670 --> 00:12:59,200

main step you know because uh

344

00:13:03,030 --> 00:13:01,680

every step is very important when you

345

00:13:04,949 --> 00:13:03,040

step over

346

00:13:06,629 --> 00:13:04,959

first time to be a cosmonaut or

347

00:13:08,389 --> 00:13:06,639

astronaut this is very

348

00:13:09,829 --> 00:13:08,399

important milestone in your life when

349

00:13:11,269 --> 00:13:09,839

you're uh

350

00:13:12,629 --> 00:13:11,279

assigned

351

00:13:13,910 --> 00:13:12,639

to the uh

352

00:13:16,230 --> 00:13:13,920

and crew

353

00:13:19,110 --> 00:13:16,240

it's also very important that that's

354

00:13:21,910 --> 00:13:19,120

very big responsibility and again of

355

00:13:24,629 --> 00:13:21,920

course our next milestone is uh going to

356

00:13:25,910 --> 00:13:24,639

be our launch in the end of september

357

00:13:27,590 --> 00:13:25,920

and uh

358

00:13:30,310 --> 00:13:27,600

we're really expecting

359

00:13:32,949 --> 00:13:30,320

expecting have a very nice and smooth

360

00:13:35,110 --> 00:13:32,959

mission up there so that's

361

00:13:36,710 --> 00:13:35,120

that's my opinion about this question

362

00:13:37,750 --> 00:13:36,720

okay

363

00:13:38,710 --> 00:13:37,760

all right sergey you want to add

364

00:13:41,430 --> 00:13:38,720

anything

365

00:13:44,150 --> 00:13:41,440

i think that everything that we are we

366

00:13:47,110 --> 00:13:44,160

were doing in our lives a small

367

00:13:48,629 --> 00:13:47,120

milestone like i really ex i really

368

00:13:52,230 --> 00:13:48,639

respect

369

00:13:55,670 --> 00:13:52,240

some of my teachers that gave me

370

00:13:55,680 --> 00:14:00,550

direction forward some push

371

00:14:06,069 --> 00:14:03,990

and also they they opened me

372

00:14:08,069 --> 00:14:06,079

uh science field

373

00:14:10,470 --> 00:14:08,079

that's why i uh

374

00:14:12,310 --> 00:14:10,480

dreamed to become a scientist

375

00:14:15,030 --> 00:14:12,320

they described how

376

00:14:16,629 --> 00:14:15,040

great is space industry and

377

00:14:20,150 --> 00:14:16,639

that is

378

00:14:21,430 --> 00:14:20,160

every new technology is coming from this

379

00:14:24,790 --> 00:14:21,440

frontier

380

00:14:27,990 --> 00:14:24,800

so i was really proud to start doing

381

00:14:30,389 --> 00:14:28,000

science in space industry so all these

382

00:14:33,750 --> 00:14:30,399

small steps are really

383

00:14:39,030 --> 00:14:35,189

i think we have one more question over

384

00:14:43,509 --> 00:14:41,670

thank you um tarek malek with space.com

385

00:14:44,389 --> 00:14:43,519

i think i have one for mike and one for

386

00:14:47,189 --> 00:14:44,399

sergey

387

00:14:48,790 --> 00:14:47,199

mike you're the first of the 09 class to

388

00:14:50,629 --> 00:14:48,800

fly in space i'm wondering

389

00:14:52,470 --> 00:14:50,639

if there's a lot of envy going along

390

00:14:54,069 --> 00:14:52,480

with your classmates or if if they're

391

00:14:57,110 --> 00:14:54,079

all giving you you know

392

00:14:59,590 --> 00:14:57,120

uh monday quarterback tips uh

393

00:15:02,150 --> 00:14:59,600

for it and uh for sergey i'm curious how

394

00:15:04,150 --> 00:15:02,160

your experience uh with the the mars

395

00:15:06,629 --> 00:15:04,160

simulation mission has prepared you for

396

00:15:10,870 --> 00:15:06,639

the flight thanks

397

00:15:13,110 --> 00:15:10,880

okay um so my class of 14 there was 14

398

00:15:15,670 --> 00:15:13,120

of us in the class of 2009 and they have

399

00:15:16,870 --> 00:15:15,680

all been absolutely fantastic uh very

400

00:15:19,990 --> 00:15:16,880

supportive

401
00:15:21,670 --> 00:15:20,000
um you know i think everybody that's not

402
00:15:23,269 --> 00:15:21,680
assigned wants to be assigned everybody

403
00:15:25,509 --> 00:15:23,279
that's

404
00:15:26,870 --> 00:15:25,519
is watching somebody else launch whether

405
00:15:28,550 --> 00:15:26,880
it's my class or any of the other

406
00:15:30,949 --> 00:15:28,560
astronauts are wishing they were in that

407
00:15:33,030 --> 00:15:30,959
seat as well because that's uh that's

408
00:15:35,030 --> 00:15:33,040
what we do that's what we love to do and

409
00:15:36,870 --> 00:15:35,040
so i think we all would

410
00:15:38,550 --> 00:15:36,880
probably soon after we landed want to be

411
00:15:39,829 --> 00:15:38,560
launching again

412
00:15:41,670 --> 00:15:39,839
as far as the classical you know

413
00:15:43,350 --> 00:15:41,680

somebody has to be first uh i was

414

00:15:45,350 --> 00:15:43,360

fortunate enough to get picked to to be

415

00:15:46,790 --> 00:15:45,360

the first one that doesn't uh that only

416

00:15:48,629 --> 00:15:46,800

means on the first it doesn't mean i'm

417

00:15:50,949 --> 00:15:48,639

the best or i won't be the last in the

418

00:15:53,269 --> 00:15:50,959

class and so i can't wait to uh to see

419

00:15:54,629 --> 00:15:53,279

the rest of my classmates sitting here

420

00:15:56,710 --> 00:15:54,639

going through their preface conference

421

00:15:59,189 --> 00:15:56,720

before they're launching

422

00:16:05,110 --> 00:16:02,310

mars project is something different

423

00:16:06,230 --> 00:16:05,120

from what we will have on iss mars

424

00:16:09,430 --> 00:16:06,240

project

425

00:16:12,870 --> 00:16:09,440

is mainly psychological

426

00:16:16,150 --> 00:16:12,880

it's extreme isolation from normal life

427

00:16:17,110 --> 00:16:16,160

uh but maybe the most important thing

428

00:16:18,949 --> 00:16:17,120

that i

429

00:16:19,910 --> 00:16:18,959

got there

430

00:16:21,670 --> 00:16:19,920

is

431

00:16:24,949 --> 00:16:21,680

how hard

432

00:16:27,030 --> 00:16:24,959

is being commander

433

00:16:29,829 --> 00:16:27,040

to have all this

434

00:16:34,550 --> 00:16:29,839

responsibility for the crew

435

00:16:35,670 --> 00:16:34,560

to work as a high manager psychologist

436

00:16:36,389 --> 00:16:35,680

teacher

437

00:16:40,310 --> 00:16:36,399

and

438

00:16:43,350 --> 00:16:40,320

so

439

00:16:45,670 --> 00:16:43,360

that's why i really understand

440

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

the hard work of my commander after that

441

00:16:49,189 --> 00:16:47,759

experiment

442

00:16:50,870 --> 00:16:49,199

okay we're going to take a quick break

443

00:16:52,790 --> 00:16:50,880

here and switch over to kennedy space

444

00:16:56,710 --> 00:16:52,800

center where i believe we have at least

445

00:17:02,310 --> 00:17:00,069

dan billow from wesh tv

446

00:17:03,910 --> 00:17:02,320

kind of a two-part question here

447

00:17:05,350 --> 00:17:03,920

forgive me if you've addressed the first

448

00:17:07,590 --> 00:17:05,360

part but would you talk a little bit

449

00:17:10,630 --> 00:17:07,600

about any evas that you have scheduled

450

00:17:12,150 --> 00:17:10,640

on the expedition if any and tell me how

451
00:17:13,590 --> 00:17:12,160
closely you'll be following how

452
00:17:16,829 --> 00:17:13,600
concerned are you about the

453
00:17:19,750 --> 00:17:16,839
investigation into what happened

454
00:17:22,309 --> 00:17:19,760
yesterday so from the u.s side of the

455
00:17:25,110 --> 00:17:22,319
house currently we don't have any um

456
00:17:27,750 --> 00:17:25,120
planned evas during during my increments

457
00:17:30,070 --> 00:17:27,760
expeditions 37 and 38. i'll let oleg

458
00:17:32,470 --> 00:17:30,080
address from the russian side of the

459
00:17:35,110 --> 00:17:32,480
house as far as the investigation

460
00:17:36,950 --> 00:17:35,120
is concerned you're certainly concerned

461
00:17:39,350 --> 00:17:36,960
about what happened yesterday but again

462
00:17:42,230 --> 00:17:39,360
i did mention earlier

463
00:17:44,950 --> 00:17:42,240

the the key is that the teams both on

464

00:17:47,190 --> 00:17:44,960

board and on the ground reacted uh very

465

00:17:49,350 --> 00:17:47,200

quickly appropriately and we're able to

466

00:17:51,590 --> 00:17:49,360

get everybody in safe and i have all the

467

00:17:53,510 --> 00:17:51,600

confidence in the world that whatever

468

00:17:55,669 --> 00:17:53,520

caused the issues yesterday they're

469

00:17:57,270 --> 00:17:55,679

going to find out and before

470

00:17:59,510 --> 00:17:57,280

before they send anybody else out the

471

00:18:01,590 --> 00:17:59,520

door at least from the usos side

472

00:18:03,110 --> 00:18:01,600

that they'll have that solved and

473

00:18:04,789 --> 00:18:03,120

and i'm confident then that we can do it

474

00:18:06,630 --> 00:18:04,799

safely

475

00:18:08,549 --> 00:18:06,640

and again from the russian side we are

476
00:18:10,710 --> 00:18:08,559
currently are scheduled to perform seven

477
00:18:13,350 --> 00:18:10,720
years mostly related on the

478
00:18:14,710 --> 00:18:13,360
new russian research model module

479
00:18:16,150 --> 00:18:14,720
arriving

480
00:18:17,350 --> 00:18:16,160
so the master

481
00:18:20,390 --> 00:18:17,360
all of these

482
00:18:22,230 --> 00:18:20,400
evas are pointed to

483
00:18:25,350 --> 00:18:22,240
adaptations in your module to the

484
00:18:28,549 --> 00:18:25,360
station so so far we still planning to

485
00:18:32,870 --> 00:18:30,390
okay um with that we're going to switch

486
00:18:35,830 --> 00:18:32,880
to a couple other um phone-in

487
00:18:37,909 --> 00:18:35,840
callers we have uh la no londo

488
00:18:40,830 --> 00:18:37,919

alabi sorry if i mispronounced that uh

489

00:18:42,390 --> 00:18:40,840

with daily nightline

490

00:18:47,830 --> 00:18:42,400

um

491

00:18:48,950 --> 00:18:47,840

undergrad

492

00:18:53,669 --> 00:18:48,960

um

493

00:18:55,669 --> 00:18:53,679

first question is more personal for mike

494

00:18:57,110 --> 00:18:55,679

as a former player do you have any do

495

00:18:59,909 --> 00:18:57,120

you um

496

00:19:01,750 --> 00:18:59,919

want to venture any i guess

497

00:19:04,789 --> 00:19:01,760

um predictions for the football season

498

00:19:06,630 --> 00:19:04,799

this year for the illini

499

00:19:09,110 --> 00:19:06,640

and the second part of the questions for

500

00:19:10,470 --> 00:19:09,120

the other um for sergey and oleg who

501
00:19:11,510 --> 00:19:10,480
have been out of space

502
00:19:14,950 --> 00:19:11,520
what do you

503
00:19:16,150 --> 00:19:14,960
biggest uh

504
00:19:17,909 --> 00:19:16,160
i guess

505
00:19:20,710 --> 00:19:17,919
what do you miss the most when you are

506
00:19:26,150 --> 00:19:23,590
good question yeah so um

507
00:19:27,590 --> 00:19:26,160
yeah obviously uh the illini uh

508
00:19:32,150 --> 00:19:27,600
university of illinois and the illini

509
00:19:34,470 --> 00:19:32,160
are very uh um dear to me um i i had the

510
00:19:37,590 --> 00:19:34,480
fortune of playing football there for

511
00:19:40,150 --> 00:19:37,600
four years and so i'm very excited about

512
00:19:42,789 --> 00:19:40,160
the upcoming season um it'll be coach

513
00:19:44,630 --> 00:19:42,799

beckman's second season and so

514

00:19:45,830 --> 00:19:44,640

as far as predictions i think we're

515

00:19:48,390 --> 00:19:45,840

going to see

516

00:19:50,789 --> 00:19:48,400

a winning season and hopefully a bowl

517

00:19:55,510 --> 00:19:50,799

game and so i expect very good things

518

00:20:00,230 --> 00:19:57,909

okay and our next caller is kimberly

519

00:20:04,710 --> 00:20:00,240

shofield with w

520

00:20:07,990 --> 00:20:06,549

maybe we will miss the most important

521

00:20:09,669 --> 00:20:08,000

unusual things

522

00:20:12,310 --> 00:20:09,679

uh our families

523

00:20:13,270 --> 00:20:12,320

uh our friends and spending time with

524

00:20:14,070 --> 00:20:13,280

them

525

00:20:16,230 --> 00:20:14,080

so

526

00:20:17,270 --> 00:20:16,240

we're not really different from normal

527

00:20:18,230 --> 00:20:17,280

people

528

00:20:22,230 --> 00:20:18,240

that are

529

00:20:28,070 --> 00:20:24,149

i feel better about this point because i

530

00:20:28,950 --> 00:20:28,080

am exactly know what i'll missed okay

531

00:20:32,390 --> 00:20:28,960

again

532

00:20:35,510 --> 00:20:32,400

of course it's our lovers but

533

00:20:37,510 --> 00:20:35,520

it's most important for us now but also

534

00:20:41,830 --> 00:20:37,520

i really will miss the bath

535

00:20:43,830 --> 00:20:42,950

thank you

536

00:20:44,630 --> 00:20:43,840

okay

537

00:20:46,549 --> 00:20:44,640

um

538

00:20:50,230 --> 00:20:46,559

let's see our next caller again kimberly

539

00:20:52,549 --> 00:20:50,240

shofield with wdws radio

540

00:20:55,190 --> 00:20:52,559

my question is also for mike i'm in

541

00:20:57,270 --> 00:20:55,200

champaign illinois and i was wondering

542

00:20:58,710 --> 00:20:57,280

my first question is how does it feel to

543

00:21:02,789 --> 00:20:58,720

be one of the first from the graduating

544

00:21:04,230 --> 00:21:02,799

class of 2009 to be going into space

545

00:21:05,750 --> 00:21:04,240

yeah so it

546

00:21:07,750 --> 00:21:05,760

feels amazing

547

00:21:10,789 --> 00:21:07,760

but in many respects sometimes it

548

00:21:13,270 --> 00:21:10,799

doesn't it doesn't seem real too

549

00:21:14,310 --> 00:21:13,280

you know you you spend all this time

550

00:21:16,149 --> 00:21:14,320

training

551
00:21:18,710 --> 00:21:16,159
and every day there's uh there's a new

552
00:21:20,230 --> 00:21:18,720
class there's a new uh uh trainer that

553
00:21:21,830 --> 00:21:20,240
you have to go through or simulation

554
00:21:24,070 --> 00:21:21,840
that you go through and

555
00:21:25,750 --> 00:21:24,080
and uh sometimes it's it's easy to lose

556
00:21:27,909 --> 00:21:25,760
sight that at the end of this uh you're

557
00:21:29,029 --> 00:21:27,919
actually gonna be up in space and so i

558
00:21:30,950 --> 00:21:29,039
know for

559
00:21:32,549 --> 00:21:30,960
for uh someone that's been there before

560
00:21:34,950 --> 00:21:32,559
um he has a good sense of what it's

561
00:21:36,149 --> 00:21:34,960
going to feel like but again for me it's

562
00:21:37,110 --> 00:21:36,159
it's sometimes it's a little hard to

563
00:21:39,750 --> 00:21:37,120

imagine

564

00:21:41,029 --> 00:21:39,760

and so i expect the reality will hit

565

00:21:42,710 --> 00:21:41,039

about the time

566

00:21:45,750 --> 00:21:42,720

the countdown hits zero in the rocket

567

00:21:47,029 --> 00:21:45,760

lights and we start to go

568

00:21:49,029 --> 00:21:47,039

okay and

569

00:21:50,870 --> 00:21:49,039

then how did your time at the university

570

00:21:52,149 --> 00:21:50,880

of illinois affect what you were doing

571

00:22:01,029 --> 00:21:52,159

today

572

00:22:05,909 --> 00:22:04,390

i didn't miss the question i'm sorry

573

00:22:07,430 --> 00:22:05,919

how did your time at the university of

574

00:22:08,549 --> 00:22:07,440

illinois impact what you were doing

575

00:22:10,950 --> 00:22:08,559

today

576

00:22:12,710 --> 00:22:10,960

uh yeah so how did

577

00:22:14,149 --> 00:22:12,720

my time in illinois impact uh what i'm

578

00:22:15,350 --> 00:22:14,159

doing today well

579

00:22:17,430 --> 00:22:15,360

the the first thing i'm going to say

580

00:22:19,750 --> 00:22:17,440

that had a huge impact is i met my wife

581

00:22:22,789 --> 00:22:19,760

there and

582

00:22:26,149 --> 00:22:22,799

and so she has been a huge part of uh

583

00:22:28,070 --> 00:22:26,159

this adventure that we've been on and so

584

00:22:29,510 --> 00:22:28,080

i'd say that's probably first and

585

00:22:32,870 --> 00:22:29,520

foremost the biggest impact that i've

586

00:22:34,789 --> 00:22:32,880

had from illinois and then second is as

587

00:22:36,789 --> 00:22:34,799

sergey was kind of alluding to earlier i

588

00:22:39,350 --> 00:22:36,799

mean everything that we've we've gone

589

00:22:40,950 --> 00:22:39,360

through and done has had an impact as to

590

00:22:42,549 --> 00:22:40,960

why we're here or what's given us the

591

00:22:44,630 --> 00:22:42,559

opportunity to be here today and

592

00:22:46,549 --> 00:22:44,640

illinois is certainly

593

00:22:47,990 --> 00:22:46,559

no different from that i learned an

594

00:22:50,230 --> 00:22:48,000

amazing

595

00:22:52,470 --> 00:22:50,240

amount just from not only the school

596

00:22:55,190 --> 00:22:52,480

aspects of things and as part of the

597

00:22:56,630 --> 00:22:55,200

aeroastro program but also from being on

598

00:22:58,630 --> 00:22:56,640

the football team from being a part of

599

00:23:00,950 --> 00:22:58,640

rotc and being in a fraternity and so

600

00:23:02,950 --> 00:23:00,960

you make lifelong friendships uh you

601
00:23:04,950 --> 00:23:02,960
learn how to to be a part of a team and

602
00:23:06,710 --> 00:23:04,960
of a community and

603
00:23:10,230 --> 00:23:06,720
and so all of that has just had huge

604
00:23:11,830 --> 00:23:10,240
impacts on on my opportunity to be here

605
00:23:14,070 --> 00:23:11,840
okay we've had folks following along

606
00:23:15,590 --> 00:23:14,080
with this online and be been accepting

607
00:23:17,590 --> 00:23:15,600
some questions via twitter so i think

608
00:23:19,750 --> 00:23:17,600
amico has a couple questions for us go

609
00:23:21,590 --> 00:23:19,760
ahead so we have a few questions on

610
00:23:22,789 --> 00:23:21,600
social media as nicole mentioned not

611
00:23:24,310 --> 00:23:22,799
everybody could attend today's

612
00:23:25,750 --> 00:23:24,320
activities but they are following along

613
00:23:27,909 --> 00:23:25,760

and so we do have a few questions for

614

00:23:29,750 --> 00:23:27,919

you the first one is how much breathable

615

00:23:36,390 --> 00:23:29,760

air does the space station store and how

616

00:23:41,750 --> 00:23:38,630

it's very difficult to count all air you

617

00:23:43,990 --> 00:23:41,760

can find the stage but uh usually the

618

00:23:46,149 --> 00:23:44,000

oxygen is

619

00:23:48,470 --> 00:23:46,159

produced on the station from the water

620

00:23:52,310 --> 00:23:48,480

it's a chemical

621

00:23:54,789 --> 00:23:52,320

process and uh also we need some air

622

00:23:56,870 --> 00:23:54,799

which will deliver it by the

623

00:23:59,110 --> 00:23:56,880

cargo vehicles

624

00:24:03,430 --> 00:23:59,120

uh and also you know we need to remove

625

00:24:06,230 --> 00:24:03,440

co2 so that's like life and close volume

626
00:24:08,870 --> 00:24:07,590
to have

627
00:24:10,310 --> 00:24:08,880
here

628
00:24:12,230 --> 00:24:10,320
yeah so we do have a couple of

629
00:24:14,710 --> 00:24:12,240
components on onboard space station both

630
00:24:17,590 --> 00:24:14,720
down in the russian segment in the u.s

631
00:24:19,590 --> 00:24:17,600
segment that both generate oxygen and

632
00:24:21,190 --> 00:24:19,600
get rid of the co2 out of the systems

633
00:24:22,950 --> 00:24:21,200
and

634
00:24:24,710 --> 00:24:22,960
so we're in some sense we're

635
00:24:26,630 --> 00:24:24,720
self-generating we

636
00:24:28,230 --> 00:24:26,640
we generate what we need

637
00:24:29,990 --> 00:24:28,240
from an oxygen standpoint from an air

638
00:24:31,590 --> 00:24:30,000

standpoint and we also help clean that

639

00:24:33,590 --> 00:24:31,600

but then occasionally the the cargo

640

00:24:36,230 --> 00:24:33,600

vehicles when they do come up are able

641

00:24:37,669 --> 00:24:36,240

to uh to bring up any uh

642

00:24:40,390 --> 00:24:37,679

extra that we may need that we're not

643

00:24:42,390 --> 00:24:40,400

able to generate ourselves

644

00:24:44,230 --> 00:24:42,400

good deal thank you so we have another

645

00:24:47,029 --> 00:24:44,240

question here and hopefully this is not

646

00:24:49,350 --> 00:24:47,039

a curveball for you we are talking about

647

00:24:52,149 --> 00:24:49,360

sports after all right so could the crew

648

00:24:53,830 --> 00:24:52,159

tell us about the new mlm and how

649

00:24:58,789 --> 00:24:53,840

important it will be in terms of the

650

00:25:05,510 --> 00:25:01,110

uh mlm

651
00:25:07,269 --> 00:25:05,520
means a multi-functional lab module

652
00:25:12,070 --> 00:25:07,279
it's

653
00:25:13,029 --> 00:25:12,080
main science lab on the russian segment

654
00:25:15,669 --> 00:25:13,039
many

655
00:25:17,350 --> 00:25:15,679
new absolutely new

656
00:25:19,590 --> 00:25:17,360
science equipment

657
00:25:22,789 --> 00:25:19,600
is planned to come

658
00:25:24,789 --> 00:25:22,799
many new experiments are planned to be

659
00:25:28,789 --> 00:25:24,799
there

660
00:25:29,990 --> 00:25:28,799
from science point of view is a really

661
00:25:34,230 --> 00:25:30,000
amazing

662
00:25:37,350 --> 00:25:34,240
lab modern and interesting

663
00:25:40,710 --> 00:25:37,360

so we're looking forward to have it on

664

00:25:45,750 --> 00:25:40,720

board hopefully it will be on our crew

665

00:25:48,630 --> 00:25:45,760

if not then it will be later but

666

00:25:50,230 --> 00:25:48,640

it will be really great to see this

667

00:25:52,390 --> 00:25:50,240

senseless

668

00:25:54,830 --> 00:25:52,400

let me to add a couple words because

669

00:25:57,669 --> 00:25:54,840

also this module provide

670

00:26:01,190 --> 00:25:57,679

extra power for our life support system

671

00:26:03,590 --> 00:26:01,200

because we also will be a few

672

00:26:05,110 --> 00:26:03,600

life support system

673

00:26:07,990 --> 00:26:05,120

for example the same

674

00:26:09,669 --> 00:26:08,000

oxygen generator another one for russian

675

00:26:12,870 --> 00:26:09,679

segments it means

676
00:26:16,070 --> 00:26:12,880
for whole station and also suppose uh

677
00:26:18,870 --> 00:26:16,080
you're gonna be there the crew quarter

678
00:26:20,710 --> 00:26:18,880
so for third russian crew member

679
00:26:22,710 --> 00:26:20,720
and

680
00:26:25,750 --> 00:26:22,720
it's another very important component is

681
00:26:27,510 --> 00:26:25,760
uh two elliot here

682
00:26:29,269 --> 00:26:27,520
whc so that

683
00:26:31,190 --> 00:26:29,279
it's again it's very important stuff for

684
00:26:32,710 --> 00:26:31,200
station so that's really

685
00:26:34,789 --> 00:26:32,720
going to be a very

686
00:26:37,750 --> 00:26:34,799
a huge improvement for russian segment

687
00:26:39,190 --> 00:26:37,760
and also for a whole station

688
00:26:43,430 --> 00:26:39,200

thank you

689

00:26:45,750 --> 00:26:43,440

that new addition to the space station

690

00:26:47,750 --> 00:26:45,760

one last question um from the verse what

691

00:26:51,269 --> 00:26:47,760

types of biological experiments will be

692

00:26:54,070 --> 00:26:51,279

going on aboard the space station

693

00:26:55,750 --> 00:26:54,080

and so uh we do have a variety of

694

00:26:57,029 --> 00:26:55,760

biological experiments where you're

695

00:27:05,510 --> 00:26:57,039

looking at

696

00:27:07,029 --> 00:27:05,520

or plants and so we do have some like

697

00:27:08,950 --> 00:27:07,039

uh two is an experiment that we'll be

698

00:27:11,190 --> 00:27:08,960

doing that's looking at the impacts on

699

00:27:13,669 --> 00:27:11,200

acceleration on the root growth and and

700

00:27:15,590 --> 00:27:13,679

uh how it uh impacts the direction of

701
00:27:16,630 --> 00:27:15,600
that root growth

702
00:27:18,230 --> 00:27:16,640
and

703
00:27:19,590 --> 00:27:18,240
there's a possibility that while we're

704
00:27:20,389 --> 00:27:19,600
up there we could have some ants coming

705
00:27:23,110 --> 00:27:20,399
on board

706
00:27:25,269 --> 00:27:23,120
as well so that could be very exciting

707
00:27:27,110 --> 00:27:25,279
to to have some pets

708
00:27:29,190 --> 00:27:27,120
for a little while

709
00:27:30,710 --> 00:27:29,200
so there's a wide range of biology

710
00:27:32,070 --> 00:27:30,720
experiments that are that are being

711
00:27:33,669 --> 00:27:32,080
executed

712
00:27:35,350 --> 00:27:33,679
okay great and so just a quick reminder

713
00:27:37,190 --> 00:27:35,360

that people can still submit questions

714

00:27:38,789 --> 00:27:37,200

using the hashtag ask nasa and we can

715

00:27:40,630 --> 00:27:38,799

weave those in so with that we're

716

00:27:42,310 --> 00:27:40,640

returning back here to johnson's space

717

00:27:44,549 --> 00:27:42,320

owners for some more questions from the

718

00:27:50,389 --> 00:27:44,559

group anybody okay i think we just hold

719

00:27:53,830 --> 00:27:52,470

hi i'm niala wright i'm a publicist and

720

00:27:55,269 --> 00:27:53,840

event producer

721

00:27:57,669 --> 00:27:55,279

and we didn't get an answer to the

722

00:28:02,389 --> 00:27:57,679

question about what the cosmonauts miss

723

00:28:06,870 --> 00:28:04,230

i believe that was the question from the

724

00:28:09,190 --> 00:28:06,880

gentleman from um illinois he asked what

725

00:28:10,789 --> 00:28:09,200

what our veterans miss the most

726

00:28:13,590 --> 00:28:10,799

about being in space when they're on

727

00:28:29,029 --> 00:28:14,630

so

728

00:28:35,430 --> 00:28:32,310

since yeah that's that's great and to me

729

00:28:36,870 --> 00:28:35,440

uh view from the windows again that's

730

00:28:43,350 --> 00:28:36,880

probably the best

731

00:28:46,870 --> 00:28:45,110

okay any other questions from our

732

00:28:49,669 --> 00:28:46,880

visitors or media here in the room okay

733

00:28:52,789 --> 00:28:51,350

thanks uh tarek malk again from

734

00:28:55,750 --> 00:28:52,799

space.com i think i have a just a

735

00:28:58,149 --> 00:28:55,760

follow-up for for mike uh you mentioned

736

00:28:59,669 --> 00:28:58,159

your your twitter handle the hashtag and

737

00:29:01,350 --> 00:28:59,679

and whatnot we've seen

738

00:29:04,389 --> 00:29:01,360

many examples in the last couple years

739

00:29:06,230 --> 00:29:04,399

of uh astronauts embracing social media

740

00:29:07,430 --> 00:29:06,240

in space i'm wondering what your plans

741

00:29:10,070 --> 00:29:07,440

are going to be for that how you'll

742

00:29:12,070 --> 00:29:10,080

continue your your your training

743

00:29:12,870 --> 00:29:12,080

uh meme when you get into space thank

744

00:29:15,830 --> 00:29:12,880

you

745

00:29:18,870 --> 00:29:15,840

yeah so i have to admit i'm uh new to

746

00:29:20,389 --> 00:29:18,880

the social media scene and uh and to the

747

00:29:23,029 --> 00:29:20,399

twitter scene so

748

00:29:24,389 --> 00:29:23,039

um i can credit nasa for for getting me

749

00:29:25,350 --> 00:29:24,399

on board with that

750

00:29:28,070 --> 00:29:25,360

um

751
00:29:29,909 --> 00:29:28,080
and so what i've tried to do uh over the

752
00:29:33,269 --> 00:29:29,919
past two years two and a half years of

753
00:29:34,549 --> 00:29:33,279
the of my training flow is to uh is to

754
00:29:36,789 --> 00:29:34,559
share some of the pictures and some of

755
00:29:39,350 --> 00:29:36,799
the events that that i've experienced on

756
00:29:40,870 --> 00:29:39,360
a daily basis and uh and so i'd like to

757
00:29:42,870 --> 00:29:40,880
try and continue that once i get up on

758
00:29:45,510 --> 00:29:42,880
orbit and i think you've already seen

759
00:29:46,870 --> 00:29:45,520
some of that um whether they're pictures

760
00:29:49,269 --> 00:29:46,880
of the earth or whether the pictures of

761
00:29:51,430 --> 00:29:49,279
some of the work that's going on inside

762
00:29:53,190 --> 00:29:51,440
i'd like to try and continue and share

763
00:29:55,110 --> 00:29:53,200

that with with people all around the

764

00:29:56,630 --> 00:29:55,120

world

765

00:29:58,950 --> 00:29:56,640

okay and i think we have a question here

766

00:30:01,909 --> 00:29:58,960

at the back hi kevin charles with news

767

00:30:03,430 --> 00:30:01,919

92 fm here in houston and it's as much a

768

00:30:06,230 --> 00:30:03,440

comet as it is a question but i'd like

769

00:30:08,470 --> 00:30:06,240

your your feelings on this when we were

770

00:30:09,990 --> 00:30:08,480

going to the moon however many years ago

771

00:30:11,430 --> 00:30:10,000

this week

772

00:30:13,190 --> 00:30:11,440

russians and the americans were

773

00:30:15,430 --> 00:30:13,200

basically racing to see who could go the

774

00:30:16,950 --> 00:30:15,440

best in space who could do the best job

775

00:30:18,950 --> 00:30:16,960

now here we are flying together you're

776
00:30:20,710 --> 00:30:18,960
here in houston training and then we go

777
00:30:22,230 --> 00:30:20,720
back to russia to fly

778
00:30:23,510 --> 00:30:22,240
how does that make you feel now from

779
00:30:26,870 --> 00:30:23,520
both sides of the country from both

780
00:30:30,789 --> 00:30:29,190
well i'll start off

781
00:30:32,549 --> 00:30:30,799
the international aspects of this as

782
00:30:36,389 --> 00:30:32,559
you're absolutely right

783
00:30:38,149 --> 00:30:36,399
apollo soyuz uh was going on uh um

784
00:30:39,750 --> 00:30:38,159
i think on these days not

785
00:30:42,149 --> 00:30:39,760
how many years ago i i don't know the

786
00:30:44,710 --> 00:30:42,159
exact number but uh um so that was kind

787
00:30:47,909 --> 00:30:44,720
of the start of that cooperation and uh

788
00:30:49,190 --> 00:30:47,919

i think uh it's grown and the the

789

00:30:52,230 --> 00:30:49,200
international space station as a

790

00:30:54,070 --> 00:30:52,240
testament to that cooperation

791

00:30:55,669 --> 00:30:54,080
to that working together on an

792

00:30:58,630 --> 00:30:55,679
international scale and i think it's

793

00:31:00,789 --> 00:30:58,640
absolutely fantastic one of the joys of

794

00:31:03,190 --> 00:31:00,799
the past two and a half years is the

795

00:31:06,630 --> 00:31:03,200
international aspect of it you get to

796

00:31:08,710 --> 00:31:06,640
experience and see and learn

797

00:31:11,509 --> 00:31:08,720
from your international colleagues your

798

00:31:14,470 --> 00:31:11,519
russian colleagues but also from

799

00:31:17,190 --> 00:31:14,480
europe from japan from canada

800

00:31:19,669 --> 00:31:17,200
it's all just been a wonderful piece of

801
00:31:21,350 --> 00:31:19,679
it and i think that's what's allowed us

802
00:31:22,710 --> 00:31:21,360
to accomplish what we have with the

803
00:31:24,310 --> 00:31:22,720
international space station and i think

804
00:31:27,430 --> 00:31:24,320
that's what's going to allow us to go uh

805
00:31:28,389 --> 00:31:27,440
beyond low earth orbit someday

806
00:31:31,509 --> 00:31:28,399
okay

807
00:31:33,830 --> 00:31:31,519
any other do you want to add anything

808
00:31:36,630 --> 00:31:33,840
i'm just i'd like to add a couple words

809
00:31:39,590 --> 00:31:36,640
about that you know that's

810
00:31:42,070 --> 00:31:39,600
i think a current step of

811
00:31:42,950 --> 00:31:42,080
interaction between two countries as a

812
00:31:46,389 --> 00:31:42,960
good

813
00:31:48,310 --> 00:31:46,399

example how to improve mankind flight

814

00:31:50,630 --> 00:31:48,320

and space because before as you

815

00:31:52,389 --> 00:31:50,640

mentioned it was racing now it's a

816

00:31:53,990 --> 00:31:52,399

different kind of racing because we work

817

00:31:57,590 --> 00:31:54,000

together but we're still racing between

818

00:32:02,470 --> 00:31:57,600

us to do our job better and

819

00:32:05,750 --> 00:32:02,480

that's again it's very important but our

820

00:32:10,789 --> 00:32:08,549

experience to work together uh fly

821

00:32:13,590 --> 00:32:10,799

together it's very important for both

822

00:32:14,549 --> 00:32:13,600

countries thank you

823

00:32:16,070 --> 00:32:14,559

okay

824

00:32:18,070 --> 00:32:16,080

other questions here from the room we've

825

00:32:21,669 --> 00:32:18,080

got some more time okay

826

00:32:27,110 --> 00:32:23,509

what are you most excited about on this

827

00:32:31,350 --> 00:32:29,750

so i i think for me as a as a first-time

828

00:32:33,029 --> 00:32:31,360

flyer the thing i'm most excited about

829

00:32:34,789 --> 00:32:33,039

is actually getting there and being

830

00:32:37,509 --> 00:32:34,799

there um like i mentioned earlier it's

831

00:32:39,430 --> 00:32:37,519

hard for me to imagine so i'm i'm very

832

00:32:41,269 --> 00:32:39,440

excited about uh

833

00:32:45,110 --> 00:32:41,279

waking up one morning and realizing holy

834

00:32:50,630 --> 00:32:46,549

okay i think we have another question up

835

00:32:55,110 --> 00:32:52,549

my name is anna fulbright and i'm just a

836

00:32:57,269 --> 00:32:55,120

lifetime nasa lover i grew up in houston

837

00:32:58,870 --> 00:32:57,279

and when you first thing when i got to

838

00:33:01,190 --> 00:32:58,880

nasa i noticed the history is so rich

839

00:33:02,870 --> 00:33:01,200

and diverse here what do each of you

840

00:33:09,029 --> 00:33:02,880

hope that your place in nasa history

841

00:33:17,430 --> 00:33:10,470

it depends on our

842

00:33:21,590 --> 00:33:19,269

no i think uh

843

00:33:24,070 --> 00:33:21,600

you know we're we're just a small piece

844

00:33:27,350 --> 00:33:24,080

of uh of nasa as you mentioned it's

845

00:33:29,669 --> 00:33:27,360

already obviously uh both uh here and in

846

00:33:31,590 --> 00:33:29,679

russia there's a there's a lot of

847

00:33:32,389 --> 00:33:31,600

history a lot of rich history a lot of

848

00:33:34,389 --> 00:33:32,399

uh

849

00:33:37,110 --> 00:33:34,399

people that have contributed to that and

850

00:33:39,509 --> 00:33:37,120

so if we're able just to

851
00:33:41,110 --> 00:33:39,519
to add a little bit to it and i think

852
00:33:43,509 --> 00:33:41,120
most importantly have a safe mission and

853
00:33:45,269 --> 00:33:43,519
a successful mission uh i think i'll

854
00:33:48,950 --> 00:33:45,279
certainly feel satisfied and i suspect

855
00:33:56,870 --> 00:33:48,960
my my crewmates will as well

856
00:34:00,870 --> 00:33:59,029
hi i'm carrie fieble houston public

857
00:34:03,750 --> 00:34:00,880
radio can you be a little bit more

858
00:34:05,350 --> 00:34:03,760
specific about how the work along

859
00:34:06,470 --> 00:34:05,360
workout along with you is going to work

860
00:34:09,030 --> 00:34:06,480
are you going to do

861
00:34:10,950 --> 00:34:09,040
a daily workout that people can

862
00:34:12,790 --> 00:34:10,960
copy move for move

863
00:34:14,710 --> 00:34:12,800

on the web or is it going to be a

864

00:34:17,430 --> 00:34:14,720

journal entry or how is it going to work

865

00:34:19,109 --> 00:34:17,440

that you would get people involved so

866

00:34:21,109 --> 00:34:19,119

i'll uh i'll answer a piece of that and

867

00:34:23,109 --> 00:34:21,119

i'm going to actually let nicole answer

868

00:34:24,790 --> 00:34:23,119

a little bit of that as well so

869

00:34:26,149 --> 00:34:24,800

as far as working out

870

00:34:28,790 --> 00:34:26,159

and i think we mentioned it earlier is

871

00:34:31,270 --> 00:34:28,800

we do that every day on station we have

872

00:34:33,190 --> 00:34:31,280

about two hours a day that's dedicated

873

00:34:34,790 --> 00:34:33,200

um to working out whether it's lifting

874

00:34:37,190 --> 00:34:34,800

weights or running on the treadmill or

875

00:34:38,790 --> 00:34:37,200

riding that bike and that's because of

876

00:34:40,710 --> 00:34:38,800

these negative impacts that that we

877

00:34:43,109 --> 00:34:40,720

mentioned earlier from the bone loss the

878

00:34:44,710 --> 00:34:43,119

muscle loss and just the conditioning

879

00:34:47,430 --> 00:34:44,720

and so

880

00:34:50,230 --> 00:34:47,440

we have a team here on the ground

881

00:34:52,310 --> 00:34:50,240

fitness experts that

882

00:34:54,790 --> 00:34:52,320

put together a program for us

883

00:34:57,190 --> 00:34:54,800

on on all of those pieces of hardware

884

00:34:58,870 --> 00:34:57,200

and so we try to follow those sometimes

885

00:35:00,950 --> 00:34:58,880

they get a little tough

886

00:35:02,310 --> 00:35:00,960

and you have to scale back which i think

887

00:35:03,910 --> 00:35:02,320

most of you that do work out know that

888

00:35:05,670 --> 00:35:03,920

some days are better than others and

889

00:35:09,510 --> 00:35:05,680

you're not able to achieve all that but

890

00:35:11,430 --> 00:35:09,520

what i'm hoping to do is actually

891

00:35:13,030 --> 00:35:11,440

not necessarily every day but some days

892

00:35:15,190 --> 00:35:13,040

be able to videotape my workouts and

893

00:35:17,270 --> 00:35:15,200

share those on the web

894

00:35:18,790 --> 00:35:17,280

what i'd also like to see is the the

895

00:35:20,790 --> 00:35:18,800

posting of my workout so people can

896

00:35:22,950 --> 00:35:20,800

follow along what's mike doing today on

897

00:35:25,270 --> 00:35:22,960

on station is he is he doing squats is

898

00:35:28,310 --> 00:35:25,280

he running on the treadmill is he uh is

899

00:35:30,230 --> 00:35:28,320

he on that sevis um the the exercise

900

00:35:31,990 --> 00:35:30,240

bike but i'm going to turn it over to

901
00:35:33,510 --> 00:35:32,000
nicole and and she may be able to to

902
00:35:35,109 --> 00:35:33,520
give a little bit more of those details

903
00:35:36,950 --> 00:35:35,119
on and where you can find information

904
00:35:38,390 --> 00:35:36,960
for them sure so the train like an

905
00:35:40,470 --> 00:35:38,400
astronaut facebook page is going to be

906
00:35:41,990 --> 00:35:40,480
the primary platform for everything um

907
00:35:44,390 --> 00:35:42,000
you should start seeing it today already

908
00:35:45,910 --> 00:35:44,400
with an introductory video from mike

909
00:35:47,990 --> 00:35:45,920
which is just the tip of the iceberg but

910
00:35:49,510 --> 00:35:48,000
as he mentioned at least weekly we'll be

911
00:35:51,829 --> 00:35:49,520
posting some fresh things either from

912
00:35:53,670 --> 00:35:51,839
mike or even his his trainers or the

913
00:35:56,310 --> 00:35:53,680

space food lab experts talking about the

914

00:35:58,150 --> 00:35:56,320

nutrition so all those types of nuggets

915

00:35:59,030 --> 00:35:58,160

and behind the scenes tidbits will be on

916

00:36:01,109 --> 00:35:59,040

there

917

00:36:03,109 --> 00:36:01,119

all the way through through his mission

918

00:36:05,030 --> 00:36:03,119

and even most importantly once he's

919

00:36:06,870 --> 00:36:05,040

landed and returned which is actually

920

00:36:08,550 --> 00:36:06,880

when some of the most critical rehab and

921

00:36:09,750 --> 00:36:08,560

strength and conditioning happen so

922

00:36:11,589 --> 00:36:09,760

we're going to carry it all the way

923

00:36:13,270 --> 00:36:11,599

through the best way is for people to

924

00:36:15,910 --> 00:36:13,280

like that train like an astronaut um

925

00:36:17,829 --> 00:36:15,920

facebook page um like he said we're

926
00:36:19,270 --> 00:36:17,839
encouraging people to commit and post

927
00:36:21,430 --> 00:36:19,280
their own workouts and kind of share

928
00:36:23,030 --> 00:36:21,440
that to join that fitness community and

929
00:36:24,790 --> 00:36:23,040
you can also follow his twitter account

930
00:36:27,430 --> 00:36:24,800
as well for updates so

931
00:36:28,870 --> 00:36:27,440
go ahead okay

932
00:36:30,710 --> 00:36:28,880
and let's see i think we have one up

933
00:36:32,470 --> 00:36:30,720
here in front go ahead hi my name is joy

934
00:36:35,190 --> 00:36:32,480
sewing i'm with the houston chronicle

935
00:36:37,349 --> 00:36:35,200
and i want to ask about how much part of

936
00:36:40,150 --> 00:36:37,359
stretching is a part of your routine you

937
00:36:42,390 --> 00:36:40,160
talked about the treadmill and weights

938
00:36:43,750 --> 00:36:42,400

and everything but trust me

939

00:36:45,430 --> 00:36:43,760

that's a great question i'm finding

940

00:36:48,950 --> 00:36:45,440

stretching is becoming more part of my

941

00:36:52,390 --> 00:36:50,550

it used to be that i could just go out

942

00:36:54,790 --> 00:36:52,400

and exercise and

943

00:36:57,430 --> 00:36:54,800

and even after the the workout uh just

944

00:36:59,829 --> 00:36:57,440

you know go take a shower and go on um

945

00:37:01,990 --> 00:36:59,839

but i'm finding that as i've i've gotten

946

00:37:03,270 --> 00:37:02,000

older that uh you know the muscles the

947

00:37:05,030 --> 00:37:03,280

the body's behaving a little bit

948

00:37:07,190 --> 00:37:05,040

differently i need that extra time to

949

00:37:09,510 --> 00:37:07,200

stretch out and so i probably spend 15

950

00:37:12,470 --> 00:37:09,520

minutes in the mornings stretching

951
00:37:15,270 --> 00:37:12,480
before i do any of my workouts and

952
00:37:17,589 --> 00:37:15,280
and then also one of the ones that

953
00:37:19,670 --> 00:37:17,599
miss the most is that after workout

954
00:37:21,829 --> 00:37:19,680
stretch which is also critical but

955
00:37:23,190 --> 00:37:21,839
oftentimes i know we uh

956
00:37:24,630 --> 00:37:23,200
we're in a hurry we need to get to a

957
00:37:26,950 --> 00:37:24,640
meeting or we need to get to a class and

958
00:37:28,630 --> 00:37:26,960
we skip that and and uh need to try and

959
00:37:30,630 --> 00:37:28,640
and not do that so on station i'm not

960
00:37:31,670 --> 00:37:30,640
quite sure how i'll be able to stretch

961
00:37:33,750 --> 00:37:31,680
up there

962
00:37:35,990 --> 00:37:33,760
obviously without the gravity and

963
00:37:37,349 --> 00:37:36,000

floating around it there's going to be

964

00:37:42,150 --> 00:37:37,359

some

965

00:37:43,430 --> 00:37:42,160

going to have to sort that out

966

00:37:46,550 --> 00:37:43,440

okay i think we had another one right

967

00:37:50,069 --> 00:37:48,310

and talking about sports can you tell us

968

00:37:52,069 --> 00:37:50,079

what role you're going to play in

969

00:37:53,589 --> 00:37:52,079

bringing the olympic torch into orbit

970

00:37:55,510 --> 00:37:53,599

and back

971

00:37:57,750 --> 00:37:55,520

and what how you will be involved in

972

00:38:00,310 --> 00:37:57,760

doing that

973

00:38:02,550 --> 00:38:00,320

i appreciate it yes i have that

974

00:38:04,790 --> 00:38:02,560

okay i'm so story about olympic church

975

00:38:06,550 --> 00:38:04,800

is a part of our mission but you know

976

00:38:08,950 --> 00:38:06,560

the the next crew is supposed to bring

977

00:38:12,230 --> 00:38:08,960

it up to the station and we

978

00:38:13,990 --> 00:38:12,240

uh me and sergey we're going to take uh

979

00:38:15,349 --> 00:38:14,000

it with us out

980

00:38:18,390 --> 00:38:15,359

from this

981

00:38:21,109 --> 00:38:18,400

station uh to outer space to

982

00:38:23,430 --> 00:38:21,119

take the olympic torch with us

983

00:38:24,710 --> 00:38:23,440

during our first eva

984

00:38:29,750 --> 00:38:24,720

and

985

00:38:33,430 --> 00:38:29,760

downlink them to the grounds

986

00:38:34,230 --> 00:38:33,440

so maybe we will have some activity

987

00:38:35,589 --> 00:38:34,240

uh

988

00:38:41,430 --> 00:38:35,599

in

989

00:38:42,950 --> 00:38:41,440

uh also with olympic church so that's

990

00:38:45,589 --> 00:38:42,960

our plans

991

00:38:47,510 --> 00:38:45,599

and just to add to that so um

992

00:38:48,470 --> 00:38:47,520

the next crew will bring it up and then

993

00:38:49,910 --> 00:38:48,480

uh

994

00:38:50,950 --> 00:38:49,920

the interesting part of this is during

995

00:38:52,870 --> 00:38:50,960

that period we're actually going to have

996

00:38:53,589 --> 00:38:52,880

nine crew members on board the station

997

00:38:55,670 --> 00:38:53,599

so

998

00:38:57,910 --> 00:38:55,680

uh fyodor luca and karen are actually

999

00:38:59,349 --> 00:38:57,920

going to stick around or actually rick

1000

00:39:01,750 --> 00:38:59,359

koichi and

1001
00:39:04,470 --> 00:39:01,760
mikhail are moving up their launch so

1002
00:39:06,710 --> 00:39:04,480
that they can be there with uh fyodor

1003
00:39:08,230 --> 00:39:06,720
luca and karen and once the i think it's

1004
00:39:10,069 --> 00:39:08,240
about five days

1005
00:39:12,550 --> 00:39:10,079
that we'll be all together and then

1006
00:39:14,150 --> 00:39:12,560
they'll bring the torch back

1007
00:39:17,109 --> 00:39:14,160
so it'll it'll be up there for about

1008
00:39:19,510 --> 00:39:17,119
five days or so with us

1009
00:39:22,710 --> 00:39:19,520
hi i had a question about what you guys

1010
00:39:25,270 --> 00:39:22,720
did as kids that prepared you to become

1011
00:39:26,950 --> 00:39:25,280
astronauts and cosmonauts and how this

1012
00:39:30,710 --> 00:39:26,960
next generation what they should be

1013
00:39:32,550 --> 00:39:30,720

doing in order to become one and also

1014

00:39:34,950 --> 00:39:32,560

wanted to find out do you guys take

1015

00:39:39,190 --> 00:39:34,960

anything special up into space with you

1016

00:39:43,190 --> 00:39:41,270

so i'll uh yeah i'll i guess i'll start

1017

00:39:45,030 --> 00:39:43,200

off

1018

00:39:47,190 --> 00:39:45,040

the first part is my my definition of

1019

00:39:49,270 --> 00:39:47,200

kids is is changing as i've gotten older

1020

00:39:51,510 --> 00:39:49,280

too it seems like uh

1021

00:39:53,910 --> 00:39:51,520

when i was 20 kids was

1022

00:39:56,150 --> 00:39:53,920

a teenager and and now as i'm 40 i'd say

1023

00:39:57,349 --> 00:39:56,160

a 20 year old still a kid

1024

00:39:59,990 --> 00:39:57,359

so

1025

00:40:01,349 --> 00:40:00,000

what i did as a as a kid

1026

00:40:03,109 --> 00:40:01,359

you know obviously

1027

00:40:04,950 --> 00:40:03,119

i was very involved in in sports

1028

00:40:07,670 --> 00:40:04,960

athletics as well as school and all of

1029

00:40:10,230 --> 00:40:07,680

those things have helped get me to to

1030

00:40:11,829 --> 00:40:10,240

this point today

1031

00:40:13,270 --> 00:40:11,839

i think probably the most important part

1032

00:40:15,829 --> 00:40:13,280

is though in all of those things i was

1033

00:40:17,910 --> 00:40:15,839

very passionate about i was very excited

1034

00:40:20,230 --> 00:40:17,920

about doing those things and finding

1035

00:40:22,150 --> 00:40:20,240

something that you love to do is has has

1036

00:40:23,750 --> 00:40:22,160

been a part of that as i've as i've

1037

00:40:25,430 --> 00:40:23,760

grown up and that's probably one of the

1038

00:40:27,750 --> 00:40:25,440

big contributors for

1039

00:40:29,670 --> 00:40:27,760

for getting here

1040

00:40:32,069 --> 00:40:29,680

i agree with mike that

1041

00:40:33,190 --> 00:40:32,079

sport from my childhood

1042

00:40:35,910 --> 00:40:33,200

of course my

1043

00:40:40,230 --> 00:40:35,920

both parents are professional

1044

00:40:41,190 --> 00:40:40,240

sport people so with my sister we

1045

00:40:43,030 --> 00:40:41,200

were

1046

00:40:45,270 --> 00:40:43,040

growing up between

1047

00:40:48,069 --> 00:40:45,280

competitions with visiting different

1048

00:40:49,030 --> 00:40:48,079

countries and our parents were taking

1049

00:40:52,870 --> 00:40:49,040

kids

1050

00:40:53,990 --> 00:40:52,880

with them so sport a lot but also

1051
00:40:59,190 --> 00:40:54,000
studying

1052
00:41:01,349 --> 00:40:59,200
little kids especially for kids that was

1053
00:41:03,990 --> 00:41:01,359
dreaming about science was very

1054
00:41:06,950 --> 00:41:04,000
important so i was always participating

1055
00:41:10,309 --> 00:41:06,960
in different biological biochemistry

1056
00:41:14,390 --> 00:41:10,319
kids activities that we had in schools

1057
00:41:15,589 --> 00:41:14,400
so that was a respect and will to do

1058
00:41:17,670 --> 00:41:15,599
science

1059
00:41:18,950 --> 00:41:17,680
so that was maybe the most important

1060
00:41:21,430 --> 00:41:18,960
things that

1061
00:41:24,630 --> 00:41:21,440
helped

1062
00:41:27,190 --> 00:41:24,640
uh what about what we will bring

1063
00:41:30,870 --> 00:41:27,200

with us i don't know

1064

00:41:35,109 --> 00:41:30,880

we all are planning to take

1065

00:41:41,990 --> 00:41:36,230

it's

1066

00:41:46,950 --> 00:41:42,000

you but you can take your favorite

1067

00:41:50,470 --> 00:41:48,950

what important thing i brought from my

1068

00:41:52,790 --> 00:41:50,480

childhood

1069

00:41:55,910 --> 00:41:52,800

probably is to

1070

00:41:58,950 --> 00:41:55,920

to meet all new things uh

1071

00:42:01,430 --> 00:41:58,960

world with open eyes and open mind

1072

00:42:03,349 --> 00:42:01,440

so i try to keep the same approach for

1073

00:42:07,270 --> 00:42:03,359

everything and

1074

00:42:09,670 --> 00:42:07,280

you know i'm going to take uh our mascot

1075

00:42:11,829 --> 00:42:09,680

you know that's uh it's a black cat it's

1076
00:42:12,870 --> 00:42:11,839
supposed to fly third time into the

1077
00:42:14,550 --> 00:42:12,880
space

1078
00:42:18,309 --> 00:42:14,560
and

1079
00:42:20,309 --> 00:42:18,319
it named uh by my kids uh

1080
00:42:23,190 --> 00:42:20,319
jim lehrer it's uh

1081
00:42:24,309 --> 00:42:23,200
from dima and cleared the names of my

1082
00:42:28,150 --> 00:42:24,319
uh

1083
00:42:31,670 --> 00:42:28,160
children so that's what i'll have

1084
00:42:33,510 --> 00:42:31,680
up there with me the whole flight

1085
00:42:35,510 --> 00:42:33,520
and actually i'll just add to that so if

1086
00:42:37,510 --> 00:42:35,520
you do watch the launch and you get

1087
00:42:40,150 --> 00:42:37,520
those images inside the soyuz that's

1088
00:42:42,950 --> 00:42:40,160

what you'll see hanging down there

1089

00:42:44,710 --> 00:42:42,960

and and that's once we get up into space

1090

00:42:46,550 --> 00:42:44,720

and in the microgravity environment that

1091

00:42:48,550 --> 00:42:46,560

gives us an indication as well that that

1092

00:42:50,790 --> 00:42:48,560

we're there

1093

00:42:52,710 --> 00:42:50,800

officially named indicator

1094

00:42:54,710 --> 00:42:52,720

business yeah

1095

00:42:56,230 --> 00:42:54,720

also why it is cat

1096

00:42:59,430 --> 00:42:56,240

because

1097

00:43:02,309 --> 00:42:59,440

alex's last name caught off court is cat

1098

00:43:05,349 --> 00:43:03,430

okay with that we're going to have to

1099

00:43:06,630 --> 00:43:05,359

wrap it up thank you so much for

1100

00:43:08,069 --> 00:43:06,640

everybody for joining us all the great

1101

00:43:09,349 --> 00:43:08,079

questions and again you can find more

1102

00:43:10,829 --> 00:43:09,359

information about this crew on our

1103

00:43:12,470 --> 00:43:10,839

website at

1104

00:43:14,150 --> 00:43:12,480

www.nasa.gov

1105

00:43:16,710 --> 00:43:14,160

station and of course follow them on

1106

00:43:22,950 --> 00:43:16,720

twitter and facebook thanks so much