



1  
00:00:06,550 --> 00:00:04,550  
we have an out of this world opportunity

2  
00:00:08,790 --> 00:00:06,560  
this morning astronaut joe lingard has

3  
00:00:11,270 --> 00:00:08,800  
spent a lot of time in our area well now

4  
00:00:13,990 --> 00:00:11,280  
he is living and working in space and

5  
00:00:15,910 --> 00:00:14,000  
nasa is making tel available live from

6  
00:00:18,230 --> 00:00:15,920  
the international space station this

7  
00:00:19,670 --> 00:00:18,240  
morning i'll remind you since this is

8  
00:00:21,830 --> 00:00:19,680  
live from space there will be a

9  
00:00:23,590 --> 00:00:21,840  
significant delay all right tell we

10  
00:00:29,109 --> 00:00:23,600  
spoke before you went up to space tell

11  
00:00:33,110 --> 00:00:31,029  
well thank you so much uh for having me

12  
00:00:34,950 --> 00:00:33,120  
this morning you know that uh the trip

13  
00:00:36,470 --> 00:00:34,960

on the rocket was amazing uh that's the

14

00:00:38,630 --> 00:00:36,480

first time that i've had the opportunity

15

00:00:40,549 --> 00:00:38,640

to do that um and what an amazing

16

00:00:42,549 --> 00:00:40,559

feeling to uh finally make it into

17

00:00:44,869 --> 00:00:42,559

microgravity the the rocket ride itself

18

00:00:51,430 --> 00:00:44,879

was pretty thrilling but making it into

19

00:00:55,830 --> 00:00:53,270

and that's what i want to know how do

20

00:01:01,590 --> 00:00:55,840

you adjust to life without gravity have

21

00:01:05,590 --> 00:01:03,510

well it is it's a lot of fun to be up

22

00:01:07,510 --> 00:01:05,600

here you know i think when people think

23

00:01:09,510 --> 00:01:07,520

about living and working in space of

24

00:01:11,109 --> 00:01:09,520

course weightlessness is is the first

25

00:01:12,950 --> 00:01:11,119

thing you think of it's so much fun to

26  
00:01:14,870 --> 00:01:12,960  
float you know we're getting pretty good

27  
00:01:16,550 --> 00:01:14,880  
around about moving around the space

28  
00:01:18,310 --> 00:01:16,560  
station without crashing into too many

29  
00:01:20,310 --> 00:01:18,320  
things

30  
00:01:21,670 --> 00:01:20,320  
but it's also challenging you know when

31  
00:01:23,749 --> 00:01:21,680  
you're working with tools and you're

32  
00:01:26,390 --> 00:01:23,759  
working with equipment you have to find

33  
00:01:28,630 --> 00:01:26,400  
a place to hook onto the floor so that

34  
00:01:30,550 --> 00:01:28,640  
you don't float away and any time that

35  
00:01:33,270 --> 00:01:30,560  
you open a bag everything wants to float

36  
00:01:34,950 --> 00:01:33,280  
out whether it's food or

37  
00:01:40,950 --> 00:01:34,960  
pieces of equipment and so that can be

38  
00:01:44,710 --> 00:01:42,710

all right let's talk about the food you

39

00:01:47,990 --> 00:01:44,720

were among the first to eat the

40

00:01:53,350 --> 00:01:48,000

vegetables in space be honest cho how

41

00:01:56,709 --> 00:01:55,190

you know what i do enjoy

42

00:01:59,109 --> 00:01:56,719

a salad every once in a while on the

43

00:02:01,190 --> 00:01:59,119

ground and so um it actually tasted

44

00:02:03,429 --> 00:02:01,200

pretty good especially once we were able

45

00:02:06,469 --> 00:02:03,439

to put a little bit of

46

00:02:08,229 --> 00:02:06,479

balsamic vinegar on it

47

00:02:10,309 --> 00:02:08,239

you know the really exciting thing about

48

00:02:12,150 --> 00:02:10,319

growing that lettuce though was one that

49

00:02:13,510 --> 00:02:12,160

we were able to grow food up here that

50

00:02:15,350 --> 00:02:13,520

we could eat

51  
00:02:17,030 --> 00:02:15,360  
and then number two you know just the

52  
00:02:19,190 --> 00:02:17,040  
psychological benefits of growing

53  
00:02:21,190 --> 00:02:19,200  
something watching it grow

54  
00:02:23,350 --> 00:02:21,200  
having this green color and what's

55  
00:02:24,790 --> 00:02:23,360  
otherwise a fairly sterile environment

56  
00:02:31,830 --> 00:02:24,800  
was also

57  
00:02:41,830 --> 00:02:34,790  
all right uh scott is up there a year in

58  
00:02:46,630 --> 00:02:44,070  
you know scott is doing a terrific job

59  
00:02:48,949 --> 00:02:46,640  
he had we actually hit his uh halfway

60  
00:02:51,509 --> 00:02:48,959  
mark yesterday and so we're kind of on

61  
00:02:53,670 --> 00:02:51,519  
the downhill side which is still another

62  
00:02:56,070 --> 00:02:53,680  
six months but uh he's doing a terrific

63  
00:02:57,430 --> 00:02:56,080

job i think he really started this

64

00:02:59,030 --> 00:02:57,440

mission with the expectation that was

65

00:03:00,149 --> 00:02:59,040

gonna he was going to be up here for a

66

00:03:02,229 --> 00:03:00,159

full year

67

00:03:03,350 --> 00:03:02,239

and uh so i think that he has the right

68

00:03:05,350 --> 00:03:03,360

mindset

69

00:03:08,149 --> 00:03:05,360

the right pace

70

00:03:10,070 --> 00:03:08,159

and he's doing a terrific job

71

00:03:13,110 --> 00:03:10,080

not only in his own work but in

72

00:03:18,630 --> 00:03:13,120

mentoring kimia and i as a new new space

73

00:03:23,190 --> 00:03:21,190

i know you have some family in our area

74

00:03:24,869 --> 00:03:23,200

how do you keep in touch with them and

75

00:03:30,070 --> 00:03:24,879

this is your turn do you want to say

76

00:03:34,149 --> 00:03:32,229

you bet well of course my my parents

77

00:03:35,830 --> 00:03:34,159

live in the northern virginia area so

78

00:03:38,390 --> 00:03:35,840

i'll say hi mom and dad

79

00:03:40,390 --> 00:03:38,400

um i also have uh lots of i graduated

80

00:03:42,390 --> 00:03:40,400

from high school uh from robinson

81

00:03:43,990 --> 00:03:42,400

secondary high school in fairfax

82

00:03:46,309 --> 00:03:44,000

virginia and so i have lots of friends

83

00:03:48,149 --> 00:03:46,319

that are still out there

84

00:03:49,910 --> 00:03:48,159

you know this is an amazing place to

85

00:03:52,070 --> 00:03:49,920

live and work and one of the real

86

00:03:54,149 --> 00:03:52,080

benefits of being up here right now

87

00:03:56,229 --> 00:03:54,159

in this modern age is that we have a

88

00:03:58,390 --> 00:03:56,239

whole suite of tools that we can use to

89

00:04:00,470 --> 00:03:58,400

communicate with the ground email we

90

00:04:02,390 --> 00:04:00,480

have an internet phone that we can use

91

00:04:04,550 --> 00:04:02,400

to call friends and family and then i

92

00:04:10,550 --> 00:04:04,560

get a teleconference once a week with my

93

00:04:15,429 --> 00:04:12,869

nice well and uh and now you're speaking

94

00:04:17,909 --> 00:04:15,439

with us live here on the ground so tell

95

00:04:19,189 --> 00:04:17,919

it's been fascinating i love all of the

96

00:04:21,270 --> 00:04:19,199

pictures that you've been posting on

97

00:04:22,550 --> 00:04:21,280

social media best of luck we'll be

98

00:04:26,550 --> 00:04:22,560

watching you as you continue your

99

00:04:34,230 --> 00:04:28,230

thank you so much for uh letting me

100

00:04:39,749 --> 00:04:37,030

of course we'll talk to you soon uh oh

101

00:04:42,469 --> 00:04:39,759

look at that he was doing a backflip you

102

00:04:44,550 --> 00:04:42,479

go tell you got it down