



1
00:00:05,349 --> 00:00:03,189
we're now going to outer space

2
00:00:07,510 --> 00:00:05,359
last march rosanna scott kelly from new

3
00:00:10,390 --> 00:00:07,520
jersey nasa astronaut blasted off with

4
00:00:12,950 --> 00:00:10,400
his cosmonaut friend mikhail destination

5
00:00:15,110 --> 00:00:12,960
the international space station scott

6
00:00:17,510 --> 00:00:15,120
and mikhail are in that international

7
00:00:21,189 --> 00:00:17,520
space station for a year wow they're not

8
00:00:23,670 --> 00:00:21,199
getting back until uh early 2016.

9
00:00:25,670 --> 00:00:23,680
isn't that wild scott by the way again

10
00:00:28,070 --> 00:00:25,680
is from new jersey orange new jersey his

11
00:00:29,750 --> 00:00:28,080
twin brother mark is also an astronaut

12
00:00:31,750 --> 00:00:29,760
but let's go right to the international

13
00:00:34,150 --> 00:00:31,760

space station right now can we tune them

14

00:00:35,510 --> 00:00:34,160

in there they are welcome to good day

15

00:00:38,869 --> 00:00:35,520

new york gentlemen how is it going up

16

00:00:47,350 --> 00:00:40,790

oh it's going great welcome aboard the

17

00:00:51,189 --> 00:00:49,270

fantastic what are you guys doing today

18

00:00:53,189 --> 00:00:51,199

what's on the agenda just so you know

19

00:00:54,549 --> 00:00:53,199

there is a little delay of course

20

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

there's a little delay talking to you

21

00:01:00,069 --> 00:00:56,079

because you're in outer space and we're

22

00:01:03,670 --> 00:01:01,430

yeah there's always a little bit of a

23

00:01:05,830 --> 00:01:03,680

calm delay this uh signal has to bounce

24

00:01:07,750 --> 00:01:05,840

off a bunch of different satellites but

25

00:01:08,550 --> 00:01:07,760

we have nine crew members on board right

26

00:01:11,270 --> 00:01:08,560

now

27

00:01:12,870 --> 00:01:11,280

which is a lot for the space station and

28

00:01:14,390 --> 00:01:12,880

from five different countries and we're

29

00:01:17,030 --> 00:01:14,400

doing all different kinds of uh

30

00:01:19,830 --> 00:01:17,040

scientific research i'm doing uh getting

31

00:01:22,390 --> 00:01:19,840

the japanese airlock ready to deploy

32

00:01:23,590 --> 00:01:22,400

some small satellites here in the next

33

00:01:24,870 --> 00:01:23,600

week or so

34

00:01:26,870 --> 00:01:24,880

how about this gonna ask you another

35

00:01:28,149 --> 00:01:26,880

question why a year that's a very long

36

00:01:30,550 --> 00:01:28,159

time you've been up there about five

37

00:01:32,469 --> 00:01:30,560

months so far why a year and while

38

00:01:34,870 --> 00:01:32,479

you're answering would you mind maybe

39

00:01:36,469 --> 00:01:34,880

giving us a demonstration of

40

00:01:38,950 --> 00:01:36,479

weightlessness in the international

41

00:01:45,749 --> 00:01:38,960

space station maybe floating around and

42

00:01:54,630 --> 00:01:50,149

so the reason we're going to do this

43

00:01:56,789 --> 00:01:54,640

for a whole year is that

44

00:01:59,749 --> 00:01:56,799

is that this space station has some

45

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

incredible scientific uh capability and

46

00:02:04,389 --> 00:02:01,439

even though we've flown people in space

47

00:02:06,069 --> 00:02:04,399

for a year before um and that was you

48

00:02:07,109 --> 00:02:06,079

know a long time ago on the mir space

49

00:02:09,109 --> 00:02:07,119

station

50

00:02:11,350 --> 00:02:09,119

uh the technology has just improved so

51
00:02:13,430 --> 00:02:11,360
much with imaging capability and uh you

52
00:02:15,510 --> 00:02:13,440
know dna that whole discipline didn't

53
00:02:17,910 --> 00:02:15,520
even exist that there are things we can

54
00:02:19,750 --> 00:02:17,920
learn here that will help us travel

55
00:02:22,710 --> 00:02:19,760
further and further away from space go

56
00:02:24,869 --> 00:02:22,720
to mars someday so you know our previous

57
00:02:26,869 --> 00:02:24,879
experience on this space station has

58
00:02:28,869 --> 00:02:26,879
been six months and eventually when we

59
00:02:30,550 --> 00:02:28,879
go to mars it's going to take much more

60
00:02:32,150 --> 00:02:30,560
much longer than a year so having a

61
00:02:34,869 --> 00:02:32,160
space station with the type of

62
00:02:36,949 --> 00:02:34,879
capability on it really helps pave our

63
00:02:42,630 --> 00:02:36,959

way to uh for our journey to mars

64

00:02:48,070 --> 00:02:45,509

hey scott do you ever get nauseous and

65

00:02:50,390 --> 00:02:48,080

outer space i mean not having gravity

66

00:02:51,670 --> 00:02:50,400

moving around turning upside down all

67

00:02:53,910 --> 00:02:51,680

the time

68

00:02:59,589 --> 00:02:53,920

how do and being in small quarter

69

00:03:03,030 --> 00:03:01,350

you know it's uh it's surprising what

70

00:03:04,949 --> 00:03:03,040

you can get used to you know we're

71

00:03:06,470 --> 00:03:04,959

falling around the earth we're in free

72

00:03:08,869 --> 00:03:06,480

fall so it's kind of like when you're on

73

00:03:10,790 --> 00:03:08,879

the top of a roller coaster and you feel

74

00:03:12,630 --> 00:03:10,800

everything in your stomach kind of go up

75

00:03:14,470 --> 00:03:12,640

a little bit and you're flowed out of

76

00:03:16,390 --> 00:03:14,480

your seat and that's what we're doing

77

00:03:18,470 --> 00:03:16,400

all the time but

78

00:03:20,869 --> 00:03:18,480

you know you just get used to it um i

79

00:03:23,270 --> 00:03:20,879

don't feel nauseous now some people feel

80

00:03:25,190 --> 00:03:23,280

sick in the beginning um

81

00:03:26,869 --> 00:03:25,200

but uh you know they eventually adapt

82

00:03:28,390 --> 00:03:26,879

even if they're uh you know some maybe

83

00:03:29,750 --> 00:03:28,400

we have people throwing up here up here

84

00:03:31,509 --> 00:03:29,760

sometimes when they first get up here

85

00:03:32,550 --> 00:03:31,519

but they get used to it

86

00:03:34,869 --> 00:03:32,560

eventually

87

00:03:38,550 --> 00:03:34,879

and as far as the close quarters you

88

00:03:39,670 --> 00:03:38,560

know the space station's pretty big

89

00:03:42,550 --> 00:03:39,680

so

90

00:03:44,309 --> 00:03:42,560

although i never feel like

91

00:03:46,470 --> 00:03:44,319

i'm kind of

92

00:03:48,309 --> 00:03:46,480

would like more room

93

00:03:50,229 --> 00:03:48,319

it is still very clear that you didn't

94

00:03:52,229 --> 00:03:50,239

never get to leave you can't go outside

95

00:03:58,869 --> 00:03:52,239

so that's something that's very very

96

00:04:02,789 --> 00:04:01,190

well listen we wish you a very safe

97

00:04:05,030 --> 00:04:02,799

journey up how fast are you going right

98

00:04:06,949 --> 00:04:05,040

now and what are you over and if misha

99

00:04:09,509 --> 00:04:06,959

can do a another somersault that would

100

00:04:10,630 --> 00:04:09,519

be really cool um scott if you can

101
00:04:16,069 --> 00:04:10,640
answer that question we'd love to see

102
00:04:21,749 --> 00:04:19,749
yeah we're going 17 500 miles an hour

103
00:04:27,749 --> 00:04:21,759
and i have no idea what part of the

104
00:04:31,670 --> 00:04:29,749
gotcha hey and when do you wear the

105
00:04:35,670 --> 00:04:31,680
spacesuits by the way i see them right

106
00:04:40,070 --> 00:04:37,510
yeah one of my colleagues and i uh chell

107
00:04:42,469 --> 00:04:40,080
lindgren uh we're gonna do a space walk

108
00:04:44,870 --> 00:04:42,479
actually we're gonna do two um

109
00:04:46,870 --> 00:04:44,880
at the end of uh october and then in the

110
00:04:48,550 --> 00:04:46,880
beginning of november

111
00:04:50,710 --> 00:04:48,560
spread out by a little a little bit over

112
00:04:57,189 --> 00:04:50,720
a week and those are the first two we

113
00:05:01,590 --> 00:04:59,189

looks like you're over africa at this

114

00:05:04,070 --> 00:05:01,600

point scott and by the way we love the

115

00:05:05,909 --> 00:05:04,080

boy it's uh it's casual up there you

116

00:05:07,270 --> 00:05:05,919

guys are wearing polo shirts and khakis

117

00:05:08,310 --> 00:05:07,280

it looks like

118

00:05:10,070 --> 00:05:08,320

you don't have to wear the big

119

00:05:11,749 --> 00:05:10,080

spacesuits every day and you don't have

120

00:05:14,310 --> 00:05:11,759

the uh the flight suits either you can

121

00:05:20,070 --> 00:05:14,320

kind of just uh chill up there the the

122

00:05:23,670 --> 00:05:21,510

yeah it's uh you know it's pretty

123

00:05:25,670 --> 00:05:23,680

comfortable uh environment we have up

124

00:05:28,150 --> 00:05:25,680

here although it's uh

125

00:05:29,830 --> 00:05:28,160

you know it's a pretty rustic living

126

00:05:32,710 --> 00:05:29,840

with regards to having the ability to

127

00:05:34,230 --> 00:05:32,720

take a shower and things like that so uh

128

00:05:40,310 --> 00:05:34,240

it's uh it's sort of a little bit like

129

00:05:45,270 --> 00:05:43,110

um also we we wanted to kind of be in

130

00:05:46,790 --> 00:05:45,280

sync with you today so we got some ice

131

00:05:48,070 --> 00:05:46,800

cream from the intrepid right it's

132

00:05:49,590 --> 00:05:48,080

astronaut ice cream they call it

133

00:05:52,070 --> 00:05:49,600

astronaut ice cream and as we look at

134

00:05:54,150 --> 00:05:52,080

this scott i'd like to i'd love to know

135

00:05:58,790 --> 00:05:54,160

from you too mikhael how's the food up

136

00:06:03,110 --> 00:06:00,309

you know the food's pretty good i was

137

00:06:05,189 --> 00:06:03,120

listening to your show about the sodium

138

00:06:07,430 --> 00:06:05,199

reductions that you're talking about in

139

00:06:09,029 --> 00:06:07,440

new york city in the diet and we we

140

00:06:10,710 --> 00:06:09,039

actually went through that where we kind

141

00:06:13,189 --> 00:06:10,720

of scrubbed our whole menu because there

142

00:06:16,070 --> 00:06:13,199

was a lot of sodium on board

143

00:06:17,830 --> 00:06:16,080

so we we had a big reduction in the the

144

00:06:19,990 --> 00:06:17,840

amount of salt content

145

00:06:22,150 --> 00:06:20,000

you know it's obviously you know salt

146

00:06:24,070 --> 00:06:22,160

affects the taste and uh but it's

147

00:06:26,950 --> 00:06:24,080

surprising what you get used to so

148

00:06:28,469 --> 00:06:26,960

initially with the less salt uh you

149

00:06:30,150 --> 00:06:28,479

don't really like it but you actually

150

00:06:32,550 --> 00:06:30,160

after a while you kind of get used to it

151

00:06:34,870 --> 00:06:32,560

and i hope people uh you know that are

152

00:06:35,909 --> 00:06:34,880

looking at adjusting the salt intake

153

00:06:42,469 --> 00:06:35,919

there

154

00:06:47,029 --> 00:06:45,430

scott kelly a hero mikhail a hero thank

155

00:06:48,710 --> 00:06:47,039

you both for being with us sorry about

156

00:06:51,270 --> 00:06:48,720

the delay there but you are in outer

157

00:06:53,350 --> 00:06:51,280

space it makes sense safe travels and

158

00:06:55,589 --> 00:06:53,360

we'll see you next year

159

00:06:57,350 --> 00:06:55,599

take care thank you and they were