



1
00:00:05,349 --> 00:00:01,670
station this is houston are you ready

2
00:00:10,709 --> 00:00:08,470
we are ready for the event

3
00:00:13,030 --> 00:00:10,719
minnesota public radio this is mission

4
00:00:14,390 --> 00:00:13,040
control houston please call station for

5
00:00:15,990 --> 00:00:14,400
a voice check

6
00:00:20,070 --> 00:00:16,000
station this is minnesota public radio

7
00:00:23,990 --> 00:00:21,670
we have you loud and clear welcome

8
00:00:25,750 --> 00:00:24,000
aboard the international space station

9
00:00:30,630 --> 00:00:25,760
well thank you much karen and chris nice

10
00:00:34,069 --> 00:00:31,990
nice talking to you too

11
00:00:36,150 --> 00:00:34,079
how's the weather in minnesota

12
00:00:37,510 --> 00:00:36,160
beautiful it's beautiful thank you thank

13
00:00:39,270 --> 00:00:37,520

you for asking

14

00:00:41,030 --> 00:00:39,280

karen i'm curious one of the things

15

00:00:43,430 --> 00:00:41,040

you're doing is studying how living in

16

00:00:44,950 --> 00:00:43,440

space affects humans describe how living

17

00:00:51,190 --> 00:00:44,960

in the space station for more than two

18

00:00:54,869 --> 00:00:53,350

well if we didn't work out as much as we

19

00:00:56,470 --> 00:00:54,879

do i think we would see a lot more

20

00:00:57,830 --> 00:00:56,480

changes

21

00:01:00,069 --> 00:00:57,840

i think uh

22

00:01:01,430 --> 00:01:00,079

our our bone density and our muscle mass

23

00:01:03,750 --> 00:01:01,440

is one of the main things we're worried

24

00:01:05,509 --> 00:01:03,760

about but we exercise about two hours

25

00:01:06,550 --> 00:01:05,519

every single day

26

00:01:08,950 --> 00:01:06,560

so

27

00:01:10,789 --> 00:01:08,960

uh we're really mitigating that

28

00:01:13,190 --> 00:01:10,799

uh other than that you notice things

29

00:01:14,870 --> 00:01:13,200

like um the calluses on your feet kind

30

00:01:16,469 --> 00:01:14,880

of start to go away because you don't

31

00:01:19,510 --> 00:01:16,479

need

32

00:01:21,109 --> 00:01:19,520

walking around every day to form those

33

00:01:22,710 --> 00:01:21,119

calluses and so things like that you

34

00:01:23,990 --> 00:01:22,720

notice

35

00:01:25,670 --> 00:01:24,000

you know i would think that two hours a

36

00:01:27,030 --> 00:01:25,680

day sounds exhausting but with the

37

00:01:28,710 --> 00:01:27,040

weightlessness it must be a different

38

00:01:34,230 --> 00:01:28,720

situation do you have to modify your

39

00:01:38,069 --> 00:01:35,910

what we do for exercise we have what's

40

00:01:39,910 --> 00:01:38,079

called a an

41

00:01:41,990 --> 00:01:39,920

resistive exercise device which is kind

42

00:01:44,310 --> 00:01:42,000

of like lifting weights and it actually

43

00:01:45,910 --> 00:01:44,320

uses the pull of a vacuum and cylinders

44

00:01:48,310 --> 00:01:45,920

and we also have a treadmill that we

45

00:01:51,190 --> 00:01:48,320

bungee ourselves to to stay on the on

46

00:01:53,270 --> 00:01:51,200

the floor as we run and we also have a

47

00:01:56,550 --> 00:01:53,280

bicycle that we can use and we use those

48

00:01:58,709 --> 00:01:56,560

too for our cardiovascular health

49

00:02:00,950 --> 00:01:58,719

there's the physiological effects of

50

00:02:02,310 --> 00:02:00,960

being in space but physically it's very

51
00:02:04,069 --> 00:02:02,320
tight quarters up there it's got to be

52
00:02:06,230 --> 00:02:04,079
like having six people in a small tent

53
00:02:07,990 --> 00:02:06,240
on a camping trip how's the

54
00:02:11,670 --> 00:02:08,000
interpersonal side of the equation for

55
00:02:15,910 --> 00:02:14,070
it's really good actually it's not that

56
00:02:17,670 --> 00:02:15,920
it isn't it really isn't that crowded

57
00:02:20,150 --> 00:02:17,680
the international space station is quite

58
00:02:22,070 --> 00:02:20,160
large we have a number of modules we

59
00:02:24,630 --> 00:02:22,080
have the russian segment in the united

60
00:02:26,949 --> 00:02:24,640
states segment and we have you know 10

61
00:02:28,790 --> 00:02:26,959
modules or so on the us segment that are

62
00:02:29,670 --> 00:02:28,800
quite large the size of a school bus or

63
00:02:31,510 --> 00:02:29,680

bigger

64

00:02:33,910 --> 00:02:31,520

so it's very easy we each have our own

65

00:02:35,350 --> 00:02:33,920

sleeping quarters um you know if you

66

00:02:36,869 --> 00:02:35,360

feel like you do need to get away from

67

00:02:38,229 --> 00:02:36,879

each other and when we're working

68

00:02:39,830 --> 00:02:38,239

throughout the day sometimes we're

69

00:02:42,309 --> 00:02:39,840

working in the same module sometimes

70

00:02:44,869 --> 00:02:42,319

we're separated so really the privacy is

71

00:02:46,869 --> 00:02:44,879

good and interpersonally i think this

72

00:02:48,869 --> 00:02:46,879

this is a great place to be

73

00:02:50,309 --> 00:02:48,879

now you're doing a lot of studying as i

74

00:02:52,630 --> 00:02:50,319

mentioned about the space effects on

75

00:02:54,869 --> 00:02:52,640

humans you're also investigating what

76

00:02:56,550 --> 00:02:54,879

caused water to leak into the helmet

77

00:02:58,470 --> 00:02:56,560

worn by your crewmate

78

00:03:00,550 --> 00:02:58,480

luca parmitano during that spacewalk on

79

00:03:07,030 --> 00:03:00,560

july the 16th have you figured out

80

00:03:10,869 --> 00:03:08,869

well uh hopefully you'll let somebody

81

00:03:13,030 --> 00:03:10,879

from maine to speak to you in minnesota

82

00:03:16,070 --> 00:03:13,040

i'm glad to i'm glad to answer this

83

00:03:18,229 --> 00:03:16,080

question because i i had the uh fortune

84

00:03:19,589 --> 00:03:18,239

or misfortune to be out there with luca

85

00:03:21,350 --> 00:03:19,599

and

86

00:03:23,030 --> 00:03:21,360

right now the engineers have put

87

00:03:24,550 --> 00:03:23,040

together a really detailed

88

00:03:25,830 --> 00:03:24,560

troubleshooting plan that we're about

89

00:03:28,070 --> 00:03:25,840

halfway through

90

00:03:30,229 --> 00:03:28,080

executing and i think the best way to

91

00:03:32,550 --> 00:03:30,239

answer it is we know what the problem

92

00:03:34,309 --> 00:03:32,560

wasn't there were about five or six

93

00:03:36,630 --> 00:03:34,319

items that it could have been and we've

94

00:03:40,229 --> 00:03:36,640

eliminated most of them and we're down

95

00:03:42,550 --> 00:03:40,239

to the to uh two or three really prime

96

00:03:44,470 --> 00:03:42,560

suspects and we'll we'll with one or two

97

00:03:46,470 --> 00:03:44,480

more tests we'll have a exactly

98

00:03:48,550 --> 00:03:46,480

identified the problem and make sure

99

00:03:50,070 --> 00:03:48,560

that we can if we can we'll fix it in

100

00:03:52,949 --> 00:03:50,080

space but we might have to bring that

101

00:03:54,470 --> 00:03:52,959

suit back to earth and fix it there and

102

00:03:55,910 --> 00:03:54,480

but most importantly making sure that

103

00:03:58,149 --> 00:03:55,920

all the rest of the spacesuits in our

104

00:03:59,670 --> 00:03:58,159

inventory are safer for subsequent

105

00:04:01,270 --> 00:03:59,680

spacewalks

106

00:04:03,110 --> 00:04:01,280

i know you all are getting ready for the

107

00:04:04,390 --> 00:04:03,120

arrival of a japanese cargo ship what's

108

00:04:10,149 --> 00:04:04,400

your responsibility when that ship

109

00:04:15,589 --> 00:04:12,470

the htv which is coming up next week

110

00:04:18,390 --> 00:04:15,599

actually uh it is grappled by the the

111

00:04:19,830 --> 00:04:18,400

canadian robotic arm and so

112

00:04:22,390 --> 00:04:19,840

chris and i will actually be working

113

00:04:25,189 --> 00:04:22,400

together at the robotic workstation to

114

00:04:28,390 --> 00:04:25,199

use that arm to to grapple the uh the

115

00:04:30,390 --> 00:04:28,400

vehicle as it comes in it's going to it

116

00:04:32,230 --> 00:04:30,400

rendezvous automatically under its own

117

00:04:35,030 --> 00:04:32,240

systems and when it gets to a certain

118

00:04:37,510 --> 00:04:35,040

distance away we'll be in the cupola and

119

00:04:39,350 --> 00:04:37,520

we'll be um able to uh monitor the

120

00:04:41,430 --> 00:04:39,360

approach as it gets closer to space

121

00:04:42,390 --> 00:04:41,440

station and then reach out and grab it

122

00:04:43,830 --> 00:04:42,400

and then

123

00:04:46,310 --> 00:04:43,840

the controllers on the ground will

124

00:04:49,110 --> 00:04:46,320

actually use the robotic arm to install

125

00:04:50,390 --> 00:04:49,120

it to one of the hatches hatchways on

126
00:04:52,070 --> 00:04:50,400
the space station and then we'll be able

127
00:04:53,909 --> 00:04:52,080
to go in and get all the goodies that

128
00:04:55,670 --> 00:04:53,919
are arriving

129
00:04:57,749 --> 00:04:55,680
you know you're doing a lot of work uh

130
00:04:59,590 --> 00:04:57,759
karen and chris and of course the other

131
00:05:05,110 --> 00:04:59,600
crew members too what do you all do to

132
00:05:09,350 --> 00:05:07,670
it's funny that it the week goes by and

133
00:05:12,070 --> 00:05:09,360
you really realize there's not a lot of

134
00:05:15,029 --> 00:05:12,080
free time especially on the weekdays and

135
00:05:17,029 --> 00:05:15,039
by the time we finish our work day

136
00:05:18,550 --> 00:05:17,039
and get done with our daily planning

137
00:05:20,070 --> 00:05:18,560
conference that we do with all the space

138
00:05:22,550 --> 00:05:20,080

centers around the world

139

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

we you know then it's time for dinner

140

00:05:25,990 --> 00:05:24,560

and phone calls to family and that type

141

00:05:27,990 --> 00:05:26,000

of thing and then the day is done on the

142

00:05:29,670 --> 00:05:28,000

weekends we have about half a day on

143

00:05:31,430 --> 00:05:29,680

saturday where we have free time and

144

00:05:33,350 --> 00:05:31,440

then most of sunday

145

00:05:35,749 --> 00:05:33,360

and we all like to go and take pictures

146

00:05:37,990 --> 00:05:35,759

out of the window we read we just sit

147

00:05:40,310 --> 00:05:38,000

and chat with each other

148

00:05:42,550 --> 00:05:40,320

i brought some projects to work on i'm

149

00:05:43,990 --> 00:05:42,560

trying to do a little bit of sewing

150

00:05:45,990 --> 00:05:44,000

i haven't done as much as i would like

151
00:05:48,870 --> 00:05:46,000
but like i said the free time just the

152
00:05:50,790 --> 00:05:48,880
time just goes so fast here well karen

153
00:05:55,270 --> 00:05:50,800
your pictures are gorgeous on twitter by

154
00:05:59,270 --> 00:05:57,029
thank you i'm i'm trying to show

155
00:06:01,270 --> 00:05:59,280
everybody who isn't as privileged as we

156
00:06:03,350 --> 00:06:01,280
are to be able to come here what it

157
00:06:04,870 --> 00:06:03,360
looks like from this vantage point like

158
00:06:07,270 --> 00:06:04,880
i said we're so privileged to be able to

159
00:06:08,950 --> 00:06:07,280
come and and see the earth and the how

160
00:06:11,029 --> 00:06:08,960
beautiful it looks from here and and

161
00:06:12,550 --> 00:06:11,039
since so few people get to do that i

162
00:06:14,790 --> 00:06:12,560
think sharing and i try to get my

163
00:06:16,950 --> 00:06:14,800

pictures to look in a way so it looks

164

00:06:18,950 --> 00:06:16,960

like it does when we look and the colors

165

00:06:21,029 --> 00:06:18,960

as vibrant as it as it is when we look

166

00:06:23,189 --> 00:06:21,039

out the window and

167

00:06:24,710 --> 00:06:23,199

just try and share what we're seeing

168

00:06:26,070 --> 00:06:24,720

karen have you finally gotten a chance

169

00:06:30,790 --> 00:06:26,080

to take a picture of your hometown of

170

00:06:35,670 --> 00:06:33,110

i did a couple weeks ago thanks to chris

171

00:06:37,430 --> 00:06:35,680

he knew i had been waiting to um to get

172

00:06:39,670 --> 00:06:37,440

a picture of it and every single time we

173

00:06:42,469 --> 00:06:39,680

passed over it was very cloudy and then

174

00:06:44,870 --> 00:06:42,479

one time i was working on on a project

175

00:06:47,110 --> 00:06:44,880

and he called over intercom and said

176

00:06:49,110 --> 00:06:47,120

karen it's clear in minnesota and so i

177

00:06:50,950 --> 00:06:49,120

went down to the cupola and got some

178

00:06:53,670 --> 00:06:50,960

pictures and i think everybody in my

179

00:06:55,510 --> 00:06:53,680

hometown area really enjoyed it

180

00:06:56,870 --> 00:06:55,520

say final question do you both think

181

00:07:04,710 --> 00:06:56,880

you'll be ready to come home after about

182

00:07:08,870 --> 00:07:06,629

i think six months is a is a good amount

183

00:07:12,070 --> 00:07:08,880

of time i think it's enough time you

184

00:07:14,469 --> 00:07:12,080

kind of want to go home before your your

185

00:07:16,469 --> 00:07:14,479

craving going home i think

186

00:07:19,270 --> 00:07:16,479

but of course with our families at home

187

00:07:20,950 --> 00:07:19,280

everybody you know i i i'm going to be

188

00:07:22,950 --> 00:07:20,960

looking forward to going home i hate

189

00:07:24,629 --> 00:07:22,960

leaving this place

190

00:07:29,430 --> 00:07:24,639

but but i know i'll be looking forward

191

00:07:29,440 --> 00:07:34,550

karen and chris thanks

192

00:07:34,560 --> 00:07:39,110

thanks for joining us

193

00:07:43,270 --> 00:07:41,510

station this is houston acr that

194

00:07:45,270 --> 00:07:43,280

concludes the minnesota public radio

195

00:07:51,670 --> 00:07:45,280

portion of the event please stand by for

196

00:07:57,670 --> 00:07:53,909

station this is u.s navy production how

197

00:08:04,629 --> 00:07:59,589

i hear you loud and clear it's great to

198

00:08:04,639 --> 00:08:13,430

thank you sir

199

00:08:17,189 --> 00:08:15,430

from the early days to the present the

200

00:08:19,110 --> 00:08:17,199

navy has been an important contributor

201
00:08:21,510 --> 00:08:19,120
to america's efforts in space both

202
00:08:23,350 --> 00:08:21,520
unmanned and manned in fact more

203
00:08:25,749 --> 00:08:23,360
astronauts have graduated from the naval

204
00:08:27,350 --> 00:08:25,759
academy than any other higher education

205
00:08:29,110 --> 00:08:27,360
institution

206
00:08:30,950 --> 00:08:29,120
i'm petty officer brandie wells and here

207
00:08:33,190 --> 00:08:30,960
in studio with me i have midshipman

208
00:08:35,029 --> 00:08:33,200
second class lucas papadakis an

209
00:08:37,750 --> 00:08:35,039
aerospace engineering major at the

210
00:08:39,430 --> 00:08:37,760
academy and a hopeful future astronaut

211
00:08:41,430 --> 00:08:39,440
and live from the international space

212
00:08:44,070 --> 00:08:41,440
station is commander chris cassidy a

213
00:08:46,470 --> 00:08:44,080

navy seal to discuss the navy's role in

214

00:08:47,750 --> 00:08:46,480

space and his own experiences

215

00:08:51,030 --> 00:08:47,760

thank you for joining us today commander

216

00:08:57,030 --> 00:08:52,790

hey my pleasure it's great to be with

217

00:08:59,990 --> 00:08:57,829

sir

218

00:09:05,269 --> 00:09:00,000

our first question is why is space

219

00:09:09,829 --> 00:09:07,190

well you know

220

00:09:11,829 --> 00:09:09,839

obviously communication is vital to

221

00:09:15,910 --> 00:09:11,839

anything we do from as simple things as

222

00:09:18,710 --> 00:09:15,920

our own relationships to war to space

223

00:09:20,550 --> 00:09:18,720

and uh and the space environment for the

224

00:09:23,590 --> 00:09:20,560

navy is critical for our communications

225

00:09:25,269 --> 00:09:23,600

network tracking our ships

226

00:09:27,350 --> 00:09:25,279

responding to

227

00:09:29,430 --> 00:09:27,360

disasters or conflicts and everything

228

00:09:31,430 --> 00:09:29,440

that we do on a day-to-day basis and

229

00:09:33,030 --> 00:09:31,440

having the ability to track and manage

230

00:09:35,509 --> 00:09:33,040

all of this infrastructure all around

231

00:09:36,949 --> 00:09:35,519

the world it's actually really critical

232

00:09:46,389 --> 00:09:36,959

to to

233

00:09:53,030 --> 00:09:47,990

how has your navy service prepared you

234

00:09:57,110 --> 00:09:54,230

well you know that's an interesting

235

00:09:59,590 --> 00:09:57,120

question i think that

236

00:10:01,910 --> 00:09:59,600

to be successful as an astronaut you

237

00:10:04,790 --> 00:10:01,920

need to have the ability to

238

00:10:06,630 --> 00:10:04,800

think operationally and do things while

239

00:10:08,630 --> 00:10:06,640

you're communicating on the radio while

240

00:10:10,630 --> 00:10:08,640

you're while you're processing multiple

241

00:10:12,790 --> 00:10:10,640

things and that's what i've learned over

242

00:10:15,509 --> 00:10:12,800

my time my few months here and that was

243

00:10:17,990 --> 00:10:15,519

really instilled in me from my first

244

00:10:20,150 --> 00:10:18,000

days of stepping on to the naval academy

245

00:10:22,389 --> 00:10:20,160

yard all the way through

246

00:10:24,150 --> 00:10:22,399

being groomed as a as a junior officer

247

00:10:25,990 --> 00:10:24,160

and mentored by some of the senior

248

00:10:29,110 --> 00:10:26,000

enlisted that i had the privilege to

249

00:10:31,269 --> 00:10:29,120

work with and

250

00:10:33,670 --> 00:10:31,279

just really the fundamental things of

251
00:10:35,590 --> 00:10:33,680
what we need our our navy war fighters

252
00:10:38,790 --> 00:10:35,600
our military war fighters to do

253
00:10:40,630 --> 00:10:38,800
translates exactly to uh to life in

254
00:10:42,790 --> 00:10:40,640
space it's an operational environment

255
00:10:44,550 --> 00:10:42,800
we're doing things that we can get

256
00:10:46,230 --> 00:10:44,560
us hurt or hurt the equipment that we're

257
00:10:49,269 --> 00:10:46,240
working with neither one of those are

258
00:10:51,110 --> 00:10:49,279
good and uh and it's that innate sense

259
00:10:52,870 --> 00:10:51,120
of how to do that i think is instilled

260
00:10:56,470 --> 00:10:52,880
in every one of us that uh joins the

261
00:11:03,670 --> 00:10:58,150
are there any similarities between the

262
00:11:09,829 --> 00:11:07,670
well i'm asked that often actually and

263
00:11:12,150 --> 00:11:09,839

i think

264

00:11:13,269 --> 00:11:12,160

at face value it's very similar training

265

00:11:14,870 --> 00:11:13,279

pattern

266

00:11:15,829 --> 00:11:14,880

in the seal teams much like the rest of

267

00:11:18,470 --> 00:11:15,839

the navy

268

00:11:20,710 --> 00:11:18,480

on a typical pre-deployment workup you

269

00:11:22,069 --> 00:11:20,720

go together with some basic unit level

270

00:11:23,670 --> 00:11:22,079

training

271

00:11:25,750 --> 00:11:23,680

and then as you get more proficient

272

00:11:28,069 --> 00:11:25,760

you'll start integrating with other

273

00:11:30,150 --> 00:11:28,079

units until you prepare for your final

274

00:11:32,949 --> 00:11:30,160

exercises prior to deployment and we

275

00:11:35,190 --> 00:11:32,959

have a very similar pattern here uh in

276

00:11:37,030 --> 00:11:35,200

the training for space at the beginning

277

00:11:39,590 --> 00:11:37,040

of being assigned to a space mission you

278

00:11:42,790 --> 00:11:39,600

you train up on individual systems just

279

00:11:44,710 --> 00:11:42,800

you and an instructor learning the uh

280

00:11:46,949 --> 00:11:44,720

the wiring diagrams and how the system

281

00:11:49,750 --> 00:11:46,959

works and then you build up to an

282

00:11:51,670 --> 00:11:49,760

integrated simulation environment where

283

00:11:54,150 --> 00:11:51,680

you're working with other crew members

284

00:11:56,949 --> 00:11:54,160

from other countries and on multiple

285

00:11:59,030 --> 00:11:56,959

systems at the same time all in a that

286

00:12:01,269 --> 00:11:59,040

culminates with some exams prior to

287

00:12:03,030 --> 00:12:01,279

launch and we go on our mission we're up

288

00:12:05,269 --> 00:12:03,040

here for six months just like on a navy

289

00:12:08,550 --> 00:12:05,279

deployment is typically six months so

290

00:12:11,030 --> 00:12:08,560

that training pattern is very similar

291

00:12:14,790 --> 00:12:11,040

and then the other thing is this my seal

292

00:12:16,629 --> 00:12:14,800

team life was much more uh physical uh

293

00:12:19,509 --> 00:12:16,639

and we we do exercise quite a bit up

294

00:12:23,509 --> 00:12:19,519

here on space it's it's essential but uh

295

00:12:24,550 --> 00:12:23,519

i think i find i find myself

296

00:12:26,470 --> 00:12:24,560

uh

297

00:12:28,550 --> 00:12:26,480

it's more of an academic environment in

298

00:12:31,190 --> 00:12:28,560

the in the in the qualification process

299

00:12:34,629 --> 00:12:31,200

to be assigned to to a flight here at

300

00:12:38,310 --> 00:12:36,629

you mentioned the physical side sir what

301
00:12:43,829 --> 00:12:38,320
kind of physical training was required

302
00:12:43,839 --> 00:12:47,509
well you know it's interesting we

303
00:12:51,590 --> 00:12:49,829
try to we work out pretty regularly on

304
00:12:53,829 --> 00:12:51,600
the earth but it's everybody has busy

305
00:12:55,670 --> 00:12:53,839
schedules just like uh

306
00:12:56,870 --> 00:12:55,680
everybody else uh training when we're

307
00:12:59,990 --> 00:12:56,880
training up for a mission but when we

308
00:13:02,150 --> 00:13:00,000
get to space it's it's not just a matter

309
00:13:04,829 --> 00:13:02,160
of what our desire to work out it's

310
00:13:08,790 --> 00:13:04,839
essential we have to do it if we did not

311
00:13:10,870 --> 00:13:08,800
exercise our bones would think uh i have

312
00:13:13,110 --> 00:13:10,880
nothing to do i can i can relax i can

313
00:13:14,790 --> 00:13:13,120

atrophy i don't have to carry a load and

314

00:13:17,110 --> 00:13:14,800

our bone density density would

315

00:13:19,590 --> 00:13:17,120

constantly fall off much like an elderly

316

00:13:22,790 --> 00:13:19,600

person with osteoporosis and the only

317

00:13:25,190 --> 00:13:22,800

way to really combat that is

318

00:13:27,190 --> 00:13:25,200

resistive exercise weightlifting type

319

00:13:29,750 --> 00:13:27,200

strength training on the large muscles

320

00:13:32,069 --> 00:13:29,760

your legs lower body and back and that's

321

00:13:33,990 --> 00:13:32,079

what we concentrate on we do a lot of

322

00:13:37,430 --> 00:13:34,000

of squats and deadlifts and that sort of

323

00:13:39,430 --> 00:13:37,440

thing to to keep our uh mostly our legs

324

00:13:41,190 --> 00:13:39,440

and our hips healthy that's uh

325

00:13:43,829 --> 00:13:41,200

absolutely critical we also have a bike

326

00:13:45,269 --> 00:13:43,839

and a treadmill and that that we use as

327

00:13:47,590 --> 00:13:45,279

well but that's just to maintain our

328

00:13:53,829 --> 00:13:47,600

cardiovascular health the real true

329

00:13:57,350 --> 00:13:55,350

why do you think the naval academy has

330

00:14:03,350 --> 00:13:57,360

produced more astronauts than any other

331

00:14:08,470 --> 00:14:05,910

well i think it's just a um

332

00:14:10,949 --> 00:14:08,480

a matter of numbers maybe if if you look

333

00:14:12,629 --> 00:14:10,959

at the astronaut office about half of

334

00:14:13,670 --> 00:14:12,639

the astronaut office

335

00:14:15,910 --> 00:14:13,680

uh

336

00:14:17,269 --> 00:14:15,920

is military the numbers are a little bit

337

00:14:18,629 --> 00:14:17,279

different right now we're sort of going

338

00:14:21,590 --> 00:14:18,639

through

339

00:14:22,949 --> 00:14:21,600

a transition period but historically the

340

00:14:26,470 --> 00:14:22,959

half the astronauts have been active

341

00:14:29,590 --> 00:14:26,480

duty military and half civilian and when

342

00:14:34,870 --> 00:14:32,230

those military officers that that come

343

00:14:36,790 --> 00:14:34,880

to to the astronaut office

344

00:14:39,110 --> 00:14:36,800

it's probably pretty pretty close i mean

345

00:14:40,470 --> 00:14:39,120

we might have the exact uh the lead if

346

00:14:42,389 --> 00:14:40,480

you will over the air force which is a

347

00:14:44,069 --> 00:14:42,399

good thing because i'll be coming home

348

00:14:45,670 --> 00:14:44,079

in the first week in october and going

349

00:14:49,509 --> 00:14:45,680

to our homecoming where we beat air

350

00:14:51,590 --> 00:14:49,519

force but that aside um

351

00:14:53,829 --> 00:14:51,600

the air force and the navy probably have

352

00:14:55,350 --> 00:14:53,839

the the two close

353

00:14:58,150 --> 00:14:55,360

are really close in the number of

354

00:15:00,389 --> 00:14:58,160

astronauts we produce the army has some

355

00:15:01,509 --> 00:15:00,399

too the coast guard academy has has an

356

00:15:03,750 --> 00:15:01,519

astronaut

357

00:15:05,350 --> 00:15:03,760

but it's just a matter of the sheer

358

00:15:09,829 --> 00:15:05,360

volume

359

00:15:09,839 --> 00:15:15,350

what's next for you sir

360

00:15:22,230 --> 00:15:19,110

what's next for me well um

361

00:15:24,150 --> 00:15:22,240

what i like to say up here is the the

362

00:15:25,590 --> 00:15:24,160

the only important thing in the space

363

00:15:26,790 --> 00:15:25,600

station is what you're doing right at

364

00:15:28,629 --> 00:15:26,800

this time

365

00:15:31,030 --> 00:15:28,639

because anything else we can screw up

366

00:15:33,269 --> 00:15:31,040

and cause damage to the vehicle or worse

367

00:15:35,350 --> 00:15:33,279

to ourselves so what's next for me is to

368

00:15:38,069 --> 00:15:35,360

make sure that i keep this place safe

369

00:15:39,910 --> 00:15:38,079

and running uh running ship shape until

370

00:15:44,230 --> 00:15:39,920

it's time for me to leave after that

371

00:15:47,189 --> 00:15:44,240

when i come home in uh in september

372

00:15:50,069 --> 00:15:47,199

i will go through about a two-month

373

00:15:51,269 --> 00:15:50,079

rehabilitation period get myself healthy

374

00:15:53,670 --> 00:15:51,279

make sure

375

00:15:55,749 --> 00:15:53,680

and finish close out all the experiments

376

00:15:59,110 --> 00:15:55,759

that we have ongoing

377

00:16:01,110 --> 00:15:59,120

on ourselves and then do

378

00:16:02,870 --> 00:16:01,120

a little bit of public relations things

379

00:16:05,590 --> 00:16:02,880

as i prepare for

380

00:16:08,550 --> 00:16:05,600

either a next my next assignment as as a

381

00:16:10,949 --> 00:16:08,560

space flyer but probably i will just

382

00:16:12,629 --> 00:16:10,959

work in the astronaut office supporting

383

00:16:14,069 --> 00:16:12,639

other ongoing missions and my friends

384

00:16:16,150 --> 00:16:14,079

that are that have the privilege of

385

00:16:18,710 --> 00:16:16,160

coming up here beyond that in the the

386

00:16:20,230 --> 00:16:18,720

five five year time horizon it'd be

387

00:16:22,550 --> 00:16:20,240

great if i could come back to this to

388

00:16:25,910 --> 00:16:22,560

space but but we'll leave that up to my

389

00:16:31,430 --> 00:16:26,949

thank you for your time commander

390

00:16:35,990 --> 00:16:32,870

thank you very much

391

00:16:40,230 --> 00:16:37,829

me if i get your name wrong it's best of

392

00:16:43,030 --> 00:16:40,240

luck to you as you pursue your dreams

393

00:16:47,350 --> 00:16:43,040

and to all of you out there

394

00:16:53,030 --> 00:16:50,150

station this is houston acr thank you

395

00:16:55,189 --> 00:16:53,040

that concludes the event

396

00:16:57,590 --> 00:16:55,199

thank you minnesota public radio and the