



1  
00:00:05,990 --> 00:00:02,550  
station this is houston are you ready

2  
00:00:10,790 --> 00:00:08,710  
i'm ready for the event

3  
00:00:12,870 --> 00:00:10,800  
nbc today this is mission control

4  
00:00:23,109 --> 00:00:12,880  
houston please call station for a voice

5  
00:00:28,630 --> 00:00:24,950  
i have you loud and clear welcome to the

6  
00:00:33,910 --> 00:00:31,429  
good morning dr nyberg now i am seeing

7  
00:00:36,790 --> 00:00:33,920  
your hair standing on end there and for

8  
00:00:38,790 --> 00:00:36,800  
most of us uh as we know washing our

9  
00:00:40,630 --> 00:00:38,800  
hair is an everyday occurrence but for

10  
00:00:42,310 --> 00:00:40,640  
you it takes on a whole new meaning tell

11  
00:00:46,630 --> 00:00:42,320  
me about the video you decided to share

12  
00:00:50,790 --> 00:00:48,470  
well i was amazed how many people i had

13  
00:00:52,630 --> 00:00:50,800

asked me how i wash my hair and i guess

14

00:00:54,549 --> 00:00:52,640

it is unusual there have been many women

15

00:00:56,069 --> 00:00:54,559

in the past that have flown on short

16

00:00:58,069 --> 00:00:56,079

duration missions with long hair and

17

00:00:59,990 --> 00:00:58,079

then a couple on long duration missions

18

00:01:01,830 --> 00:01:00,000

too and i guess it is fascinating for

19

00:01:04,070 --> 00:01:01,840

folks and so i thought i would try and

20

00:01:05,750 --> 00:01:04,080

answer that question by showing and it's

21

00:01:07,510 --> 00:01:05,760

actually quite simple i think some

22

00:01:09,670 --> 00:01:07,520

people i've even seen some of the

23

00:01:12,149 --> 00:01:09,680

comments from the from the youtube video

24

00:01:13,590 --> 00:01:12,159

and and people commenting on how how

25

00:01:15,670 --> 00:01:13,600

difficult it is and i actually think

26

00:01:17,510 --> 00:01:15,680

it's quite easy it uses very little

27

00:01:19,270 --> 00:01:17,520

water um

28

00:01:21,350 --> 00:01:19,280

and just a little bit of the no rinse

29

00:01:24,630 --> 00:01:21,360

shampoo and and i don't think it's much

30

00:01:28,950 --> 00:01:27,030

are you surprised by the reaction the

31

00:01:33,109 --> 00:01:28,960

amount of publicity you got from this

32

00:01:38,149 --> 00:01:35,670

actually i was very surprised it uh got

33

00:01:40,149 --> 00:01:38,159

a lot more uh more views than i would

34

00:01:41,830 --> 00:01:40,159

have expected but like you said it's a

35

00:01:43,910 --> 00:01:41,840

common everyday thing people have to

36

00:01:45,749 --> 00:01:43,920

have to clean up every single day and so

37

00:01:47,510 --> 00:01:45,759

i guess it's just it's just fascinating

38

00:01:49,270 --> 00:01:47,520

to see it done in an environment that's

39

00:01:52,069 --> 00:01:49,280

different from what you do it in

40

00:01:54,389 --> 00:01:53,670

well you mentioned you need the dry

41

00:01:57,030 --> 00:01:54,399

shampoo

42

00:02:02,069 --> 00:01:57,040

and the water so what other tools do you

43

00:02:06,310 --> 00:02:04,870

basically just a comb and a towel i have

44

00:02:27,190 --> 00:02:06,320

a

45

00:02:29,670 --> 00:02:27,200

months

46

00:02:32,229 --> 00:02:29,680

and uh and then a comb just to comb it

47

00:02:37,430 --> 00:02:32,239

through and get get the snake snarls out

48

00:02:41,350 --> 00:02:38,949

now i i know this is a little bit of a

49

00:02:42,710 --> 00:02:41,360

juggling act with zero gravity you're

50

00:02:44,550 --> 00:02:42,720

holding the microphone and you've got

51  
00:02:46,390 --> 00:02:44,560  
the dry shampoo but would you care to

52  
00:02:51,589 --> 00:02:46,400  
give us a little demo and explain the

53  
00:02:56,390 --> 00:02:53,670  
well without adding water exactly to my

54  
00:02:59,030 --> 00:02:56,400  
hair right now i can show you uh usually

55  
00:03:01,350 --> 00:02:59,040  
what i do is just take the water and i

56  
00:03:03,110 --> 00:03:01,360  
just kind of add it to my the scalp area

57  
00:03:04,630 --> 00:03:03,120  
in fact sometimes i wash only the scalp

58  
00:03:06,710 --> 00:03:04,640  
and don't bother getting it to the rest

59  
00:03:08,390 --> 00:03:06,720  
of my hair

60  
00:03:10,949 --> 00:03:08,400  
and then i take the uh

61  
00:03:13,750 --> 00:03:10,959  
my comb usually and and run the water up

62  
00:03:15,190 --> 00:03:13,760  
through through my hair and then add a

63  
00:03:16,790 --> 00:03:15,200

little bit of the no rinse shampoo to

64

00:03:18,710 --> 00:03:16,800

the scalp as well and rub it in and

65

00:03:21,350 --> 00:03:18,720

sometimes use a towel or a washcloth to

66

00:03:23,910 --> 00:03:21,360

kind of to kind of uh there you get a

67

00:03:25,830 --> 00:03:23,920

lot of your natural body oils and also

68

00:03:27,430 --> 00:03:25,840

my hair picks up a lot of the dust or

69

00:03:29,350 --> 00:03:27,440

anything that's in the air which is

70

00:03:30,869 --> 00:03:29,360

evident by the brush that i use every so

71

00:03:33,030 --> 00:03:30,879

often

72

00:03:35,830 --> 00:03:33,040

and so then i just uh

73

00:03:39,509 --> 00:03:35,840

dry it and comb it through again and

74

00:03:43,750 --> 00:03:41,670

what happens to all the extra water as

75

00:03:48,309 --> 00:03:43,760

it floats off in the zero gravity

76

00:03:51,589 --> 00:03:49,910

well what we're what we're trying to do

77

00:03:53,509 --> 00:03:51,599

here is demonstrate on the international

78

00:03:55,350 --> 00:03:53,519

space station of recycling things which

79

00:03:57,350 --> 00:03:55,360

is a necessity really because we can't

80

00:03:59,350 --> 00:03:57,360

bring up all the water we need so we

81

00:04:01,910 --> 00:03:59,360

have a water processing system that

82

00:04:04,149 --> 00:04:01,920

takes all of the condensate from the air

83

00:04:07,030 --> 00:04:04,159

and actually our urine as well

84

00:04:09,030 --> 00:04:07,040

and processes it into drinking water and

85

00:04:10,789 --> 00:04:09,040

so it's very it's a very much a closed

86

00:04:12,789 --> 00:04:10,799

system every so often we'll get some

87

00:04:15,030 --> 00:04:12,799

fresh water we just had some delivered

88

00:04:16,710 --> 00:04:15,040

on the japanese cargo vehicle that

89

00:04:19,270 --> 00:04:16,720

arrived last week

90

00:04:21,590 --> 00:04:19,280

and but but most of the water we use is

91

00:04:23,510 --> 00:04:21,600

recycled water and i think that's very

92

00:04:25,670 --> 00:04:23,520

important for future missions to come

93

00:04:27,990 --> 00:04:25,680

when we are heading further distances

94

00:04:32,469 --> 00:04:28,000

away and don't have the supply or

95

00:04:36,469 --> 00:04:34,629

and dr nyberg as you know your colleague

96

00:04:38,790 --> 00:04:36,479

and fellow astronaut

97

00:04:41,189 --> 00:04:38,800

chris hadfield made quite a name for her

98

00:04:42,550 --> 00:04:41,199

himself posting several videos while he

99

00:04:44,710 --> 00:04:42,560

was there at the international space

100

00:04:47,110 --> 00:04:44,720

station as well including the david

101  
00:04:48,550 --> 00:04:47,120  
bowie cover space oddity are you taking

102  
00:04:53,110 --> 00:04:48,560  
over for him and how much more are you

103  
00:04:57,110 --> 00:04:54,629  
well i don't really think i'm taking

104  
00:04:59,189 --> 00:04:57,120  
over for him uh chris is very unique in

105  
00:05:01,909 --> 00:04:59,199  
his talents and abilities to reach out

106  
00:05:03,749 --> 00:05:01,919  
to people and i you know i i just i'm

107  
00:05:05,350 --> 00:05:03,759  
just not that what not like that i don't

108  
00:05:08,070 --> 00:05:05,360  
have the charisma i don't think that he

109  
00:05:09,830 --> 00:05:08,080  
has but i'm trying to show what i can

110  
00:05:11,830 --> 00:05:09,840  
in some of the pictures that i take and

111  
00:05:14,070 --> 00:05:11,840  
i've i've been sharing um

112  
00:05:16,230 --> 00:05:14,080  
some of the views from earth my favorite

113  
00:05:18,390 --> 00:05:16,240

views because i think it's great that

114

00:05:19,909 --> 00:05:18,400

others who don't get the opportunity and

115

00:05:26,070 --> 00:05:19,919

aren't don't have the privilege of

116

00:05:29,510 --> 00:05:27,909

well it's been a pleasure talking with

117

00:05:31,430 --> 00:05:29,520

you we look forward to more of your

118

00:05:33,590 --> 00:05:31,440

postings dr karen nyberg and i know your

119

00:05:37,510 --> 00:05:33,600

family in minnesota is especially proud

120

00:05:42,390 --> 00:05:39,029

thanks a lot it was nice talking to you

121

00:05:42,400 --> 00:05:46,710

you too thank you

122

00:05:53,990 --> 00:05:49,430

station this is houston acr thank you

123

00:05:58,070 --> 00:05:56,629

thank you nbc today's station we are now