



1  
00:00:06,710 --> 00:00:03,110  
station this is houston are you ready

2  
00:00:06,720 --> 00:00:10,390  
absolutely we are ready for the event

3  
00:00:14,910 --> 00:00:12,390  
fox news channel this is mission control

4  
00:00:17,510 --> 00:00:14,920  
houston please call station for a voice

5  
00:00:20,870 --> 00:00:17,520  
check station this is fox news channel

6  
00:00:23,269 --> 00:00:22,150  
fox news we got you loud and clear

7  
00:00:24,870 --> 00:00:23,279  
welcome aboard the international space

8  
00:00:26,950 --> 00:00:24,880  
station

9  
00:00:29,910 --> 00:00:26,960  
great thank you so much

10  
00:00:31,669 --> 00:00:29,920  
i've done many interviews before at nasa

11  
00:00:33,510 --> 00:00:31,679  
headquarters but never

12  
00:00:35,910 --> 00:00:33,520  
in outer space so i'd like to know what

13  
00:00:38,470 --> 00:00:35,920

it's like um commander wilmore and

14

00:00:42,790 --> 00:00:38,480

commander verts what it's like in space

15

00:00:46,950 --> 00:00:44,869

well day to day it's it's absolutely

16

00:00:48,709 --> 00:00:46,960

fantastic there's a great deal of work

17

00:00:50,950 --> 00:00:48,719

obviously our days are scheduled pretty

18

00:00:52,069 --> 00:00:50,960

much start to finish we start with a

19

00:00:53,270 --> 00:00:52,079

planning conference we end with a

20

00:00:54,790 --> 00:00:53,280

planning conference for the next day's

21

00:00:56,150 --> 00:00:54,800

events and and pretty much most of the

22

00:00:57,910 --> 00:00:56,160

day is scheduled between that we have

23

00:00:58,869 --> 00:00:57,920

workouts scheduled we have different

24

00:01:00,869 --> 00:00:58,879

experiments scheduled we have

25

00:01:02,310 --> 00:01:00,879

maintenance scheduled and so it's fairly

26

00:01:03,670 --> 00:01:02,320

busy but

27

00:01:04,789 --> 00:01:03,680

you know not many places that you can go

28

00:01:06,550 --> 00:01:04,799

to work and you can just float around

29

00:01:12,950 --> 00:01:06,560

and do these type of things so it makes

30

00:01:19,749 --> 00:01:15,510

um how about for you

31

00:01:24,230 --> 00:01:22,230

well i'll uh i'll agree with butch it's

32

00:01:26,070 --> 00:01:24,240

a busy day from basically the morning

33

00:01:28,630 --> 00:01:26,080

you wake up until uh night time today

34

00:01:30,710 --> 00:01:28,640

we're scheduled from 7 00 a.m to 8 p.m

35

00:01:32,630 --> 00:01:30,720

and uh so it's work work work and then

36

00:01:34,710 --> 00:01:32,640

when you can you take a minute to relax

37

00:01:36,230 --> 00:01:34,720

today i was working out on the um

38

00:01:37,830 --> 00:01:36,240

the machine we call a red doing my

39

00:01:39,670 --> 00:01:37,840

exercise and i looked up and saw that we

40

00:01:41,350 --> 00:01:39,680

were flying over india so i ran and

41

00:01:43,350 --> 00:01:41,360

grabbed a camera and took a few pictures

42

00:01:44,870 --> 00:01:43,360

of the taj mahal and then a few minutes

43

00:01:45,990 --> 00:01:44,880

later we were flying over the himalayas

44

00:01:47,749 --> 00:01:46,000

and i was trying to get a picture of

45

00:01:49,590 --> 00:01:47,759

mount everest a few minutes later we

46

00:01:51,749 --> 00:01:49,600

were flying over the deserts of central

47

00:01:52,950 --> 00:01:51,759

china which are just amazing and then a

48

00:01:54,950 --> 00:01:52,960

couple minutes later was time to get

49

00:01:56,310 --> 00:01:54,960

back to work because i had to move on to

50

00:01:57,910 --> 00:01:56,320

some maintenance tasks that we're doing

51  
00:02:00,149 --> 00:01:57,920  
to reconfigure the station so it's

52  
00:02:02,149 --> 00:02:00,159  
basically a lot of work punctuated by

53  
00:02:03,990 --> 00:02:02,159  
some really amazing things like getting

54  
00:02:05,990 --> 00:02:04,000  
to float like this or see the beautiful

55  
00:02:08,710 --> 00:02:06,000  
earth or stars so it's a pretty it's a

56  
00:02:10,949 --> 00:02:08,720  
pretty fun and busy time

57  
00:02:13,990 --> 00:02:10,959  
wow that is amazing i wanted to know

58  
00:02:14,790 --> 00:02:14,000  
because i know in about a month or so um

59  
00:02:17,030 --> 00:02:14,800  
there are

60  
00:02:18,229 --> 00:02:17,040  
the year-long venture to space is going

61  
00:02:19,990 --> 00:02:18,239  
to start what are your thoughts on

62  
00:02:25,270 --> 00:02:20,000  
spending an entire year

63  
00:02:28,710 --> 00:02:26,790

thoughts on spending a year in space you

64

00:02:31,509 --> 00:02:28,720

know there's a lot of information we can

65

00:02:32,869 --> 00:02:31,519

get from the human body and what a year

66

00:02:34,229 --> 00:02:32,879

of the effects of a year in space

67

00:02:35,910 --> 00:02:34,239

weightlessness will do to it and that's

68

00:02:37,430 --> 00:02:35,920

very interesting science and that's of

69

00:02:39,270 --> 00:02:37,440

course one of the main objectives for

70

00:02:41,350 --> 00:02:39,280

the year-long mission coming up would i

71

00:02:42,630 --> 00:02:41,360

do it uh absolutely i would do it

72

00:02:44,390 --> 00:02:42,640

however

73

00:02:46,070 --> 00:02:44,400

there are certain caveats you know we're

74

00:02:48,390 --> 00:02:46,080

up here for six months we're really

75

00:02:50,309 --> 00:02:48,400

actually away from home for almost a

76  
00:02:52,790 --> 00:02:50,319  
full eight month period from start to

77  
00:02:54,470 --> 00:02:52,800  
finish and that of course begins two and

78  
00:02:55,990 --> 00:02:54,480  
a half years before we launch with the

79  
00:02:58,470 --> 00:02:56,000  
training all around the globe so we're

80  
00:03:00,790 --> 00:02:58,480  
actually gone from our homes over half

81  
00:03:03,270 --> 00:03:00,800  
the time during that three year period

82  
00:03:04,869 --> 00:03:03,280  
so that's a big sacrifice it's actually

83  
00:03:05,910 --> 00:03:04,879  
not a huge sacrifice on us we're

84  
00:03:07,030 --> 00:03:05,920  
traveling around the world seeing

85  
00:03:08,309 --> 00:03:07,040  
meeting a lot of people doing some

86  
00:03:10,309 --> 00:03:08,319  
interesting things the biggest

87  
00:03:11,910 --> 00:03:10,319  
sacrifices on the family so for me

88  
00:03:13,990 --> 00:03:11,920

personally i've got a seven year old and

89

00:03:16,070 --> 00:03:14,000

a ten-year-old and my number one

90

00:03:18,149 --> 00:03:16,080

responsibility is as a husband and a

91

00:03:20,229 --> 00:03:18,159

father so for me right now to go for a

92

00:03:22,630 --> 00:03:20,239

year and add another six months to that

93

00:03:24,550 --> 00:03:22,640

would be would be hard because you know

94

00:03:26,229 --> 00:03:24,560

uh the little girls need their daddy and

95

00:03:29,430 --> 00:03:26,239

uh obviously daddies need their little

96

00:03:34,470 --> 00:03:29,440

girls too so that might be tough

97

00:03:38,229 --> 00:03:36,789

i agree with butch what we get to do as

98

00:03:39,750 --> 00:03:38,239

astronauts is the fun thing we get to

99

00:03:41,190 --> 00:03:39,760

ride on the rocket and be in space and

100

00:03:42,789 --> 00:03:41,200

it's definitely

101  
00:03:44,470 --> 00:03:42,799  
the difficulty and the and the real

102  
00:03:46,229 --> 00:03:44,480  
heroes are our families that support us

103  
00:03:48,550 --> 00:03:46,239  
and allow us to do this it's a lot of

104  
00:03:50,470 --> 00:03:48,560  
time spent away

105  
00:03:52,869 --> 00:03:50,480  
like butch was saying but you know it's

106  
00:03:54,949 --> 00:03:52,879  
there's thousands of our troops that do

107  
00:03:56,949 --> 00:03:54,959  
very similar deployments and

108  
00:03:58,550 --> 00:03:56,959  
do even for years beyond what we do so

109  
00:04:00,149 --> 00:03:58,560  
the sacrifice that we do

110  
00:04:02,869 --> 00:04:00,159  
is there especially for our families but

111  
00:04:03,990 --> 00:04:02,879  
it's not without uh parallel across our

112  
00:04:06,070 --> 00:04:04,000  
country there's lots of people that

113  
00:04:07,910 --> 00:04:06,080

sacrifice even more

114

00:04:09,990 --> 00:04:07,920

that's great i i wanted to ask you

115

00:04:12,309 --> 00:04:10,000

because i have a 8th grader and you know

116

00:04:13,910 --> 00:04:12,319

we're doing the science experiment time

117

00:04:15,910 --> 00:04:13,920

what about the experiments there you

118

00:04:17,670 --> 00:04:15,920

know how many are going on at one time

119

00:04:21,830 --> 00:04:17,680

is there like a favorite or most

120

00:04:25,110 --> 00:04:23,749

well first of all bless you and uh good

121

00:04:27,270 --> 00:04:25,120

luck we'll pray for you having an eighth

122

00:04:29,110 --> 00:04:27,280

grader i've got some teenagers myself

123

00:04:31,510 --> 00:04:29,120

and second of all the science that we do

124

00:04:33,110 --> 00:04:31,520

here is pretty cool and it's very it's

125

00:04:34,629 --> 00:04:33,120

varied it's not the same science

126

00:04:36,790 --> 00:04:34,639

experiment every day

127

00:04:38,390 --> 00:04:36,800

we have right next to me robonaut he's

128

00:04:40,629 --> 00:04:38,400

buttoned up right now it's a big giant

129

00:04:41,590 --> 00:04:40,639

robot that we've been working on inside

130

00:04:44,070 --> 00:04:41,600

and hopefully eventually he'll be able

131

00:04:46,230 --> 00:04:44,080

to go out outside and do spacewalk type

132

00:04:48,150 --> 00:04:46,240

of activities to help us out we've got

133

00:04:49,749 --> 00:04:48,160

um over here we're doing a material

134

00:04:51,830 --> 00:04:49,759

science experiment in the glove box and

135

00:04:53,830 --> 00:04:51,840

we do some biology experiments there

136

00:04:55,990 --> 00:04:53,840

we've done i was doing a plant growth

137

00:04:57,990 --> 00:04:56,000

experiment this morning and so basically

138

00:05:00,550 --> 00:04:58,000

every type of science that there is

139

00:05:02,710 --> 00:05:00,560

there's a the computers that run

140

00:05:03,990 --> 00:05:02,720

a particle detector that's out on the

141

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

outside of the space station that's

142

00:05:07,110 --> 00:05:05,600

helping to discover what the universe is

143

00:05:09,430 --> 00:05:07,120

made out of so every type of science

144

00:05:12,070 --> 00:05:09,440

that there is we get to do or at least

145

00:05:13,670 --> 00:05:12,080

be involved in a small way now um

146

00:05:15,029 --> 00:05:13,680

kat wilmore and i are both pilots we're

147

00:05:16,870 --> 00:05:15,039

just fighter pilots and we kind of do

148

00:05:18,310 --> 00:05:16,880

what the scientists need us to do but it

149

00:05:21,350 --> 00:05:18,320

is a lot of fun to be involved in so

150

00:05:21,360 --> 00:05:27,270

do you have a favorite captain one more

151

00:05:31,350 --> 00:05:29,110

that would be very difficult like uh

152

00:05:32,710 --> 00:05:31,360

like colonel vert said we do so many

153

00:05:34,790 --> 00:05:32,720

varied things and be involved with so

154

00:05:36,870 --> 00:05:34,800

many things very important science uh

155

00:05:38,469 --> 00:05:36,880

these uh various folks around the globe

156

00:05:41,029 --> 00:05:38,479

putting their heart and soul into much

157

00:05:42,870 --> 00:05:41,039

of what we have our hands on and so we

158

00:05:44,469 --> 00:05:42,880

feel that we feel the stress if you will

159

00:05:46,710 --> 00:05:44,479

at times to make sure we get things and

160

00:05:48,469 --> 00:05:46,720

get it done right so and that's that's

161

00:05:49,909 --> 00:05:48,479

the pleasure in it i couldn't pick one

162

00:05:51,749 --> 00:05:49,919

that would be that would be very

163

00:05:54,070 --> 00:05:51,759

difficult and actually impossible to do

164

00:05:56,870 --> 00:05:54,080

they're all very interesting and and and

165

00:05:59,590 --> 00:05:56,880

exciting at the same time

166

00:06:00,950 --> 00:05:59,600

what is um okay so what is the weirdest

167

00:06:02,550 --> 00:06:00,960

or the funniest thing that's happened to

168

00:06:05,110 --> 00:06:02,560

you in space

169

00:06:06,870 --> 00:06:05,120

i don't know if that's uh

170

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

i'm sure uh a lot of things have

171

00:06:12,230 --> 00:06:08,880

happened you know i can a lot of things

172

00:06:16,230 --> 00:06:14,550

maybe not funny but the the strangest

173

00:06:18,150 --> 00:06:16,240

thing at least for me

174

00:06:20,070 --> 00:06:18,160

is i've got a pretty hefty appetite and

175

00:06:21,670 --> 00:06:20,080

when i'm on earth i really got to watch

176

00:06:22,950 --> 00:06:21,680

it because i can and i can blow up

177

00:06:25,110 --> 00:06:22,960

pretty quick

178

00:06:26,390 --> 00:06:25,120

but here for whatever reason i don't

179

00:06:28,629 --> 00:06:26,400

know if it's the work pace the

180

00:06:31,749 --> 00:06:28,639

environment i'm not sure what it is

181

00:06:34,070 --> 00:06:31,759

but uh our metabolisms are are higher

182

00:06:37,029 --> 00:06:34,080

and i could i can eat i i don't think i

183

00:06:39,270 --> 00:06:37,039

could i could eat continuously and and

184

00:06:41,590 --> 00:06:39,280

still not gain weight and that is

185

00:06:43,350 --> 00:06:41,600

strange my body is not that way like i

186

00:06:45,909 --> 00:06:43,360

said on earth but here and i've heard

187

00:06:47,749 --> 00:06:45,919

that from many other my astronaut

188

00:06:49,830 --> 00:06:47,759

folks as well say very similar things

189

00:06:51,270 --> 00:06:49,840

that the you know the metabolism is what

190

00:06:52,230 --> 00:06:51,280

it is and you can really really pack it

191

00:06:53,350 --> 00:06:52,240

away

192

00:06:55,749 --> 00:06:53,360

okay

193

00:06:58,469 --> 00:06:55,759

wow what about um i i didn't ask you

194

00:07:00,790 --> 00:06:58,479

this just last week they had the um you

195

00:07:02,870 --> 00:07:00,800

know spacex was gonna try to land on the

196

00:07:04,950 --> 00:07:02,880

reusable rocket i know the seas were too

197

00:07:06,710 --> 00:07:04,960

rough what do you think of their efforts

198

00:07:10,950 --> 00:07:06,720

you know to create a reusable launch

199

00:07:14,550 --> 00:07:12,309

well that's an important thing actually

200

00:07:16,230 --> 00:07:14,560

we have a visual of what spacex did for

201  
00:07:17,830 --> 00:07:16,240  
us the front of the space station there

202  
00:07:20,550 --> 00:07:17,840  
used to be full of

203  
00:07:21,990 --> 00:07:20,560  
bags of equipment and uh some science

204  
00:07:23,830 --> 00:07:22,000  
research that had to be sent back to

205  
00:07:25,909 --> 00:07:23,840  
earth and clothing and all kinds of

206  
00:07:27,270 --> 00:07:25,919  
stuff and and and for the first time and

207  
00:07:29,110 --> 00:07:27,280  
as long as anybody can remember we can

208  
00:07:30,469 --> 00:07:29,120  
actually see that front hatch because it

209  
00:07:31,350 --> 00:07:30,479  
all got sent back to earth which is

210  
00:07:32,150 --> 00:07:31,360  
great

211  
00:07:33,430 --> 00:07:32,160  
and

212  
00:07:35,270 --> 00:07:33,440  
of course one of the main goals of

213  
00:07:37,029 --> 00:07:35,280

spacex and a lot of the other companies

214

00:07:39,270 --> 00:07:37,039

that are involved in nasa's commercial

215

00:07:40,710 --> 00:07:39,280

efforts the goal is to reduce the launch

216

00:07:43,110 --> 00:07:40,720

costs and

217

00:07:44,469 --> 00:07:43,120

get make getting into space cheaper if

218

00:07:46,230 --> 00:07:44,479

getting into space is cheaper than we

219

00:07:48,390 --> 00:07:46,240

can do a lot more in space so that's

220

00:07:51,990 --> 00:07:48,400

very important it's an important part of

221

00:07:53,909 --> 00:07:52,000

our future that we're doing as a country

222

00:07:56,070 --> 00:07:53,919

fantastic okay i know my time is running

223

00:07:58,550 --> 00:07:56,080

short here so i uh you know since you

224

00:08:00,629 --> 00:07:58,560

talked about family i have to ask about

225

00:08:03,029 --> 00:08:00,639

valentine's day anything how are you

226

00:08:05,029 --> 00:08:03,039

keeping in touch with your families

227

00:08:06,550 --> 00:08:05,039

are you sending a special bouquet of

228

00:08:11,270 --> 00:08:06,560

roses

229

00:08:12,710 --> 00:08:11,280

when's valentine's day uh-oh tomorrow

230

00:08:14,710 --> 00:08:12,720

thanks for the reminder

231

00:08:15,830 --> 00:08:14,720

um no of course we're keeping in touch

232

00:08:17,670 --> 00:08:15,840

we have uh

233

00:08:19,029 --> 00:08:17,680

the ability to make phone calls when we

234

00:08:21,270 --> 00:08:19,039

have the right amount of satellite

235

00:08:23,990 --> 00:08:21,280

coverage and we the nasa sets up a

236

00:08:25,589 --> 00:08:24,000

weekly video conference for us of course

237

00:08:27,110 --> 00:08:25,599

there's email that we can

238

00:08:29,270 --> 00:08:27,120

email our friends and family with so

239

00:08:31,670 --> 00:08:29,280

there is uh it's not like being home at

240

00:08:33,190 --> 00:08:31,680

all but there is a lot of uh

241

00:08:34,389 --> 00:08:33,200

a lot of ability to contact your family

242

00:08:36,149 --> 00:08:34,399

you know i think about my grandparents

243

00:08:37,430 --> 00:08:36,159

when they were in world war ii

244

00:08:38,870 --> 00:08:37,440

and uh

245

00:08:40,389 --> 00:08:38,880

had a couple of grandfathers on both

246

00:08:41,909 --> 00:08:40,399

sides of the family that went off and

247

00:08:43,509 --> 00:08:41,919

three years later came back and never

248

00:08:45,350 --> 00:08:43,519

had a phone call or a visit or anything

249

00:08:46,630 --> 00:08:45,360

and so the amount of contact we have

250

00:08:49,190 --> 00:08:46,640

today with our families is pretty

251

00:08:53,590 --> 00:08:51,829

that's great and and for yourself

252

00:08:57,750 --> 00:08:53,600

commander is there any last thoughts or

253

00:09:01,430 --> 00:08:59,430

no i tell you what the support of the

254

00:09:03,110 --> 00:09:01,440

american public the people the thousands

255

00:09:05,269 --> 00:09:03,120

of people across this uh our great

256

00:09:07,590 --> 00:09:05,279

nation that put their their passion and

257

00:09:09,829 --> 00:09:07,600

soul into into what we do a lot of what

258

00:09:12,310 --> 00:09:09,839

we do and and it's uh it's a great

259

00:09:14,550 --> 00:09:12,320

benefit to mankind and we appreciate of

260

00:09:15,910 --> 00:09:14,560

course all of them and uh it's it's a

261

00:09:17,269 --> 00:09:15,920

great thing that we do for our nation as

262

00:09:19,190 --> 00:09:17,279

we come together and work together for

263

00:09:21,110 --> 00:09:19,200

these uh great accomplishments and they

264

00:09:22,949 --> 00:09:21,120

are great indeed

265

00:09:24,470 --> 00:09:22,959

great thank you so much for your time i

266

00:09:28,070 --> 00:09:24,480

really appreciate it and for your work

267

00:09:28,080 --> 00:09:32,070

absolutely thank you

268

00:09:35,910 --> 00:09:34,070

station this is houston acr that

269

00:09:37,030 --> 00:09:35,920

concludes the fox news channel portion

270

00:09:38,949 --> 00:09:37,040

of the event

271

00:09:48,230 --> 00:09:38,959

please stand by for a voice check from

272

00:09:48,240 --> 00:09:59,990

i am

273

00:10:16,790 --> 00:10:01,750

is this a voice check

274

00:10:16,800 --> 00:10:23,030

oh great you guys look fabulous up there

275

00:10:27,030 --> 00:10:25,110

well that's very kind we wish we could

276

00:10:30,470 --> 00:10:27,040

see you but obviously we're staring into

277

00:10:34,389 --> 00:10:33,030

i hear you i hear you um

278

00:10:37,829 --> 00:10:34,399

we're going to be ready to go in just a

279

00:10:37,839 --> 00:10:41,430

we'll be ready when you are

280

00:10:41,440 --> 00:10:57,430

thank you sir

281

00:10:57,440 --> 00:11:01,190

oh

282

00:11:06,069 --> 00:11:02,790

okay

283

00:11:09,670 --> 00:11:07,910

welcome gentlemen it's great to see you

284

00:11:14,389 --> 00:11:09,680

and it looks like you're having lots of

285

00:11:17,990 --> 00:11:16,310

oh absolutely this is a great place to

286

00:11:19,269 --> 00:11:18,000

have fun there's no doubt things

287

00:11:23,269 --> 00:11:19,279

obviously that you can do here you

288

00:11:26,790 --> 00:11:25,430

no doubt about that commander wilmore

289

00:11:28,230 --> 00:11:26,800

there's so much going on at the

290

00:11:29,829 --> 00:11:28,240

international space station at the

291

00:11:32,389 --> 00:11:29,839

moment give us a sense of what it's like

292

00:11:36,790 --> 00:11:32,399

to work in zero gravity and conduct many

293

00:11:40,710 --> 00:11:38,550

oh my that is that is an interesting

294

00:11:41,910 --> 00:11:40,720

question it is uh it's like i said it's

295

00:11:43,590 --> 00:11:41,920

fabulous

296

00:11:45,670 --> 00:11:43,600

it's busy absolutely busy we're

297

00:11:47,030 --> 00:11:45,680

scheduled uh pretty much 12 hours a day

298

00:11:49,190 --> 00:11:47,040

to include two and a half hours of

299

00:11:51,509 --> 00:11:49,200

physical activity you know working out

300

00:11:53,110 --> 00:11:51,519

doing aerobic and anaerobic exercise

301

00:11:54,949 --> 00:11:53,120

but other than that it's it's

302

00:11:57,190 --> 00:11:54,959

maintenance task it's science it's a go

303

00:11:58,790 --> 00:11:57,200

go pretty much all day every day and

304

00:12:01,590 --> 00:11:58,800

obviously it's friday we're glad it's

305

00:12:03,110 --> 00:12:01,600

friday we get a weekend as well and uh

306

00:12:04,629 --> 00:12:03,120

there's many weeks that we uh we've

307

00:12:06,150 --> 00:12:04,639

worked hard and we feel like we deserve

308

00:12:09,269 --> 00:12:06,160

that weekend and this past one was one

309

00:12:13,269 --> 00:12:11,670

wow uh perry one of the key areas that's

310

00:12:15,110 --> 00:12:13,279

being tested is the effects of

311

00:12:17,509 --> 00:12:15,120

microgravity on cells along with

312

00:12:19,750 --> 00:12:17,519

studying the long-term impact of zero

313

00:12:21,910 --> 00:12:19,760

gravity on the human body wouldn't you

314

00:12:23,750 --> 00:12:21,920

say this is a critical

315

00:12:28,069 --> 00:12:23,760

experiment particularly if man hopes to

316

00:12:30,790 --> 00:12:29,509

absolutely that's one of the most

317

00:12:32,470 --> 00:12:30,800

important

318

00:12:34,870 --> 00:12:32,480

functions that the space station

319

00:12:36,949 --> 00:12:34,880

performs is showing that people can live

320

00:12:39,509 --> 00:12:36,959

work and thrive in space and more

321

00:12:41,030 --> 00:12:39,519

importantly when they get back to earth

322

00:12:43,110 --> 00:12:41,040

come back in good shape and we've been

323

00:12:44,949 --> 00:12:43,120

demonstrating that for 15 years now

324

00:12:47,110 --> 00:12:44,959

we're doing a lot of

325

00:12:48,550 --> 00:12:47,120

human experiments with ultrasound

326

00:12:50,230 --> 00:12:48,560

machine

327

00:12:53,670 --> 00:12:50,240

some various scanners that they use to

328

00:12:54,790 --> 00:12:53,680

look at our brain our heart our eyes and

329

00:12:56,470 --> 00:12:54,800

it seems like

330

00:12:57,910 --> 00:12:56,480

every week somebody is getting scanned

331

00:12:59,990 --> 00:12:57,920

in some way so

332

00:13:02,470 --> 00:13:00,000

seeing how our bodies react and adapt to

333

00:13:04,629 --> 00:13:02,480

space is very important and of course

334

00:13:06,629 --> 00:13:04,639

with the 15 years of space station

335

00:13:08,870 --> 00:13:06,639

and uh space stations like mir and

336

00:13:11,030 --> 00:13:08,880

skylab and others before it we've shown

337

00:13:12,550 --> 00:13:11,040

that people really can live and work and

338

00:13:14,389 --> 00:13:12,560

function in space for a long period of

339

00:13:15,509 --> 00:13:14,399

time and of course that's what we need

340

00:13:19,990 --> 00:13:15,519

to be able to do if we're going to go on

341

00:13:24,949 --> 00:13:22,069

know uh commander wilmar you've already

342

00:13:27,590 --> 00:13:24,959

been in space now for uh many months and

343

00:13:29,829 --> 00:13:27,600

you return back to earth uh next month

344

00:13:32,069 --> 00:13:29,839

what impact so far has this had on your

345

00:13:33,430 --> 00:13:32,079

body and as you pointed out you do

346

00:13:35,590 --> 00:13:33,440

exercise and that's part of the

347

00:13:40,230 --> 00:13:35,600

requirement isn't it to exercise every

348

00:13:43,350 --> 00:13:41,990

it is you know what effects has it had

349

00:13:45,590 --> 00:13:43,360

you know we'll find that out when i get

350

00:13:48,150 --> 00:13:45,600

back and we do work out every single day

351  
00:13:49,269 --> 00:13:48,160  
i've only missed two days of working out

352  
00:13:50,550 --> 00:13:49,279  
since i've been here and i've been here

353  
00:13:52,629 --> 00:13:50,560  
for four and a half months and those two

354  
00:13:55,110 --> 00:13:52,639  
days were days that we had space walks

355  
00:13:56,949 --> 00:13:55,120  
back in october so it is every single

356  
00:13:59,509 --> 00:13:56,959  
day and it and it does make a difference

357  
00:14:01,670 --> 00:13:59,519  
i feel i'm actually stronger now as far

358  
00:14:03,350 --> 00:14:01,680  
as weight i'm able to lift on our

359  
00:14:05,110 --> 00:14:03,360  
exercise device than when i arrived i

360  
00:14:07,030 --> 00:14:05,120  
may be stronger now than i've been about

361  
00:14:09,350 --> 00:14:07,040  
any time in my life because of that

362  
00:14:11,350 --> 00:14:09,360  
continual working out and also uh you

363  
00:14:14,230 --> 00:14:11,360

know we're able to for whatever reason

364

00:14:15,430 --> 00:14:14,240

we're able to eat here and when i really

365

00:14:17,509 --> 00:14:15,440

don't gain weight we have to actually

366

00:14:19,590 --> 00:14:17,519

eat more than we normally do to maintain

367

00:14:21,829 --> 00:14:19,600

our weight and i guess that combination

368

00:14:23,990 --> 00:14:21,839

of of putting all those uh nutrients in

369

00:14:25,750 --> 00:14:24,000

there into our bodies more so than what

370

00:14:27,269 --> 00:14:25,760

what i usually do or am able to do on

371

00:14:29,110 --> 00:14:27,279

earth or i'll gain a lot of weight and

372

00:14:31,350 --> 00:14:29,120

then also the working out it's keeping

373

00:14:32,710 --> 00:14:31,360

us fit and uh and the numbers we'll see

374

00:14:34,470 --> 00:14:32,720

what the numbers say but if it's like

375

00:14:38,629 --> 00:14:34,480

some others that have gone before us

376

00:14:43,590 --> 00:14:40,790

you know terry i recently interviewed

377

00:14:47,110 --> 00:14:43,600

scott kelly who plans to break a record

378

00:14:49,350 --> 00:14:47,120

by living in space for a year and he'll

379

00:14:51,590 --> 00:14:49,360

be joining you and your team

380

00:14:53,189 --> 00:14:51,600

next month what do you expect maybe some

381

00:14:56,550 --> 00:14:53,199

of the biggest challenges that he will

382

00:14:59,910 --> 00:14:57,750

yeah we're looking forward to seeing

383

00:15:00,790 --> 00:14:59,920

scott and misha and also gennady padalka

384

00:15:03,189 --> 00:15:00,800

arrive

385

00:15:05,269 --> 00:15:03,199

uh in about a month month and a half uh

386

00:15:06,550 --> 00:15:05,279

i think the biggest challenge for a year

387

00:15:08,790 --> 00:15:06,560

of course there's the effects on your

388

00:15:10,310 --> 00:15:08,800

body we understand those pretty well

389

00:15:12,069 --> 00:15:10,320

it'll be interesting to see how that how

390

00:15:13,910 --> 00:15:12,079

they do after a year there's only been a

391

00:15:16,230 --> 00:15:13,920

few other flights that the russians did

392

00:15:18,470 --> 00:15:16,240

on the mir space program a few decades

393

00:15:20,389 --> 00:15:18,480

ago but the biggest challenge and butch

394

00:15:22,710 --> 00:15:20,399

mentions this a lot is the

395

00:15:24,310 --> 00:15:22,720

requirement to concentrate so intently

396

00:15:25,509 --> 00:15:24,320

all day every day on everything you do

397

00:15:26,870 --> 00:15:25,519

you really have to pay attention to

398

00:15:29,030 --> 00:15:26,880

everything you do here there's a lot of

399

00:15:30,870 --> 00:15:29,040

detail in the procedures that we work

400

00:15:31,910 --> 00:15:30,880

and i think the psychological aspects of

401  
00:15:33,749 --> 00:15:31,920  
the year

402  
00:15:35,350 --> 00:15:33,759  
uh is going to be a bigger

403  
00:15:37,509 --> 00:15:35,360  
challenge and and probably more

404  
00:15:38,790 --> 00:15:37,519  
interesting results um even than the

405  
00:15:43,110 --> 00:15:38,800  
physiological

406  
00:15:47,350 --> 00:15:44,790  
uh you know on a personal note commander

407  
00:15:49,110 --> 00:15:47,360  
wilmore as i understand it you and terry

408  
00:15:51,269 --> 00:15:49,120  
were both hooked on the idea of space

409  
00:15:53,509 --> 00:15:51,279  
travel ever since you were youngsters

410  
00:15:55,430 --> 00:15:53,519  
what was it that actually inspired you

411  
00:15:57,189 --> 00:15:55,440  
to follow through with your dreams was

412  
00:16:00,069 --> 00:15:57,199  
it those early images of the space

413  
00:16:02,710 --> 00:16:00,079

pioneers who landed on the moon and give

414

00:16:06,069 --> 00:16:02,720

us a sense of the majesty of what it's

415

00:16:07,590 --> 00:16:06,079

like to watch the earth high above

416

00:16:10,310 --> 00:16:07,600

far far away

417

00:16:12,629 --> 00:16:10,320

and the whole idea of being in a

418

00:16:16,310 --> 00:16:12,639

universe with endless boundaries with no

419

00:16:19,829 --> 00:16:18,150

now that is an interesting couple of

420

00:16:21,670 --> 00:16:19,839

questions there um

421

00:16:23,030 --> 00:16:21,680

inspired me i was inspired by many

422

00:16:25,189 --> 00:16:23,040

things you know i was

423

00:16:27,189 --> 00:16:25,199

i can remember my youngest uh

424

00:16:28,629 --> 00:16:27,199

memory was being inspired by the garbage

425

00:16:31,110 --> 00:16:28,639

man because he could lift that garbage

426

00:16:33,430 --> 00:16:31,120

can and put it up on his shoulder and

427

00:16:35,590 --> 00:16:33,440

from that you're just being inspired to

428

00:16:37,110 --> 00:16:35,600

to to be strong and physically and then

429

00:16:38,870 --> 00:16:37,120

you know what you see would take place

430

00:16:39,910 --> 00:16:38,880

on television during those early apollo

431

00:16:41,749 --> 00:16:39,920

years

432

00:16:43,350 --> 00:16:41,759

that was obviously certainly inspiring

433

00:16:45,350 --> 00:16:43,360

so it wasn't just those events it was

434

00:16:47,990 --> 00:16:45,360

many events many people throughout my

435

00:16:49,590 --> 00:16:48,000

life that uh really inspired me to do

436

00:16:51,430 --> 00:16:49,600

the best with what the good lord gave me

437

00:16:53,749 --> 00:16:51,440

and that's that's the main thing for me

438

00:16:55,670 --> 00:16:53,759

and you mentioned looking outside oh i

439

00:16:57,990 --> 00:16:55,680

when i did the the spacewalk back in

440

00:17:00,470 --> 00:16:58,000

october and looking through that visor

441

00:17:02,629 --> 00:17:00,480

and not having dust or air particles or

442

00:17:05,189 --> 00:17:02,639

humidity in the air to inhibit the flow

443

00:17:08,949 --> 00:17:05,199

of light and being able to see so clear

444

00:17:10,630 --> 00:17:08,959

for so far thousands of miles uh i it's

445

00:17:11,829 --> 00:17:10,640

no way really to put it into words

446

00:17:14,630 --> 00:17:11,839

there's no way that you can take a

447

00:17:15,350 --> 00:17:14,640

picture or video to show it it's just

448

00:17:20,630 --> 00:17:15,360

it's

449

00:17:27,270 --> 00:17:23,029

terry for you do you share those similar

450

00:17:31,350 --> 00:17:29,190

i do uh you know the first book i read

451  
00:17:33,669 --> 00:17:31,360  
in kindergarten was about apollo

452  
00:17:35,510 --> 00:17:33,679  
and uh as a kid my mom my dad my

453  
00:17:37,830 --> 00:17:35,520  
step-dad they all worked at the goddard

454  
00:17:39,510 --> 00:17:37,840  
space flight center um my mom was a

455  
00:17:41,029 --> 00:17:39,520  
secretary there my dad was a technician

456  
00:17:42,789 --> 00:17:41,039  
there and so

457  
00:17:44,549 --> 00:17:42,799  
i was always interested in space growing

458  
00:17:45,990 --> 00:17:44,559  
up my my walls were covered with space

459  
00:17:48,390 --> 00:17:46,000  
pictures and airplane pictures i even

460  
00:17:49,750 --> 00:17:48,400  
had an f-16 uh picture

461  
00:17:51,510 --> 00:17:49,760  
as a kid i eventually ended up going on

462  
00:17:53,909 --> 00:17:51,520  
to fly f-16 so it's been something that

463  
00:17:55,510 --> 00:17:53,919

i was just interested in since since i

464

00:17:56,789 --> 00:17:55,520

was a little boy

465

00:17:58,470 --> 00:17:56,799

but seeing the earth you know i wish i

466

00:17:59,909 --> 00:17:58,480

could describe it

467

00:18:02,789 --> 00:17:59,919

unfortunately we're fighter pilots and

468

00:18:04,870 --> 00:18:02,799

we're not poets and you just can't

469

00:18:06,789 --> 00:18:04,880

put words to what you see

470

00:18:08,230 --> 00:18:06,799

it takes your breath away and so we we

471

00:18:10,070 --> 00:18:08,240

take a lot of pictures and there we have

472

00:18:12,470 --> 00:18:10,080

twitter accounts and you can see the

473

00:18:14,230 --> 00:18:12,480

pictures that we take every day um and

474

00:18:16,070 --> 00:18:14,240

even the pictures are amazing but they

475

00:18:17,510 --> 00:18:16,080

still they still can't do what you

476

00:18:21,669 --> 00:18:17,520

actually when you look down on creation

477

00:18:26,150 --> 00:18:23,190

absolutely well gentlemen you are

478

00:18:28,070 --> 00:18:26,160

obviously on the adventure of a lifetime

479

00:18:29,669 --> 00:18:28,080

i wish i could join you up there it's

480

00:18:31,990 --> 00:18:29,679

absolutely wonderful you're part of an

481

00:18:34,150 --> 00:18:32,000

elite fraternity of amazing astronauts

482

00:18:37,110 --> 00:18:34,160

we wish you all the best and safe

483

00:18:40,310 --> 00:18:39,029

those are really kind words um thank you

484

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

very much and y'all have a y'all have a

485

00:18:46,150 --> 00:18:41,760

great day great valentine's day tomorrow

486

00:18:51,669 --> 00:18:47,990

station this is houston acr that

487

00:18:55,350 --> 00:18:53,590

thank you fox news channel on fox

488

00:18:56,870 --> 00:18:55,360

america's news headquarters station we