



1
00:00:05,670 --> 00:00:03,429
station this is buzzfeed how do you hear

2
00:00:09,270 --> 00:00:07,110
we've got you loud and clear how do you

3
00:00:12,070 --> 00:00:09,280
hear us

4
00:00:14,150 --> 00:00:12,080
i think we're good so uh hey guys hey

5
00:00:15,669 --> 00:00:14,160
scott hey terry i'm excited to have the

6
00:00:17,109 --> 00:00:15,679
chance to speak with you guys on behalf

7
00:00:19,349 --> 00:00:17,119
of buzzfeed news

8
00:00:21,429 --> 00:00:19,359
now as you know today is a big day for

9
00:00:24,230 --> 00:00:21,439
nasa and we're celebrating 50 years of

10
00:00:26,550 --> 00:00:24,240
mission control houston as well of uh

11
00:00:28,150 --> 00:00:26,560
the 50th anniversary of the space walk

12
00:00:30,230 --> 00:00:28,160
and a lot of first has happened in those

13
00:00:32,549 --> 00:00:30,240

50 years you know the first space flight

14

00:00:33,910 --> 00:00:32,559

first base walk a man on the moon and

15

00:00:36,229 --> 00:00:33,920

now we have uh

16

00:00:38,229 --> 00:00:36,239

the first espresso machine in space so

17

00:00:43,270 --> 00:00:38,239

it sounds like you guys need a coffee

18

00:00:47,990 --> 00:00:45,430

yeah that's been a fun thing um scott

19

00:00:49,990 --> 00:00:48,000

and samantha enjoy coffee and it it's

20

00:00:51,510 --> 00:00:50,000

been pretty unique to have an espresso

21

00:00:52,950 --> 00:00:51,520

machine unfortunately we can't have it

22

00:00:54,229 --> 00:00:52,960

every day there's a limited supply and

23

00:00:56,069 --> 00:00:54,239

we're trying to save a few maybe for the

24

00:00:58,310 --> 00:00:56,079

next crew that comes up but uh that's

25

00:01:00,790 --> 00:00:58,320

definitely been a pretty cool first in

26

00:01:04,710 --> 00:01:02,549

now uh can you tell us a little bit

27

00:01:06,870 --> 00:01:04,720

about the the taste and the smell of

28

00:01:13,030 --> 00:01:06,880

that does it taste the same or does it

29

00:01:16,070 --> 00:01:15,030

yeah i think they did a great job on the

30

00:01:17,670 --> 00:01:16,080

machine

31

00:01:20,070 --> 00:01:17,680

i guess anyone who knows about making

32

00:01:23,190 --> 00:01:20,080

espresso it's pretty complicated as

33

00:01:24,950 --> 00:01:23,200

high temperatures high pressures and uh

34

00:01:27,429 --> 00:01:24,960

and and i think they got it right i'm

35

00:01:30,149 --> 00:01:27,439

not a big drinker of espresso on the

36

00:01:32,069 --> 00:01:30,159

ground but i've had it before and uh it

37

00:01:34,469 --> 00:01:32,079

tastes pretty good had a little

38

00:01:39,190 --> 00:01:34,479

frothiness on the top and everything so

39

00:01:43,590 --> 00:01:41,109

now terry you've been aboard the space

40

00:01:45,510 --> 00:01:43,600

station for several months now are you

41

00:01:47,190 --> 00:01:45,520

are you able to maintain a cultural

42

00:01:50,389 --> 00:01:47,200

connection with earth as far as

43

00:01:54,550 --> 00:01:50,399

entertainment goes you know sports music

44

00:01:58,870 --> 00:01:56,550

yeah we're in our seventh month now with

45

00:02:00,789 --> 00:01:58,880

anton and samantha here and one of the

46

00:02:03,190 --> 00:02:00,799

best ways that i've connected with earth

47

00:02:04,789 --> 00:02:03,200

recently has been watching baseball they

48

00:02:05,990 --> 00:02:04,799

the houston will ship up usually

49

00:02:07,590 --> 00:02:06,000

yesterday's baseball game or

50

00:02:09,430 --> 00:02:07,600

occasionally if it's an early day game

51
00:02:10,869 --> 00:02:09,440
they'll send up a live game when we have

52
00:02:12,309 --> 00:02:10,879
satellite coverage which is about half

53
00:02:14,070 --> 00:02:12,319
the time so

54
00:02:16,150 --> 00:02:14,080
that's been a lot of fun for me on earth

55
00:02:17,589 --> 00:02:16,160
i love keeping track of

56
00:02:19,750 --> 00:02:17,599
some of my favorite teams the orioles

57
00:02:22,070 --> 00:02:19,760
and the astros and so that's that's been

58
00:02:24,630 --> 00:02:22,080
really important to to keep in touch and

59
00:02:27,030 --> 00:02:24,640
we do have a we got a new tv screen

60
00:02:29,510 --> 00:02:27,040
there's a big uh a big screen projector

61
00:02:30,790 --> 00:02:29,520
in one of our modules and usually on

62
00:02:32,229 --> 00:02:30,800
saturday nights we'll watch a movie

63
00:02:33,750 --> 00:02:32,239

together with the crew or we'll watch

64

00:02:36,309 --> 00:02:33,760

like the daily news down there on that

65

00:02:37,990 --> 00:02:36,319

and so that's another good way to

66

00:02:41,270 --> 00:02:38,000

keep a part of earth up here in space

67

00:02:45,270 --> 00:02:43,430

and scott with you just being a few

68

00:02:47,030 --> 00:02:45,280

months into your year-long stay on the

69

00:02:49,030 --> 00:02:47,040

space station how do you prepare

70

00:02:50,710 --> 00:02:49,040

yourself emotionally and physically for

71

00:02:53,110 --> 00:02:50,720

being up there that long do you get

72

00:02:57,509 --> 00:02:53,120

homesick does your body have to uh

73

00:03:01,589 --> 00:02:59,350

you know i i don't know if homesick's

74

00:03:03,509 --> 00:03:01,599

the right word but there's certainly uh

75

00:03:04,869 --> 00:03:03,519

things you miss on earth

76
00:03:06,309 --> 00:03:04,879
when you're up here for an extended

77
00:03:08,790 --> 00:03:06,319
period

78
00:03:10,869 --> 00:03:08,800
mostly the people that that you love

79
00:03:12,869 --> 00:03:10,879
your friends your family

80
00:03:14,550 --> 00:03:12,879
also things like the weather

81
00:03:16,630 --> 00:03:14,560
even though there's been

82
00:03:18,949 --> 00:03:16,640
you know a lot of bad weather in houston

83
00:03:21,190 --> 00:03:18,959
and texas lately and we certainly feel

84
00:03:23,190 --> 00:03:21,200
for those people and our our thoughts

85
00:03:25,430 --> 00:03:23,200
are with them

86
00:03:26,630 --> 00:03:25,440
you know we do miss that the rain the

87
00:03:28,630 --> 00:03:26,640
wind

88
00:03:30,390 --> 00:03:28,640

things like that but for me having lived

89

00:03:32,789 --> 00:03:30,400

here before for

90

00:03:36,229 --> 00:03:32,799

about six months i knew what to expect

91

00:03:38,070 --> 00:03:36,239

so um i'm trying to pace myself keep

92

00:03:40,390 --> 00:03:38,080

things in the right perspective

93

00:03:43,589 --> 00:03:40,400

and i uh hopefully i'll be in have the

94

00:03:45,350 --> 00:03:43,599

pretty much the same attitude at the uh

95

00:03:47,430 --> 00:03:45,360

in march at the end of this flight as i

96

00:03:48,390 --> 00:03:47,440

do right now

97

00:03:50,390 --> 00:03:48,400

now

98

00:03:52,630 --> 00:03:50,400

yeah scott you were you were talking a

99

00:03:54,789 --> 00:03:52,640

little bit about uh you know mars and

100

00:03:57,030 --> 00:03:54,799

how that would affect the the human body

101
00:03:59,509 --> 00:03:57,040
are there any like weird things that

102
00:04:01,190 --> 00:03:59,519
space uh that you expect to happen to

103
00:04:04,949 --> 00:04:01,200
your body and you know a year being up

104
00:04:09,270 --> 00:04:06,630
well there are things that we

105
00:04:11,589 --> 00:04:09,280
we know happen and things that we know

106
00:04:14,229 --> 00:04:11,599
the causes of them for instance the

107
00:04:16,229 --> 00:04:14,239
microgravity environment affects our

108
00:04:18,710 --> 00:04:16,239
bone mass

109
00:04:20,629 --> 00:04:18,720
our muscle mass and it's you know for

110
00:04:22,629 --> 00:04:20,639
the reason that our bodies are very

111
00:04:23,990 --> 00:04:22,639
smart and they kind of recognize

112
00:04:25,909 --> 00:04:24,000
that up here you don't really have a

113
00:04:27,990 --> 00:04:25,919

need for that much bone mass and muscle

114

00:04:30,310 --> 00:04:28,000

mass so it kind of gets rid of it but we

115

00:04:31,830 --> 00:04:30,320

can mitigate those effects with exercise

116

00:04:33,590 --> 00:04:31,840

and so far we've been able to do that

117

00:04:35,990 --> 00:04:33,600

very well people coming back from long

118

00:04:38,950 --> 00:04:36,000

duration flights on the space station

119

00:04:40,310 --> 00:04:38,960

generally increase their muscle mass or

120

00:04:41,990 --> 00:04:40,320

and their with regards to their bone

121

00:04:43,189 --> 00:04:42,000

mass you know a lot of them stay the

122

00:04:45,510 --> 00:04:43,199

same

123

00:04:48,230 --> 00:04:45,520

a few have increased it some have lost

124

00:04:51,030 --> 00:04:48,240

but we know and understand that

125

00:04:53,189 --> 00:04:51,040

the radiation effects

126

00:04:55,270 --> 00:04:53,199

you know affect us on

127

00:04:57,670 --> 00:04:55,280

kind of a more cellular level with

128

00:05:00,310 --> 00:04:57,680

potential damage to our

129

00:05:01,350 --> 00:05:00,320

our dna rna proteins things like that

130

00:05:03,189 --> 00:05:01,360

one of the

131

00:05:05,270 --> 00:05:03,199

uh experiments or some of the

132

00:05:08,310 --> 00:05:05,280

experiments that are comparing me to my

133

00:05:11,110 --> 00:05:08,320

brother in this so-called twin study

134

00:05:13,029 --> 00:05:11,120

involve uh research in that specific

135

00:05:14,230 --> 00:05:13,039

area there's also effects on our immune

136

00:05:15,110 --> 00:05:14,240

system

137

00:05:17,270 --> 00:05:15,120

and then

138

00:05:18,629 --> 00:05:17,280

uh a new thing we found in the last

139

00:05:20,870 --> 00:05:18,639

several years

140

00:05:22,629 --> 00:05:20,880

is an effect on our vision and we were

141

00:05:24,870 --> 00:05:22,639

just doing an experiment in in the

142

00:05:27,590 --> 00:05:24,880

russian segment today where we're doing

143

00:05:30,390 --> 00:05:27,600

and yesterday doing ultrasound scans on

144

00:05:32,390 --> 00:05:30,400

our vessels in our head our eyes

145

00:05:34,150 --> 00:05:32,400

other imaging techniques while using

146

00:05:36,790 --> 00:05:34,160

this lower body

147

00:05:38,629 --> 00:05:36,800

negative pressure device that the the

148

00:05:40,469 --> 00:05:38,639

russians used to re-adapt or to get

149

00:05:42,070 --> 00:05:40,479

ready to re-adapt to earth so it's the

150

00:05:44,950 --> 00:05:42,080

first time an american astronaut has

151
00:05:47,430 --> 00:05:44,960
done this uh on the space station me and

152
00:05:48,710 --> 00:05:47,440
we had some very advanced uh

153
00:05:50,950 --> 00:05:48,720
imaging

154
00:05:53,029 --> 00:05:50,960
techniques and a very uh

155
00:05:54,790 --> 00:05:53,039
interesting and sophisticated experiment

156
00:05:56,870 --> 00:05:54,800
going on there for the last two days to

157
00:06:01,110 --> 00:05:56,880
understand this issue with our eyes and

158
00:06:05,909 --> 00:06:03,430
and uh now our next question is from

159
00:06:06,950 --> 00:06:05,919
some of our buzzfeed news readers and

160
00:06:10,550 --> 00:06:06,960
one of the

161
00:06:12,150 --> 00:06:10,560
across was for terry

162
00:06:14,309 --> 00:06:12,160
how much time do you spend there in the

163
00:06:19,430 --> 00:06:14,319

observation kabula and what are your top

164

00:06:22,790 --> 00:06:20,870

well the answer to the first question is

165

00:06:24,070 --> 00:06:22,800

not enough time usually it's uh in

166

00:06:25,430 --> 00:06:24,080

between activities if you've got a

167

00:06:26,550 --> 00:06:25,440

couple minutes you run down and see if

168

00:06:28,150 --> 00:06:26,560

there's something interesting out there

169

00:06:31,510 --> 00:06:28,160

and take a picture

170

00:06:32,950 --> 00:06:31,520

and uh top three is really hard to come

171

00:06:34,870 --> 00:06:32,960

up with i think i need a letterman top

172

00:06:37,029 --> 00:06:34,880

10 here the

173

00:06:38,550 --> 00:06:37,039

auroras are something really amazing

174

00:06:40,629 --> 00:06:38,560

there was one particular night where we

175

00:06:42,870 --> 00:06:40,639

had a southern aurora and we flew

176
00:06:44,710 --> 00:06:42,880
basically through it and over top of it

177
00:06:45,909 --> 00:06:44,720
and even farther south than the

178
00:06:48,469 --> 00:06:45,919
northernmost part of it and you could

179
00:06:50,309 --> 00:06:48,479
see this thing dancing around and moving

180
00:06:52,790 --> 00:06:50,319
kind of second by second as we flew over

181
00:06:56,950 --> 00:06:52,800
it that was that was truly amazing

182
00:07:01,909 --> 00:06:59,430
i i kind of like sunrises and sunsets

183
00:07:04,550 --> 00:07:01,919
the sun rise itself is amazing how fast

184
00:07:06,790 --> 00:07:04,560
it happens and the the speed it depends

185
00:07:08,469 --> 00:07:06,800
kind of depends on if the sun's on the

186
00:07:10,150 --> 00:07:08,479
off to our side or in front of us but

187
00:07:12,629 --> 00:07:10,160
watching the other modules on the

188
00:07:14,550 --> 00:07:12,639

station go from black to bright white in

189

00:07:15,270 --> 00:07:14,560

just a few seconds is pretty amazing to

190

00:07:17,430 --> 00:07:15,280

me

191

00:07:19,350 --> 00:07:17,440

and a third site that i love to see is

192

00:07:20,950 --> 00:07:19,360

on earth these uh

193

00:07:23,110 --> 00:07:20,960

islands with reefs especially like the

194

00:07:24,710 --> 00:07:23,120

bahamas or in the caribbean

195

00:07:26,230 --> 00:07:24,720

in the pacific ocean we just flew over

196

00:07:27,430 --> 00:07:26,240

the east coast of africa and there's

197

00:07:29,270 --> 00:07:27,440

there's really

198

00:07:31,510 --> 00:07:29,280

green blue kind of shades of blue that i

199

00:07:33,830 --> 00:07:31,520

had never really seen before and i love

200

00:07:35,749 --> 00:07:33,840

seeing those those types of uh island

201

00:07:37,350 --> 00:07:35,759

reefs and shallow water

202

00:07:40,070 --> 00:07:37,360

is pretty amazing but three is not

203

00:07:42,150 --> 00:07:40,080

enough um i think a lifetime of looking

204

00:07:45,270 --> 00:07:42,160

down on creation is not enough time to

205

00:07:47,510 --> 00:07:45,280

to see all this stuff

206

00:07:49,189 --> 00:07:47,520

yeah that's awesome and now uh i think

207

00:07:51,430 --> 00:07:49,199

we're gonna have to wrap this up soon

208

00:07:53,350 --> 00:07:51,440

now scott one more question

209

00:07:55,670 --> 00:07:53,360

uh we're going back to exercise and

210

00:08:01,990 --> 00:07:55,680

fitness how do you guys stay in shape do

211

00:08:06,469 --> 00:08:04,070

you know i you know a lot of people say

212

00:08:10,150 --> 00:08:06,479

they think that you you burn more

213

00:08:12,629 --> 00:08:10,160

calories here some people think less

214

00:08:15,110 --> 00:08:12,639

one thing we we we all do is we seem to

215

00:08:16,309 --> 00:08:15,120

exercise more than we do on earth uh you

216

00:08:18,869 --> 00:08:16,319

know in my case

217

00:08:21,189 --> 00:08:18,879

twice a day six days a week uh aerobic

218

00:08:23,589 --> 00:08:21,199

exercise and weightlifting we have this

219

00:08:26,390 --> 00:08:23,599

great resistive exercise device that

220

00:08:28,230 --> 00:08:26,400

uses air cylinders and air pressure

221

00:08:30,070 --> 00:08:28,240

to make it feel like we're actually

222

00:08:32,149 --> 00:08:30,080

lifting real weight

223

00:08:34,709 --> 00:08:32,159

and we also have a treadmill that works

224

00:08:35,990 --> 00:08:34,719

very well and a uh in a cycle ergometer

225

00:08:37,509 --> 00:08:36,000

or bicycle

226

00:08:39,110 --> 00:08:37,519

there's also some exercise equipment on

227

00:08:41,350 --> 00:08:39,120

the russian segments that the cosmonauts

228

00:08:44,149 --> 00:08:41,360

use they also use our resistive exercise

229

00:08:46,070 --> 00:08:44,159

device um but it works it really works

230

00:08:48,150 --> 00:08:46,080

great and it's uh you know really

231

00:08:50,230 --> 00:08:48,160

testament to the engineering team and

232

00:08:51,590 --> 00:08:50,240

the exercise specialists we have on the

233

00:08:53,430 --> 00:08:51,600

ground helping us

234

00:08:56,389 --> 00:08:53,440

protect our health on these long

235

00:08:57,910 --> 00:08:56,399

duration missions

236

00:08:59,269 --> 00:08:57,920

excellent that's great i want to thank

237

00:09:01,670 --> 00:08:59,279

you guys for taking the time out of your

238

00:09:06,550 --> 00:09:01,680

busy day to talk to buzzfeed news and