



1
00:00:06,550 --> 00:00:02,950
station this is houston are you ready

2
00:00:10,790 --> 00:00:09,110
we are ready for the event

3
00:00:12,950 --> 00:00:10,800
comcast sportsnet this is mission

4
00:00:23,750 --> 00:00:12,960
control houston please call station for

5
00:00:29,189 --> 00:00:25,670
station this is comcast sportsnet how do

6
00:00:40,069 --> 00:00:30,710
we hear you loud and clear welcome on

7
00:00:45,270 --> 00:00:43,350
oh wow those are some great shirts um

8
00:00:49,990 --> 00:00:45,280
we are ready are you guys ready to speak

9
00:01:04,469 --> 00:00:56,950
we're ready

10
00:01:07,590 --> 00:01:05,830
all right guys thanks very much for

11
00:01:09,750 --> 00:01:07,600
joining us this is uh chick hernandez

12
00:01:12,550 --> 00:01:09,760
from bethesda maryland you guys way

13
00:01:18,550 --> 00:01:12,560

above me uh can you can you tell us what

14

00:01:22,230 --> 00:01:20,789

we are right over australia where it's

15

00:01:24,230 --> 00:01:22,240

in the very middle of the night we're in

16

00:01:25,030 --> 00:01:24,240

the outback of western australia right

17

00:01:26,710 --> 00:01:25,040

now

18

00:01:35,990 --> 00:01:26,720

with the southern lights just off to the

19

00:01:39,670 --> 00:01:38,230

it's incredible terry listen you arrived

20

00:01:41,030 --> 00:01:39,680

at the international space station in

21

00:01:42,950 --> 00:01:41,040

december and

22

00:01:44,389 --> 00:01:42,960

will remain there until next month scott

23

00:01:46,310 --> 00:01:44,399

you arrived last month and we'll be up

24

00:01:47,990 --> 00:01:46,320

there for a year

25

00:01:49,670 --> 00:01:48,000

how do you both mentally prepare for

26

00:01:53,990 --> 00:01:49,680

such a long

27

00:01:56,550 --> 00:01:55,350

well i'll tell you one of the things

28

00:01:57,830 --> 00:01:56,560

that helps is knowing that you're going

29

00:01:59,749 --> 00:01:57,840

to be here as long as you know the

30

00:02:01,429 --> 00:01:59,759

amount of time you're going to be here

31

00:02:03,350 --> 00:02:01,439

much like our military folks that deploy

32

00:02:04,789 --> 00:02:03,360

overseas that really helps and it just

33

00:02:06,230 --> 00:02:04,799

gets you in the mind that you have an

34

00:02:07,830 --> 00:02:06,240

end date you know how long the trip is

35

00:02:09,669 --> 00:02:07,840

going to be i'll let scott answer that

36

00:02:13,190 --> 00:02:09,679

because for a year that's obviously a

37

00:02:16,949 --> 00:02:14,869

yeah and for me

38

00:02:19,510 --> 00:02:16,959

one of the good things was i was here

39

00:02:20,390 --> 00:02:19,520

previously for almost six months so i

40

00:02:23,110 --> 00:02:20,400

know

41

00:02:25,270 --> 00:02:23,120

what i need to make myself more

42

00:02:27,910 --> 00:02:25,280

comfortable what i need to do to manage

43

00:02:28,790 --> 00:02:27,920

my fatigue level uh over the long term

44

00:02:29,990 --> 00:02:28,800

so

45

00:02:32,229 --> 00:02:30,000

you know that's

46

00:02:34,949 --> 00:02:32,239

i think been a big part of like what

47

00:02:37,270 --> 00:02:34,959

will make this a easier experience for

48

00:02:39,270 --> 00:02:37,280

me than you know it otherwise would be

49

00:02:48,070 --> 00:02:39,280

if i was living up here for the first

50

00:02:51,830 --> 00:02:49,830

i just can't tell you by the way how

51
00:02:53,589 --> 00:02:51,840
this looks it's incredible to talk to

52
00:02:55,830 --> 00:02:53,599
you guys with the floating microphone so

53
00:02:57,910 --> 00:02:55,840
often my partner i feel is floating in

54
00:03:00,550 --> 00:02:57,920
his own mind and brian mitchell but this

55
00:03:02,149 --> 00:03:00,560
is a far different case here um

56
00:03:04,869 --> 00:03:02,159
considering how far we've come

57
00:03:06,390 --> 00:03:04,879
technology technologically speaking

58
00:03:08,070 --> 00:03:06,400
there's so many ways you can communicate

59
00:03:09,430 --> 00:03:08,080
not with just your families but also

60
00:03:10,309 --> 00:03:09,440
people who are interested in what you're

61
00:03:12,309 --> 00:03:10,319
doing

62
00:03:14,390 --> 00:03:12,319
what is your favorite method of keeping

63
00:03:16,070 --> 00:03:14,400

in touch with those of us down here on

64

00:03:20,869 --> 00:03:16,080

terra firma oh he's going upside down

65

00:03:25,190 --> 00:03:23,830

yeah the the social media opportunities

66

00:03:27,030 --> 00:03:25,200

that we have today are pretty amazing

67

00:03:29,110 --> 00:03:27,040

and it really helps us reach out and

68

00:03:30,309 --> 00:03:29,120

helps people stay connected with nasa

69

00:03:32,309 --> 00:03:30,319

and what we're doing in space i know as

70

00:03:33,589 --> 00:03:32,319

a kid i would love to have had twitter

71

00:03:35,589 --> 00:03:33,599

or instagram where you could see what

72

00:03:37,589 --> 00:03:35,599

astronauts are doing but um scott and i

73

00:03:39,430 --> 00:03:37,599

both do twitter and instagram

74

00:03:41,030 --> 00:03:39,440

and it's a really important part of what

75

00:03:42,550 --> 00:03:41,040

we do it's a chance for us to share this

76

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

adventure that we're in

77

00:03:46,630 --> 00:03:44,480

and send down some amazing pictures of

78

00:03:48,470 --> 00:03:46,640

the earth and in space and also just the

79

00:03:49,990 --> 00:03:48,480

daily science and other activities that

80

00:03:52,070 --> 00:03:50,000

we're doing here in space

81

00:04:02,550 --> 00:03:52,080

so that's what twitter and instagram are

82

00:04:07,270 --> 00:04:05,670

scott you'll be in space for a year uh

83

00:04:08,789 --> 00:04:07,280

there'll be research done on you about

84

00:04:10,789 --> 00:04:08,799

the effects of being in space for that

85

00:04:12,869 --> 00:04:10,799

long but your twin mark is also part of

86

00:04:16,150 --> 00:04:12,879

this process as these will serve as sort

87

00:04:17,349 --> 00:04:16,160

of your baseline down here on the

88

00:04:19,110 --> 00:04:17,359

earth

89

00:04:25,189 --> 00:04:19,120

will they do the same test on him as

90

00:04:27,430 --> 00:04:26,070

so

91

00:04:29,189 --> 00:04:27,440

we do a lot of science on board the

92

00:04:31,430 --> 00:04:29,199

space station over 400 different

93

00:04:33,270 --> 00:04:31,440

experiments and there's a lot of science

94

00:04:36,390 --> 00:04:33,280

dedicated to this one-year mission that

95

00:04:38,469 --> 00:04:36,400

has uh misha kornienko and myself as as

96

00:04:41,909 --> 00:04:38,479

the subjects and a subset of that is

97

00:04:44,390 --> 00:04:41,919

with my brother and this uh twin study

98

00:04:46,790 --> 00:04:44,400

a lot of that is genetic

99

00:04:47,749 --> 00:04:46,800

based research you know how the space

100

00:04:51,430 --> 00:04:47,759

environment whether it's the

101
00:04:53,510 --> 00:04:51,440
microgravity or radiation

102
00:04:55,510 --> 00:04:53,520
you know the stress that you may have

103
00:04:57,110 --> 00:04:55,520
experience up here how that affects us

104
00:04:59,990 --> 00:04:57,120
on a genetic basis

105
00:05:02,469 --> 00:05:00,000
and uh to answer your question yes my

106
00:05:04,629 --> 00:05:02,479
brother does participate in uh some of

107
00:05:07,510 --> 00:05:04,639
those data that the data collection for

108
00:05:09,830 --> 00:05:07,520
that which is mostly human samples uh

109
00:05:12,150 --> 00:05:09,840
you know blood urine and other things

110
00:05:14,230 --> 00:05:12,160
but also there are

111
00:05:17,430 --> 00:05:14,240
there's data collection in the form of

112
00:05:20,070 --> 00:05:17,440
cat scans and mris that he

113
00:05:22,629 --> 00:05:20,080

he does as well coming to houston

114

00:05:24,230 --> 00:05:22,639

to get those and he also is

115

00:05:26,710 --> 00:05:24,240

participating in some of the con

116

00:05:28,870 --> 00:05:26,720

cognitive studies that we do how this

117

00:05:31,909 --> 00:05:28,880

this uh extreme environment affects us

118

00:05:33,990 --> 00:05:31,919

on a on a cognitive uh level our ability

119

00:05:35,430 --> 00:05:34,000

to perform you know certain tasks at a

120

00:05:37,909 --> 00:05:35,440

very high level so

121

00:05:40,070 --> 00:05:37,919

um yeah he's uh he's a big part of this

122

00:05:42,469 --> 00:05:40,080

uh study which is a

123

00:05:44,150 --> 00:05:42,479

small part of what we do here in uh you

124

00:05:45,749 --> 00:05:44,160

know the larger picture the larger

125

00:05:54,950 --> 00:05:45,759

science picture on the international

126

00:05:58,150 --> 00:05:56,469

all right obviously you guys are sports

127

00:06:00,150 --> 00:05:58,160

fans i can see you sporting the jerseys

128

00:06:01,830 --> 00:06:00,160

there uh the astros i'm not sure about

129

00:06:03,670 --> 00:06:01,840

them by the way uh but terry i know you

130

00:06:05,350 --> 00:06:03,680

grew up in columbia maryland

131

00:06:09,830 --> 00:06:05,360

a big orioles fan obviously how do you

132

00:06:12,550 --> 00:06:11,110

well i'll let terry answer that but

133

00:06:15,110 --> 00:06:12,560

first i have to say

134

00:06:17,670 --> 00:06:15,120

this is terry's astro t-shirt that he

135

00:06:19,270 --> 00:06:17,680

loaned me i'm an astros fan but not as

136

00:06:22,629 --> 00:06:19,280

much as terry because i forgot to bring

137

00:06:26,469 --> 00:06:24,390

yes i was born and raised an orioles fan

138

00:06:27,990 --> 00:06:26,479

but i've become a transplanted also a

139

00:06:30,070 --> 00:06:28,000

houston astros fan having lived there

140

00:06:31,909 --> 00:06:30,080

for 15 years so i used to root for the

141

00:06:33,909 --> 00:06:31,919

orioles and astros world series but now

142

00:06:35,189 --> 00:06:33,919

it's the orioles and astros alcs

143

00:06:37,110 --> 00:06:35,199

hopefully someday

144

00:06:39,510 --> 00:06:37,120

but uh keeping up with the teams is is

145

00:06:41,270 --> 00:06:39,520

interesting the nasa is able to uplink

146

00:06:43,110 --> 00:06:41,280

me some games they can record some

147

00:06:45,510 --> 00:06:43,120

highlights or entire games usually a

148

00:06:47,590 --> 00:06:45,520

couple times a week i'll get that

149

00:06:49,110 --> 00:06:47,600

my dad sends me emails of the score so i

150

00:06:50,629 --> 00:06:49,120

get updates that way

151
00:06:52,230 --> 00:06:50,639
and every once in a while we get a

152
00:06:53,909 --> 00:06:52,240
little bit of live television so we can

153
00:06:55,749 --> 00:06:53,919
watch it so but it's a lot more sporadic

154
00:06:57,189 --> 00:06:55,759
than it is on the ground but

155
00:06:58,550 --> 00:06:57,199
i try and keep up with them as best as i

156
00:07:07,430 --> 00:06:58,560
can it's been a little bit rough the

157
00:07:10,469 --> 00:07:09,589
uh no question about that uh all right

158
00:07:12,629 --> 00:07:10,479
so

159
00:07:14,469 --> 00:07:12,639
one of the coolest things uh you guys

160
00:07:16,469 --> 00:07:14,479
are doing and terry certainly we seem to

161
00:07:18,390 --> 00:07:16,479
do is tweet out photos of all the major

162
00:07:20,150 --> 00:07:18,400
league baseball cities from above and

163
00:07:22,790 --> 00:07:20,160

you have have fans guess what city

164

00:07:24,230 --> 00:07:22,800

they're looking at uh were you guys and

165

00:07:25,830 --> 00:07:24,240

partic particularly you terry were you

166

00:07:30,710 --> 00:07:25,840

trying to get to a game soon after you

167

00:07:34,390 --> 00:07:32,950

yes that'll be uh probably not the first

168

00:07:37,029 --> 00:07:34,400

thing i'll do because i'll it'll take a

169

00:07:38,309 --> 00:07:37,039

few days to get my earth legs back but

170

00:07:39,749 --> 00:07:38,319

i'll definitely be

171

00:07:41,430 --> 00:07:39,759

hopefully heading to a ballpark before

172

00:07:45,189 --> 00:07:41,440

too long take my son and my family out

173

00:07:47,350 --> 00:07:45,199

to see some some baseball

174

00:07:49,589 --> 00:07:47,360

and if he throws it in the dirt on the

175

00:07:51,270 --> 00:07:49,599

first pitch he'll blame it on the fact

176

00:07:56,230 --> 00:07:51,280

that he's been up here for so long with

177

00:08:01,189 --> 00:07:59,430

aim high

178

00:08:03,589 --> 00:08:01,199

yeah it's one of the greatest excuses of

179

00:08:05,189 --> 00:08:03,599

all times we've seen athletes throw it

180

00:08:07,110 --> 00:08:05,199

into the dirt

181

00:08:09,909 --> 00:08:07,120

aim high we've seen athletes throw it

182

00:08:12,550 --> 00:08:09,919

into the dirt badly so you will have a

183

00:08:14,309 --> 00:08:12,560

natural born excuse there uh what's the

184

00:08:16,070 --> 00:08:14,319

down time for you guys and by the way if

185

00:08:17,670 --> 00:08:16,080

you want to go to a game call us here

186

00:08:19,510 --> 00:08:17,680

comcast sportsnet we can get you there

187

00:08:24,629 --> 00:08:19,520

what's the down time like for you guys

188

00:08:28,550 --> 00:08:26,629

that's funny after my first uh flight i

189

00:08:29,749 --> 00:08:28,560

remember i went back and i went out in

190

00:08:31,350 --> 00:08:29,759

the backyard to play some basketball

191

00:08:34,550 --> 00:08:31,360

with my son and i could not get the

192

00:08:36,070 --> 00:08:34,560

basketball up to the rim it was like

193

00:08:38,070 --> 00:08:36,080

and one of the thing is on earth

194

00:08:40,070 --> 00:08:38,080

whenever you throw something

195

00:08:41,990 --> 00:08:40,080

your brain compensates because there's

196

00:08:43,430 --> 00:08:42,000

gravity and so you aim high because your

197

00:08:44,949 --> 00:08:43,440

brain just knows that there's gravity

198

00:08:46,790 --> 00:08:44,959

and you have to aim high so the ball

199

00:08:48,470 --> 00:08:46,800

will fall down and hit the target

200

00:08:49,910 --> 00:08:48,480

in space at first when we throw each

201
00:08:51,430 --> 00:08:49,920
other tools or a piece of equipment and

202
00:08:52,829 --> 00:08:51,440
you try and float it

203
00:08:55,269 --> 00:08:52,839
you always

204
00:08:57,350 --> 00:08:55,279
miss and so here scott's going to

205
00:08:58,710 --> 00:08:57,360
demonstrate and so that's what tends to

206
00:09:00,790 --> 00:08:58,720
happen when you throw something it goes

207
00:09:03,430 --> 00:09:00,800
high um

208
00:09:04,630 --> 00:09:03,440
and then almost comes back to you um so

209
00:09:07,110 --> 00:09:04,640
when you get back to earth you have a

210
00:09:08,389 --> 00:09:07,120
tendency to aim low also and so that's

211
00:09:09,910 --> 00:09:08,399
one of the things it'll probably take at

212
00:09:12,230 --> 00:09:09,920
least a few days before i'll be able to

213
00:09:13,590 --> 00:09:12,240

throw a ball or whatever and actually

214

00:09:22,710 --> 00:09:13,600

throw it straight to the person i'm

215

00:09:26,230 --> 00:09:24,389

that's okay some guys down on earth

216

00:09:27,990 --> 00:09:26,240

having trouble throwing as well uh scott

217

00:09:29,750 --> 00:09:28,000

kelly terry verts we thank you so much

218

00:09:31,350 --> 00:09:29,760

for spending a little time with us we

219

00:09:33,269 --> 00:09:31,360

appreciate what you're doing above our

220

00:09:37,750 --> 00:09:33,279

earth uh and we look forward to catching

221

00:09:41,030 --> 00:09:39,430

thanks guys it's great talking everybody

222

00:09:43,030 --> 00:09:41,040

on the mid-atlantic we're both east

223

00:09:44,230 --> 00:09:43,040

coasters and so hello to all the folks

224

00:09:45,670 --> 00:09:44,240

here it's good to see that there's not

225

00:09:47,190 --> 00:09:45,680

white down there anymore for a few

226

00:09:48,310 --> 00:09:47,200

months it was nothing but white and

227

00:09:49,829 --> 00:09:48,320

we're looking forward to getting back

228

00:09:51,990 --> 00:09:49,839

and seeing some ball games and getting

229

00:10:02,790 --> 00:09:52,000

back home for some crabs and corn on the

230

00:10:06,550 --> 00:10:04,790

station this is houston acr that

231

00:10:08,949 --> 00:10:06,560

concludes the comcast sportsnet