



STRD

STRD

NOD 2

1
00:00:07,430 --> 00:00:03,429
station this is houston are you ready

2
00:00:11,749 --> 00:00:09,110
houston this is station we're ready for

3
00:00:16,070 --> 00:00:13,830
washington post this is mission control

4
00:00:26,870 --> 00:00:16,080
houston please call station for a voice

5
00:00:32,150 --> 00:00:28,630
station this is the washington post how

6
00:00:35,990 --> 00:00:33,750
we hear you loud and clear welcome

7
00:00:38,069 --> 00:00:36,000
aboard the international space station

8
00:00:39,750 --> 00:00:38,079
delighted to be here with you today i

9
00:00:41,670 --> 00:00:39,760
mean i'm sort of a science geek the

10
00:00:44,630 --> 00:00:41,680
washington post newsroom is buzzing with

11
00:00:46,709 --> 00:00:44,640
excitement i want to ask you i'll direct

12
00:00:48,150 --> 00:00:46,719
this to you karen first

13
00:00:49,590 --> 00:00:48,160

you guys have been up you guys have been

14

00:00:52,470 --> 00:00:49,600

up there a couple of months what's the

15

00:00:58,229 --> 00:00:52,480

biggest adjustment i i see you guys are

16

00:01:03,110 --> 00:01:00,630

oh gosh the biggest adjustment

17

00:01:05,590 --> 00:01:03,120

probably uh one of the things that you

18

00:01:07,190 --> 00:01:05,600

learn is that when you drop something

19

00:01:08,630 --> 00:01:07,200

you obviously have to look all over

20

00:01:11,350 --> 00:01:08,640

we've had problems with a couple things

21

00:01:12,950 --> 00:01:11,360

the last couple days and uh you know on

22

00:01:14,230 --> 00:01:12,960

earth you drop something and you

23

00:01:16,149 --> 00:01:14,240

automatically look to the floor and

24

00:01:18,149 --> 00:01:16,159

that's where it'll be and oftentimes you

25

00:01:19,830 --> 00:01:18,159

drop something and you look all over the

26

00:01:22,390 --> 00:01:19,840

place and it'll be right behind your

27

00:01:24,310 --> 00:01:22,400

head and you look back this way and look

28

00:01:25,670 --> 00:01:24,320

back this way and you don't see it and

29

00:01:28,390 --> 00:01:25,680

you can look for quite a while before

30

00:01:35,030 --> 00:01:28,400

you find what you're looking for

31

00:01:39,670 --> 00:01:37,590

well it depends how you define lost i

32

00:01:41,670 --> 00:01:39,680

think lost means you never can find it

33

00:01:43,190 --> 00:01:41,680

ever again if that's the case no i

34

00:01:46,230 --> 00:01:43,200

haven't lost anything

35

00:01:48,230 --> 00:01:46,240

but uh it's very common that we lose

36

00:01:49,749 --> 00:01:48,240

something for a day or two or three and

37

00:01:51,190 --> 00:01:49,759

then eventually we find it in the air

38

00:01:53,190 --> 00:01:51,200

conditioning return

39

00:01:55,190 --> 00:01:53,200

so tell me this what exactly are you

40

00:01:57,910 --> 00:01:55,200

guys doing in space what sort of

41

00:02:00,630 --> 00:01:57,920

experiments are you doing

42

00:02:04,310 --> 00:02:00,640

uh and how do they affect life here on

43

00:02:09,190 --> 00:02:06,230

well that's a big broad reaching

44

00:02:11,270 --> 00:02:09,200

question but uh on any given day we're

45

00:02:13,110 --> 00:02:11,280

we're all three of us are usually

46

00:02:15,670 --> 00:02:13,120

working on some type of experiment and

47

00:02:18,630 --> 00:02:15,680

sometimes they're as

48

00:02:20,309 --> 00:02:18,640

to as low impact to us as just setting

49

00:02:22,710 --> 00:02:20,319

up some equipment and then the

50

00:02:25,910 --> 00:02:22,720

experiment runs itself

51
00:02:28,630 --> 00:02:25,920
oftentimes we are the eyes in the hands

52
00:02:30,229 --> 00:02:28,640
of the subject matter expert

53
00:02:32,550 --> 00:02:30,239
the principal investigator who's on the

54
00:02:33,910 --> 00:02:32,560
ground talking to us through the radio

55
00:02:35,670 --> 00:02:33,920
and then there are other kinds of

56
00:02:37,589 --> 00:02:35,680
experiments that just run all by

57
00:02:40,470 --> 00:02:37,599
themselves without our interaction

58
00:02:42,550 --> 00:02:40,480
whatsoever and

59
00:02:44,630 --> 00:02:42,560
there's many aspects of how they affect

60
00:02:47,350 --> 00:02:44,640
life on earth but i think our personal

61
00:02:49,270 --> 00:02:47,360
favorite is the use of ultrasound

62
00:02:51,030 --> 00:02:49,280
machines in

63
00:02:53,270 --> 00:02:51,040

remote locations this is obviously a

64

00:02:55,270 --> 00:02:53,280

remote location but the impact on earth

65

00:02:57,910 --> 00:02:55,280

would be

66

00:02:59,030 --> 00:02:57,920

using ultrasound in place of an mri in

67

00:03:01,190 --> 00:02:59,040

in

68

00:03:02,790 --> 00:03:01,200

really rural locations or or

69

00:03:04,550 --> 00:03:02,800

impoverished areas where it's hard to

70

00:03:07,110 --> 00:03:04,560

have a big mri machine to get good

71

00:03:09,589 --> 00:03:07,120

quality medical care wow that is very

72

00:03:12,149 --> 00:03:09,599

very related to what is happening here

73

00:03:13,910 --> 00:03:12,159

on karen i want to direct this to you it

74

00:03:15,670 --> 00:03:13,920

seems like

75

00:03:18,309 --> 00:03:15,680

nasa is in trouble just in terms of

76

00:03:20,550 --> 00:03:18,319

funding lots of debate uh here about the

77

00:03:22,949 --> 00:03:20,560

future of the space program what do you

78

00:03:26,390 --> 00:03:22,959

think about the future of space program

79

00:03:28,149 --> 00:03:26,400

as a kid i just you know in class they

80

00:03:29,589 --> 00:03:28,159

would wheel in the television and we'd

81

00:03:31,670 --> 00:03:29,599

see the space shuttle go up and it was

82

00:03:33,110 --> 00:03:31,680

such a huge moment that doesn't really

83

00:03:35,910 --> 00:03:33,120

happen now what do you think about the

84

00:03:40,149 --> 00:03:35,920

future of space travel as an american

85

00:03:45,190 --> 00:03:42,470

well i think like anything there are

86

00:03:47,509 --> 00:03:45,200

ebbs and flows in a process and i think

87

00:03:50,149 --> 00:03:47,519

we're seeing maybe an ebb right now

88

00:03:51,830 --> 00:03:50,159

in uh in the space program but i'm i'm

89

00:03:53,270 --> 00:03:51,840

positive that again we'll see a flow

90

00:03:55,990 --> 00:03:53,280

we've seen it in the past where there's

91

00:03:57,429 --> 00:03:56,000

been a decade or so where we feel as

92

00:04:00,149 --> 00:03:57,439

though we're not really doing anything

93

00:04:02,630 --> 00:04:00,159

and going anywhere and but i think there

94

00:04:05,670 --> 00:04:02,640

are enough uh smart people in the

95

00:04:07,990 --> 00:04:05,680

country that will um will keep getting

96

00:04:10,869 --> 00:04:08,000

things going and i have full confidence

97

00:04:13,670 --> 00:04:10,879

that we'll see a flow again soon

98

00:04:16,710 --> 00:04:13,680

so um i want to ask you i can direct

99

00:04:19,349 --> 00:04:16,720

this to chris is the big get now in

100

00:04:21,270 --> 00:04:19,359

terms of where we want to go

101
00:04:22,550 --> 00:04:21,280
is it mars should should we be looking

102
00:04:27,670 --> 00:04:22,560
to mars

103
00:04:31,350 --> 00:04:28,950
well um

104
00:04:34,550 --> 00:04:31,360
you know it gets down to what people's

105
00:04:36,550 --> 00:04:34,560
personal opinions are and

106
00:04:38,629 --> 00:04:36,560
if you ask me as an individual person i

107
00:04:39,990 --> 00:04:38,639
think that's exciting to go to another

108
00:04:41,909 --> 00:04:40,000
planet

109
00:04:43,590 --> 00:04:41,919
mars is an awful long ways away and you

110
00:04:45,430 --> 00:04:43,600
really want to make sure everything that

111
00:04:47,990 --> 00:04:45,440
you have

112
00:04:49,749 --> 00:04:48,000
to keep you alive is robust and going to

113
00:04:51,990 --> 00:04:49,759

withstand all the harsh environments and

114

00:04:53,990 --> 00:04:52,000

the trip there and back

115

00:04:55,430 --> 00:04:54,000

and they don't just i'm a navy guy and

116

00:04:57,749 --> 00:04:55,440

you just don't take a ship out of the

117

00:05:00,790 --> 00:04:57,759

shipyard and send it off on a deployment

118

00:05:02,710 --> 00:05:00,800

you have some cruises in the local area

119

00:05:04,390 --> 00:05:02,720

off the coast before and make sure

120

00:05:06,629 --> 00:05:04,400

everything works and i think the moon is

121

00:05:08,070 --> 00:05:06,639

a wonderful place to do just that make

122

00:05:09,749 --> 00:05:08,080

sure that all of the things with that

123

00:05:11,510 --> 00:05:09,759

we're establishing the baseline for here

124

00:05:13,909 --> 00:05:11,520

on the international space station

125

00:05:15,110 --> 00:05:13,919

work uh potentially on the moon and then

126

00:05:16,870 --> 00:05:15,120

the next step from there would be to

127

00:05:18,550 --> 00:05:16,880

mars now that's just my own personal

128

00:05:20,230 --> 00:05:18,560

opinion as an individual united states

129

00:05:22,870 --> 00:05:20,240

citizen and

130

00:05:24,790 --> 00:05:22,880

the priorities of that

131

00:05:26,469 --> 00:05:24,800

have to do with budgets and fiscal

132

00:05:28,469 --> 00:05:26,479

things and where the country wants to go

133

00:05:31,350 --> 00:05:28,479

as a nation and that's for our lawmakers

134

00:05:33,110 --> 00:05:31,360

to decide but uh if it were me uh that's

135

00:05:34,870 --> 00:05:33,120

my personal opinion

136

00:05:38,310 --> 00:05:34,880

uh karen i'm gonna direct this to you

137

00:05:42,150 --> 00:05:38,320

how do you keep in touch with folks back

138

00:05:49,590 --> 00:05:44,310

or or with the news or well we have an

139

00:05:55,110 --> 00:05:51,990

we have an an internet protocol phone

140

00:05:57,110 --> 00:05:55,120

that we can uh call anytime we have uh

141

00:05:58,310 --> 00:05:57,120

kuben antenna coverage which isn't

142

00:06:00,310 --> 00:05:58,320

constant through the day but there's

143

00:06:02,469 --> 00:06:00,320

quite a bit of it through the day and so

144

00:06:04,230 --> 00:06:02,479

we can call family and friends on that

145

00:06:06,870 --> 00:06:04,240

we also have

146

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

our support uh all the support folks on

147

00:06:10,950 --> 00:06:08,880

the ground set up family conferences

148

00:06:13,510 --> 00:06:10,960

with us once a week where we can have a

149

00:06:16,070 --> 00:06:13,520

video conference with our families and

150

00:06:17,749 --> 00:06:16,080

sometimes other groups of friends

151
00:06:18,870 --> 00:06:17,759
and then also email

152
00:06:20,950 --> 00:06:18,880
is uh

153
00:06:22,390 --> 00:06:20,960
is a good way to keep in touch with the

154
00:06:26,309 --> 00:06:22,400
people that we work with on the ground

155
00:06:35,909 --> 00:06:28,950
and what about social media

156
00:06:39,189 --> 00:06:37,570
i can answer that for him no

157
00:06:44,309 --> 00:06:39,199
[Laughter]

158
00:06:47,830 --> 00:06:46,230
luca and i are

159
00:06:52,390 --> 00:06:47,840
well i'm going to make sure to i'm gonna

160
00:06:56,230 --> 00:06:54,550
yeah follow luca and karen i'm too much

161
00:06:59,510 --> 00:06:56,240
of a knuckle dragger to know how to type

162
00:07:01,430 --> 00:06:59,520
140 characters so it's not for me

163
00:07:02,710 --> 00:07:01,440

okay well maybe we'll convince you

164

00:07:04,230 --> 00:07:02,720

otherwise

165

00:07:11,670 --> 00:07:04,240

tweeting is where it's at all the kids

166

00:07:11,680 --> 00:07:20,469

sorry we didn't quite catch that

167

00:07:20,479 --> 00:07:29,029

chris what do you miss most about earth

168

00:07:35,110 --> 00:07:31,749

well um several things personally i miss

169

00:07:37,510 --> 00:07:35,120

my family and that's a an obvious answer

170

00:07:41,270 --> 00:07:37,520

um but the you're probably interested in

171

00:07:43,189 --> 00:07:41,280

in some other types of things i miss

172

00:07:45,189 --> 00:07:43,199

you know that it's summertime and i

173

00:07:47,510 --> 00:07:45,199

enjoy walking through the neighborhood

174

00:07:49,430 --> 00:07:47,520

and smelling all fresh cut grass that's

175

00:07:51,830 --> 00:07:49,440

one smell i miss i miss

176

00:07:53,749 --> 00:07:51,840

we had a colleague of ours just like

177

00:07:55,670 --> 00:07:53,759

five minutes ago send us a picture of

178

00:07:56,790 --> 00:07:55,680

homemade chocolate chip

179

00:07:59,430 --> 00:07:56,800

brownies

180

00:08:02,550 --> 00:07:59,440

and i miss home baked goods

181

00:08:04,309 --> 00:08:02,560

and um

182

00:08:05,589 --> 00:08:04,319

yeah that's pretty much it

183

00:08:06,710 --> 00:08:05,599

there's a lot of exciting things that

184

00:08:08,950 --> 00:08:06,720

i'm looking forward to getting back on

185

00:08:10,390 --> 00:08:08,960

earth but i'll be there soon so it's not

186

00:08:11,589 --> 00:08:10,400

like i'm really longing for them but

187

00:08:15,589 --> 00:08:11,599

those are the couple things right off

188

00:08:15,599 --> 00:08:21,029

karen what about you

189

00:08:25,670 --> 00:08:23,430

actually a lot of the same things i

190

00:08:28,469 --> 00:08:25,680

i really miss uh running outside

191

00:08:30,950 --> 00:08:28,479

actually i i love to run and we have a

192

00:08:33,110 --> 00:08:30,960

treadmill here where we uh

193

00:08:34,870 --> 00:08:33,120

use a harness and get uh use bungee

194

00:08:37,190 --> 00:08:34,880

CORDS to stay on the treadmill and we

195

00:08:39,190 --> 00:08:37,200

can run and it's great

196

00:08:40,709 --> 00:08:39,200

but i really miss the the aspect of

197

00:08:42,630 --> 00:08:40,719

being outside that's one of my favorite

198

00:08:43,430 --> 00:08:42,640

things about running is going outside

199

00:08:44,630 --> 00:08:43,440

and

200

00:08:46,870 --> 00:08:44,640

when you're in different cities

201
00:08:55,030 --> 00:08:46,880
exploring and just breathing the fresh

202
00:08:58,949 --> 00:08:56,790
we talked a little bit about going to

203
00:09:00,710 --> 00:08:58,959
mars uh karen would you be up for going

204
00:09:02,550 --> 00:09:00,720
for more to mars i think it's like what

205
00:09:04,150 --> 00:09:02,560
is it an eight-month

206
00:09:07,430 --> 00:09:04,160
trip just to get there would you be up

207
00:09:11,590 --> 00:09:09,350
yeah it's a really really long trip and

208
00:09:13,350 --> 00:09:11,600
there are a lot of unknowns right now so

209
00:09:14,870 --> 00:09:13,360
if you asked me if i would go tomorrow i

210
00:09:17,110 --> 00:09:14,880
would probably say no

211
00:09:19,670 --> 00:09:17,120
um i have a husband and a young son at

212
00:09:21,910 --> 00:09:19,680
home and and i um i definitely at this

213
00:09:25,269 --> 00:09:21,920

point in my life would not be up for for

214

00:09:31,590 --> 00:09:28,230

all righty thank you so much karen and

215

00:09:33,269 --> 00:09:31,600

chris i i'm just staring at the photo

216

00:09:35,750 --> 00:09:33,279

here of you guys floating in space it's

217

00:09:37,350 --> 00:09:35,760

so awesome good luck

218

00:09:38,870 --> 00:09:37,360

we can't wait to get you back here on

219

00:09:42,949 --> 00:09:38,880

earth and you can get some brownies and

220

00:09:47,750 --> 00:09:45,910

thanks a lot for joining us

221

00:09:49,750 --> 00:09:47,760

station this is houston acr that

222

00:09:51,990 --> 00:09:49,760

concludes the washington post portion of

223

00:09:54,790 --> 00:09:52,000

the event please stand by for a voice

224

00:09:56,230 --> 00:09:54,800

check from the portland press herald

225

00:09:59,990 --> 00:09:56,240

station this is the portland press

226

00:10:04,630 --> 00:10:02,070

hello in portland it's great to hear you

227

00:10:09,910 --> 00:10:04,640

welcome to the space station thank you

228

00:10:14,630 --> 00:10:12,710

well actually we're uh right over texas

229

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

at this moment so it's it's kind of nice

230

00:10:19,509 --> 00:10:16,480

to look down and see a familiar part of

231

00:10:20,389 --> 00:10:19,519

the of the planet as we fly over it

232

00:10:22,069 --> 00:10:20,399

great

233

00:10:24,389 --> 00:10:22,079

chris the first question i have is for

234

00:10:26,710 --> 00:10:24,399

you about your recent space walk with

235

00:10:28,470 --> 00:10:26,720

luca parmitano that was cut short when

236

00:10:29,829 --> 00:10:28,480

he had water in his helmet

237

00:10:31,590 --> 00:10:29,839

can you tell me a bit about what you

238

00:10:33,430 --> 00:10:31,600

were doing on the space walk that day

239

00:10:37,829 --> 00:10:33,440

and how you had to react once the

240

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

sure absolutely

241

00:10:43,670 --> 00:10:41,519

the spacewalks are typically about six

242

00:10:45,750 --> 00:10:43,680

and a half hours long and we happen to

243

00:10:47,430 --> 00:10:45,760

be very early on in our space walk is

244

00:10:50,389 --> 00:10:47,440

about an hour or so

245

00:10:52,470 --> 00:10:50,399

into it when he first noticed some signs

246

00:10:55,350 --> 00:10:52,480

of water in his helmet i happen to have

247

00:10:57,670 --> 00:10:55,360

his helmet right here and

248

00:10:59,910 --> 00:10:57,680

the back part of it if you can see it in

249

00:11:03,190 --> 00:10:59,920

the camera has a white uh plastic thing

250

00:11:04,870 --> 00:11:03,200

and and that diverts the air flow around

251
00:11:06,790 --> 00:11:04,880
the back of your neck and over his face

252
00:11:08,949 --> 00:11:06,800
and that's where he once the water

253
00:11:10,790 --> 00:11:08,959
started to creep around that the back of

254
00:11:13,350 --> 00:11:10,800
his neck is when he realized it was

255
00:11:14,630 --> 00:11:13,360
getting more and more and more and we

256
00:11:16,790 --> 00:11:14,640
through a series of questions we

257
00:11:18,870 --> 00:11:16,800
realized it really wasn't sweat or any

258
00:11:20,470 --> 00:11:18,880
other bodily fluid and

259
00:11:21,910 --> 00:11:20,480
there's a drink bag that we wear on our

260
00:11:24,069 --> 00:11:21,920
stomach and it wasn't leaking from there

261
00:11:25,269 --> 00:11:24,079
as well so we knew the problem was was

262
00:11:27,910 --> 00:11:25,279
something that we needed to deal with

263
00:11:31,190 --> 00:11:27,920

right away fortunately we were fairly

264

00:11:33,509 --> 00:11:31,200

close to the to the u.s airlock where we

265

00:11:36,470 --> 00:11:33,519

go into and out of the space station the

266

00:11:38,310 --> 00:11:36,480

only catch was we have these um safety

267

00:11:40,949 --> 00:11:38,320

tethers which are kind of like dog

268

00:11:42,630 --> 00:11:40,959

leashes and mine was going around one

269

00:11:44,069 --> 00:11:42,640

direction the space station and his was

270

00:11:46,230 --> 00:11:44,079

the other so we had to separate for a

271

00:11:49,030 --> 00:11:46,240

little while and once we got back to the

272

00:11:51,030 --> 00:11:49,040

airlock and i saw him again it was i

273

00:11:53,269 --> 00:11:51,040

realized how

274

00:11:55,190 --> 00:11:53,279

quickly we needed to get the hatch open

275

00:11:56,630 --> 00:11:55,200

fortunately karen and our russian

276

00:11:59,190 --> 00:11:56,640

colleagues were right there to

277

00:12:02,230 --> 00:11:59,200

repressurize the airlock and get us back

278

00:12:04,550 --> 00:12:02,240

in but we we were

279

00:12:07,110 --> 00:12:04,560

you know it was a critic important

280

00:12:09,350 --> 00:12:07,120

situation or and but it was very timely

281

00:12:12,150 --> 00:12:09,360

how we everything happened to get

282

00:12:14,389 --> 00:12:12,160

lined up to get back inside

283

00:12:16,310 --> 00:12:14,399

great and chris you grew up right here

284

00:12:17,670 --> 00:12:16,320

on the southern coast of maine in york

285

00:12:19,509 --> 00:12:17,680

how do you stay connected to your

286

00:12:21,269 --> 00:12:19,519

hometown i heard you recently

287

00:12:26,870 --> 00:12:21,279

participated in york's four on the

288

00:12:30,389 --> 00:12:28,629

yeah every every year on the fourth of

289

00:12:32,870 --> 00:12:30,399

july in my hometown they have that race

290

00:12:34,629 --> 00:12:32,880

and i've been uh when i was home i ran

291

00:12:38,470 --> 00:12:34,639

it um

292

00:12:41,030 --> 00:12:38,480

often i've been gone for a while now in

293

00:12:42,790 --> 00:12:41,040

in the military but um

294

00:12:44,310 --> 00:12:42,800

that was one way i was really excited to

295

00:12:46,870 --> 00:12:44,320

participate in

296

00:12:49,269 --> 00:12:46,880

and include the town in my in my mission

297

00:12:52,310 --> 00:12:49,279

and include the state of maine uh in in

298

00:12:55,030 --> 00:12:52,320

our mission as well i have friends there

299

00:12:56,389 --> 00:12:55,040

and my mom still lives in the same house

300

00:12:58,230 --> 00:12:56,399

that

301
00:13:00,069 --> 00:12:58,240
i grew up in there in york so when i go

302
00:13:03,350 --> 00:13:00,079
back and visit it's fun to see

303
00:13:04,629 --> 00:13:03,360
uh family and friends

304
00:13:07,350 --> 00:13:04,639
and i'll be there

305
00:13:09,590 --> 00:13:07,360
i land in september i think sometime in

306
00:13:11,750 --> 00:13:09,600
early november i'll be back in maine

307
00:13:14,310 --> 00:13:11,760
going to a few places

308
00:13:15,670 --> 00:13:14,320
that sounds great um karen i was hoping

309
00:13:16,870 --> 00:13:15,680
you could tell us a little bit about the

310
00:13:22,069 --> 00:13:16,880
research you're doing while you're up

311
00:13:26,470 --> 00:13:24,150
yeah we have a lot of research going on

312
00:13:28,069 --> 00:13:26,480
there's probably about 150 various

313
00:13:31,110 --> 00:13:28,079

experiments that are going on throughout

314

00:13:33,430 --> 00:13:31,120

our increment a lot of the research

315

00:13:35,110 --> 00:13:33,440

is are things that are happening behind

316

00:13:37,190 --> 00:13:35,120

some of the panels that you see here

317

00:13:39,750 --> 00:13:37,200

where our interaction will with them

318

00:13:41,910 --> 00:13:39,760

will be to open them up

319

00:13:44,069 --> 00:13:41,920

put in new experiments do maintenance on

320

00:13:46,310 --> 00:13:44,079

the racks and then once we close them

321

00:13:48,310 --> 00:13:46,320

it's all up to the ground to control

322

00:13:51,750 --> 00:13:48,320

them remotely there's everything from

323

00:13:53,110 --> 00:13:51,760

combustion to fluid physics to material

324

00:13:54,150 --> 00:13:53,120

science

325

00:13:56,949 --> 00:13:54,160

and

326

00:13:58,710 --> 00:13:56,959

we have a little more

327

00:14:00,870 --> 00:13:58,720

hands-on with them and we will actually

328

00:14:03,189 --> 00:14:00,880

work directly with the principal

329

00:14:04,949 --> 00:14:03,199

investigators on the ground talking to

330

00:14:07,110 --> 00:14:04,959

them while we're doing it and we can

331

00:14:08,550 --> 00:14:07,120

observe things and they will ask us

332

00:14:10,470 --> 00:14:08,560

questions and we kind of control the

333

00:14:11,670 --> 00:14:10,480

experiment and there are also a lot of

334

00:14:13,430 --> 00:14:11,680

experiments that we're doing on

335

00:14:15,350 --> 00:14:13,440

ourselves and that's one of the

336

00:14:17,829 --> 00:14:15,360

important things that we're doing we're

337

00:14:19,189 --> 00:14:17,839

studying what happens to our bodies when

338

00:14:21,990 --> 00:14:19,199

we're living in a microgravity

339

00:14:23,750 --> 00:14:22,000

environment for the future when we

340

00:14:26,230 --> 00:14:23,760

travel further away from the earth or

341

00:14:28,470 --> 00:14:26,240

spend more time in a microgravity

342

00:14:30,550 --> 00:14:28,480

environment

343

00:14:32,470 --> 00:14:30,560

and karen i also wanted to ask you about

344

00:14:35,110 --> 00:14:32,480

your use of social media while you're up

345

00:14:37,189 --> 00:14:35,120

there on the space station um i've seen

346

00:14:39,350 --> 00:14:37,199

your twitter feed and

347

00:14:40,389 --> 00:14:39,360

facebook and pinterest posts so how are

348

00:14:42,150 --> 00:14:40,399

you using

349

00:14:46,870 --> 00:14:42,160

that social media to stay connected with

350

00:14:49,829 --> 00:14:48,629

well the main thing that i decided to

351

00:14:51,910 --> 00:14:49,839

try and do

352

00:14:53,750 --> 00:14:51,920

was to one of my goals is to connect

353

00:14:55,350 --> 00:14:53,760

people who wouldn't necessarily be

354

00:14:56,870 --> 00:14:55,360

thinking about the space program and i

355

00:15:00,069 --> 00:14:56,880

thought pinterest would be a good way to

356

00:15:01,750 --> 00:15:00,079

do that and another thing i wanted to do

357

00:15:03,670 --> 00:15:01,760

was to show

358

00:15:05,750 --> 00:15:03,680

especially looking at the earth the way

359

00:15:08,150 --> 00:15:05,760

we see it and so i've been trying really

360

00:15:09,829 --> 00:15:08,160

hard to capture photographs that look

361

00:15:12,790 --> 00:15:09,839

the way it does when we look out the

362

00:15:14,629 --> 00:15:12,800

window and then i also like to add try

363

00:15:17,030 --> 00:15:14,639

and make them as artistic as possible

364

00:15:18,870 --> 00:15:17,040

too i like art and i like

365

00:15:20,710 --> 00:15:18,880

crafts and drawing and painting and so

366

00:15:22,790 --> 00:15:20,720

when i when i get a picture and i look

367

00:15:24,230 --> 00:15:22,800

through them i try to pick the ones that

368

00:15:27,110 --> 00:15:24,240

i think are the most aesthetically

369

00:15:31,509 --> 00:15:27,120

pleasing and i will rotate them and crop

370

00:15:33,990 --> 00:15:32,470

okay

371

00:15:35,670 --> 00:15:34,000

and i know you both have

372

00:15:37,189 --> 00:15:35,680

children and spouses back here at home

373

00:15:42,389 --> 00:15:37,199

can you talk a little bit about how you

374

00:15:42,399 --> 00:15:45,430

sure we have

375

00:15:50,310 --> 00:15:48,550

once a week the ground sets up a video

376

00:15:53,350 --> 00:15:50,320

conference with us on usually on the

377

00:15:55,269 --> 00:15:53,360

weekends where we have you know like a

378

00:15:56,550 --> 00:15:55,279

facetime or skype type of a conference

379

00:15:58,470 --> 00:15:56,560

with our family

380

00:15:59,269 --> 00:15:58,480

it's not those programs but similar

381

00:16:01,990 --> 00:15:59,279

thing

382

00:16:04,790 --> 00:16:02,000

and of course we have email

383

00:16:07,110 --> 00:16:04,800

that we can exchange and re recently we

384

00:16:08,790 --> 00:16:07,120

had an upgrade to our email so it it

385

00:16:10,230 --> 00:16:08,800

sends and receives more often than it

386

00:16:12,230 --> 00:16:10,240

used to just be a couple times a day

387

00:16:15,350 --> 00:16:12,240

before now it's more frequent

388

00:16:18,710 --> 00:16:16,949

that those are the main oh and we can

389

00:16:21,189 --> 00:16:18,720

also have an application on our computer

390

00:16:22,790 --> 00:16:21,199

that that we can dial uh phone numbers

391

00:16:24,470 --> 00:16:22,800

and talk on the phone depending on where

392

00:16:27,829 --> 00:16:24,480

we are in the orbit for satellite

393

00:16:31,350 --> 00:16:29,749

many of us down here have seen

394

00:16:33,350 --> 00:16:31,360

youtube videos of

395

00:16:35,110 --> 00:16:33,360

karen washing her hair in space or you

396

00:16:37,030 --> 00:16:35,120

chris of shaving your head while you're

397

00:16:39,110 --> 00:16:37,040

up there why do you think people are so

398

00:16:46,310 --> 00:16:39,120

fascinated by these seemingly mundane

399

00:16:50,069 --> 00:16:48,470

well i think that um

400

00:16:51,110 --> 00:16:50,079

that's a good question and both of us

401
00:16:53,110 --> 00:16:51,120
are kind of laughing because we don't

402
00:16:55,189 --> 00:16:53,120
really know exactly how to answer but i

403
00:16:56,150 --> 00:16:55,199
think that um

404
00:16:58,150 --> 00:16:56,160
people

405
00:16:59,509 --> 00:16:58,160
can very relate very much relate to

406
00:17:02,069 --> 00:16:59,519
things that

407
00:17:03,910 --> 00:17:02,079
we all have in common with each other

408
00:17:05,909 --> 00:17:03,920
and that's you know getting dressed

409
00:17:08,470 --> 00:17:05,919
brushing your teeth dealing with your

410
00:17:10,789 --> 00:17:08,480
hair or the absence of hair and uh

411
00:17:12,390 --> 00:17:10,799
putting clothes on and all and eating

412
00:17:13,350 --> 00:17:12,400
all the things that every single one of

413
00:17:15,669 --> 00:17:13,360

us do

414

00:17:17,990 --> 00:17:15,679

every single day and uh and we're just

415

00:17:20,230 --> 00:17:18,000

doing those same things in a different

416

00:17:23,990 --> 00:17:20,240

location so it's probably fun that's why

417

00:17:27,750 --> 00:17:26,710

and what do you miss um about

418

00:17:33,190 --> 00:17:27,760

i guess what do you miss about being

419

00:17:39,029 --> 00:17:36,630

for me the main thing is is my family um

420

00:17:41,029 --> 00:17:39,039

i have a husband and a small son

421

00:17:42,549 --> 00:17:41,039

so i miss them a lot and i miss being at

422

00:17:47,909 --> 00:17:42,559

home

423

00:17:50,710 --> 00:17:47,919

and have my saturday morning coffee with

424

00:17:52,310 --> 00:17:50,720

my husband and uh you know of course all

425

00:17:54,549 --> 00:17:52,320

the things that i that a person does

426

00:17:57,110 --> 00:17:54,559

with their with their children

427

00:17:58,470 --> 00:17:57,120

and also uh running outside i love to

428

00:17:59,750 --> 00:17:58,480

run and and

429

00:18:01,190 --> 00:17:59,760

you know a treadmill just isn't quite

430

00:18:03,750 --> 00:18:01,200

the same we have a treadmill here that

431

00:18:08,789 --> 00:18:03,760

we run on but but i really really miss

432

00:18:12,390 --> 00:18:10,870

and and chris what about you are there

433

00:18:15,669 --> 00:18:12,400

food items that you miss while you're up

434

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

well i do like to eat a lot so that is

435

00:18:23,029 --> 00:18:20,080

one thing that that very often comes

436

00:18:25,110 --> 00:18:23,039

into my mind and we had a just a minute

437

00:18:26,950 --> 00:18:25,120

ago i was telling somebody else that uh

438

00:18:29,590 --> 00:18:26,960

a colleague of ours sent us an email

439

00:18:31,909 --> 00:18:29,600

just a few a half hour ago of some

440

00:18:33,909 --> 00:18:31,919

homemade baked goods and those looked

441

00:18:35,990 --> 00:18:33,919

really yummy to me so that's one thing

442

00:18:38,070 --> 00:18:36,000

that i i miss and

443

00:18:40,310 --> 00:18:38,080

being outside the smells of being

444

00:18:41,750 --> 00:18:40,320

outside and just

445

00:18:43,190 --> 00:18:41,760

particularly in the summer when there's

446

00:18:45,909 --> 00:18:43,200

fresh remote grass and that sort of

447

00:18:47,430 --> 00:18:45,919

thing and and uh being on the coast of

448

00:18:49,830 --> 00:18:47,440

maine there and smelling that that

449

00:18:51,750 --> 00:18:49,840

unique smell of the ocean and the rock

450

00:18:54,070 --> 00:18:51,760

rocky coast that's the sort of thing

451
00:18:55,510 --> 00:18:54,080
that you can't replace up here and and

452
00:18:58,870 --> 00:18:55,520
those are the things that i'm looking

453
00:19:02,470 --> 00:19:01,270
and any surprising facts about being up

454
00:19:04,070 --> 00:19:02,480
there on the space station that you

455
00:19:08,870 --> 00:19:04,080
think people here might be interested to

456
00:19:13,909 --> 00:19:12,390
your fingernails grow at the same rate

457
00:19:16,230 --> 00:19:13,919
and

458
00:19:18,470 --> 00:19:16,240
we go around the earth every 90 minutes

459
00:19:20,710 --> 00:19:18,480
so we have sunlight for 45 minutes and

460
00:19:23,029 --> 00:19:20,720
dark for 45 minutes and it really

461
00:19:24,470 --> 00:19:23,039
doesn't affect us because we're just we

462
00:19:26,710 --> 00:19:24,480
turn the lights on when it's time to

463
00:19:28,549 --> 00:19:26,720

wake up and we turn them off when we all

464

00:19:30,470 --> 00:19:28,559

say good night and if we're interested

465

00:19:32,310 --> 00:19:30,480

in going to the window we just look and

466

00:19:34,870 --> 00:19:32,320

it happens to be day or night so that

467

00:19:36,549 --> 00:19:34,880

those those cycles have no impact on our

468

00:19:38,789 --> 00:19:36,559

circadian rhythms at all it's more of

469

00:19:40,549 --> 00:19:38,799

our daily work and

470

00:19:42,630 --> 00:19:40,559

when we associate eating breakfast lunch

471

00:19:44,710 --> 00:19:42,640

and dinner with go waking up and going

472

00:19:46,230 --> 00:19:44,720

to bed

473

00:19:47,669 --> 00:19:46,240

great well thank you so much for

474

00:19:49,110 --> 00:19:47,679

speaking with us today and i hope the

475

00:19:50,390 --> 00:19:49,120

rest of your trip is a safe one and

476

00:19:53,830 --> 00:19:50,400

we'll look forward to seeing you in

477

00:19:59,029 --> 00:19:55,830

thanks so much and i look forward to

478

00:20:00,870 --> 00:19:59,039

getting back to maine take care

479

00:20:05,270 --> 00:20:00,880

station this is houston acr that

480

00:20:09,510 --> 00:20:07,029

thank you washington post and portland