



1
00:00:06,070 --> 00:00:02,550
station this is houston are you ready

2
00:00:09,280 --> 00:00:09,270
i am ready for the event

3
00:00:13,190 --> 00:00:11,430
cbs interactive this is mission control

4
00:00:15,350 --> 00:00:13,200
houston please call station for a voice

5
00:00:17,029 --> 00:00:15,360
check

6
00:00:20,550 --> 00:00:17,039
station this is cbs interactive how do

7
00:00:20,560 --> 00:00:30,310
i have you loud and clear how many

8
00:00:30,320 --> 00:00:40,630
we are ready sir we hear you

9
00:00:44,310 --> 00:00:42,310
all right commander kelly thank you so

10
00:00:46,229 --> 00:00:44,320
much for doing this astronaut scott

11
00:00:48,229 --> 00:00:46,239
kelly is halfway through his year-long

12
00:00:51,670 --> 00:00:48,239
mission on board the international space

13
00:00:53,590 --> 00:00:51,680

station and he joins me now from the iss

14

00:00:55,670 --> 00:00:53,600

sir this is such a great moment for us

15

00:01:01,270 --> 00:00:55,680

uh you're at the halfway point in the

16

00:01:05,109 --> 00:01:03,830

feel uh pretty good

17

00:01:07,590 --> 00:01:05,119

been busy

18

00:01:09,590 --> 00:01:07,600

today's been a pretty busy day but

19

00:01:11,910 --> 00:01:09,600

overall i'm feeling great and

20

00:01:16,390 --> 00:01:11,920

you know look forward to the second half

21

00:01:21,270 --> 00:01:19,030

commander you are studying how

22

00:01:22,870 --> 00:01:21,280

weightlessness affects vision i find

23

00:01:27,510 --> 00:01:22,880

that really fascinating what have you

24

00:01:32,149 --> 00:01:29,990

well there are some uh some negative

25

00:01:33,749 --> 00:01:32,159

effects of living in this microgravity

26

00:01:36,310 --> 00:01:33,759

environment you know do do the

27

00:01:38,870 --> 00:01:36,320

microgravity also uh you know effects

28

00:01:41,270 --> 00:01:38,880

due to radiation and there's you know

29

00:01:43,590 --> 00:01:41,280

effects on our immune system

30

00:01:45,749 --> 00:01:43,600

um bone loss muscle loss things like

31

00:01:47,749 --> 00:01:45,759

that and one of them one of them is

32

00:01:50,870 --> 00:01:47,759

his vision

33

00:01:52,789 --> 00:01:50,880

as far as what we've learned so far from

34

00:01:55,190 --> 00:01:52,799

from this flight and some of the

35

00:01:55,990 --> 00:01:55,200

experiments that we've done i'm not too

36

00:01:59,270 --> 00:01:56,000

sure

37

00:02:01,109 --> 00:01:59,280

you know the scientists on the ground

38

00:02:02,789 --> 00:02:01,119

need to look at all the data that we get

39

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

throughout the whole mission

40

00:02:06,709 --> 00:02:04,880

and then they

41

00:02:09,109 --> 00:02:06,719

they analyze it and they

42

00:02:12,309 --> 00:02:09,119

write papers and the papers are peer

43

00:02:14,150 --> 00:02:12,319

reviewed and published and that's a very

44

00:02:17,190 --> 00:02:14,160

very long process

45

00:02:18,630 --> 00:02:17,200

i know as far as like my symptoms of my

46

00:02:21,430 --> 00:02:18,640

vision

47

00:02:22,710 --> 00:02:21,440

as far as that's concerned

48

00:02:25,270 --> 00:02:22,720

you know even though i had some like

49

00:02:27,990 --> 00:02:25,280

structural changes last time

50

00:02:29,750 --> 00:02:28,000

in my eyes uh just subjectively my

51

00:02:32,150 --> 00:02:29,760

vision seems uh

52

00:02:36,150 --> 00:02:32,160

seems unchanged from from when i

53

00:02:39,910 --> 00:02:38,309

that's really interesting uh the other

54

00:02:42,070 --> 00:02:39,920

thing that i think a lot of people would

55

00:02:44,390 --> 00:02:42,080

find interesting sir is that you gave

56

00:02:47,110 --> 00:02:44,400

yourself a flu shot a couple of weeks

57

00:02:49,350 --> 00:02:47,120

ago uh given that the space station is a

58

00:02:51,110 --> 00:02:49,360

very sterile environment and all of you

59

00:02:56,949 --> 00:02:51,120

guys presumably are pretty healthy why

60

00:03:02,070 --> 00:02:59,350

well the flu shot was really just a way

61

00:03:03,350 --> 00:03:02,080

to test their immune system it wasn't to

62

00:03:04,710 --> 00:03:03,360

protect me

63

00:03:06,869 --> 00:03:04,720

from the flu

64

00:03:09,110 --> 00:03:06,879

i had the same flu shot it was actually

65

00:03:12,229 --> 00:03:09,120

last year's flu shot the flu shot the

66

00:03:14,949 --> 00:03:12,239

the serum formula

67

00:03:16,790 --> 00:03:14,959

changes every every year based on you

68

00:03:18,949 --> 00:03:16,800

know what the projected

69

00:03:21,430 --> 00:03:18,959

you know strain of the flu is i guess

70

00:03:23,350 --> 00:03:21,440

and so both myself and my brother had

71

00:03:25,589 --> 00:03:23,360

the last year's flu shot

72

00:03:27,030 --> 00:03:25,599

and then we both had last year's flu

73

00:03:30,830 --> 00:03:27,040

shot again

74

00:03:33,270 --> 00:03:30,840

recently to to see how our immune system

75

00:03:35,670 --> 00:03:33,280

responds and to compare

76

00:03:37,350 --> 00:03:35,680

my brother who is you know genetically

77

00:03:39,750 --> 00:03:37,360

very similar to me

78

00:03:42,229 --> 00:03:39,760

uh but on the ground how that compares

79

00:03:45,350 --> 00:03:42,239

to to mine and my immune response in

80

00:03:46,470 --> 00:03:45,360

space so flu shot was really just to uh

81

00:03:48,869 --> 00:03:46,480

as a

82

00:03:51,509 --> 00:03:48,879

a mechanism to study the the

83

00:03:53,350 --> 00:03:51,519

uh science of the immune system and not

84

00:03:54,869 --> 00:03:53,360

to protect me from the flu now we could

85

00:03:56,149 --> 00:03:54,879

get the flu up here if someone brought

86

00:04:01,030 --> 00:03:56,159

us the flu

87

00:04:04,710 --> 00:04:03,030

you're you're going to be in space for

88

00:04:07,750 --> 00:04:04,720

close to a year sir and one of your

89

00:04:09,509 --> 00:04:07,760

research projects is keeping a journal

90

00:04:11,990 --> 00:04:09,519

to chart your moods and your general

91

00:04:13,670 --> 00:04:12,000

impressions uh without giving us any

92

00:04:15,910 --> 00:04:13,680

secrets or any private moments what have

93

00:04:23,909 --> 00:04:15,920

you noticed in the changes in your mood

94

00:04:28,390 --> 00:04:25,430

you know i was pretty lucky that i had

95

00:04:32,870 --> 00:04:28,400

lived up here before and so i knew i

96

00:04:35,830 --> 00:04:33,749

so

97

00:04:38,310 --> 00:04:35,840

you know i expected that this would

98

00:04:41,189 --> 00:04:38,320

would seem like a long time because i

99

00:04:43,110 --> 00:04:41,199

would last time i was up here for 50 159

100

00:04:44,950 --> 00:04:43,120

days now i've been up here for like i

101
00:04:47,590 --> 00:04:44,960
think 189 with

102
00:04:49,430 --> 00:04:47,600
with uh about that ahead of me

103
00:04:51,189 --> 00:04:49,440
um or a little less than that ahead of

104
00:04:53,189 --> 00:04:51,199
me so

105
00:04:57,430 --> 00:04:53,199
you know i did expect that you know i

106
00:04:59,590 --> 00:04:57,440
would have a feeling a little bit of uh

107
00:05:01,189 --> 00:04:59,600
you know fatigue from the duration from

108
00:05:03,909 --> 00:05:01,199
the fact that you're always at work you

109
00:05:06,469 --> 00:05:03,919
can't go outside

110
00:05:09,110 --> 00:05:06,479
you're always on a very you know pretty

111
00:05:11,189 --> 00:05:09,120
stringent schedule so i knew that going

112
00:05:13,909 --> 00:05:11,199
into it so i don't think it's affected

113
00:05:16,230 --> 00:05:13,919

my my mood much or my

114

00:05:20,390 --> 00:05:16,240

my behavior but it is something that you

115

00:05:23,189 --> 00:05:21,670

yeah and and the other thing that i

116

00:05:24,790 --> 00:05:23,199

think people are interested in you you

117

00:05:26,150 --> 00:05:24,800

put out on twitter you're very active on

118

00:05:28,150 --> 00:05:26,160

twitter which is great for all of us

119

00:05:30,790 --> 00:05:28,160

here on earth uh you back in april you

120

00:05:33,430 --> 00:05:30,800

tweeted a picture uh of your your

121

00:05:35,270 --> 00:05:33,440

bedroom on board the iss and you and you

122

00:05:37,670 --> 00:05:35,280

called it you said all the comforts of

123

00:05:39,430 --> 00:05:37,680

home uh well most of them so how well

124

00:05:44,710 --> 00:05:39,440

are you sleeping in that little cozy

125

00:05:51,189 --> 00:05:48,870

um it's interesting i sleep okay um

126

00:05:53,270 --> 00:05:51,199

it's somewhat different than on earth i

127

00:05:56,390 --> 00:05:53,280

mean i definitely miss the uh you know

128

00:05:58,550 --> 00:05:56,400

the weight of the the blanket and the

129

00:05:59,909 --> 00:05:58,560

feeling of the sheets and the pillows

130

00:06:01,590 --> 00:05:59,919

and stuff like that you don't really

131

00:06:04,309 --> 00:06:01,600

have that sense up here

132

00:06:05,909 --> 00:06:04,319

but uh you know the one advantage of of

133

00:06:08,309 --> 00:06:05,919

sleeping here and just living here in

134

00:06:10,070 --> 00:06:08,319

general is you know a lot of the aches

135

00:06:10,950 --> 00:06:10,080

and pains you have on earth after a

136

00:06:13,749 --> 00:06:10,960

while

137

00:06:15,270 --> 00:06:13,759

go away i'm not really sure why but

138

00:06:18,070 --> 00:06:15,280

i guess maybe because you're not using

139

00:06:20,309 --> 00:06:18,080

your joints and your muscles much

140

00:06:22,309 --> 00:06:20,319

except when you're exercising that you

141

00:06:24,629 --> 00:06:22,319

know they have more time to to heal and

142

00:06:25,510 --> 00:06:24,639

recover

143

00:06:27,510 --> 00:06:25,520

so

144

00:06:29,590 --> 00:06:27,520

in that regard sleeping up here is more

145

00:06:31,510 --> 00:06:29,600

comfortable you know i don't have

146

00:06:32,309 --> 00:06:31,520

you know neck pain back pain things like

147

00:06:33,510 --> 00:06:32,319

that

148

00:06:36,230 --> 00:06:33,520

uh

149

00:06:38,309 --> 00:06:36,240

so it's it's better in that respect but

150

00:06:40,629 --> 00:06:38,319

but not as good with

151

00:06:42,150 --> 00:06:40,639

regards to like feeling like i said the

152

00:06:45,270 --> 00:06:42,160

weight of the blanket and the sheets and

153

00:06:49,510 --> 00:06:46,710

yeah i think a lot of people could get

154

00:06:51,749 --> 00:06:49,520

into not feeling any aches and pains sir

155

00:06:53,430 --> 00:06:51,759

that's pretty cool uh you know we saw

156

00:06:56,550 --> 00:06:53,440

another picture that you tweeted earlier

157

00:06:58,070 --> 00:06:56,560

uh the storm that we're expecting here

158

00:06:59,510 --> 00:06:58,080

in the east coast of the united states

159

00:07:01,990 --> 00:06:59,520

and obviously you can see that from

160

00:07:03,670 --> 00:07:02,000

space i'm just wondering uh and there we

161

00:07:06,469 --> 00:07:03,680

see that image there it's pretty cool

162

00:07:08,070 --> 00:07:06,479

does it move very quickly across uh from

163

00:07:09,510 --> 00:07:08,080

your vantage point or does it sort of

164

00:07:14,150 --> 00:07:09,520

just hover there

165

00:07:18,550 --> 00:07:16,230

so i think that storm at the time was

166

00:07:21,670 --> 00:07:18,560

moving six miles an hour and we're

167

00:07:22,790 --> 00:07:21,680

moving 17 500 miles an hour so even if

168

00:07:25,589 --> 00:07:22,800

it was moving

169

00:07:26,870 --> 00:07:25,599

uh much faster you know fast storm speed

170

00:07:28,230 --> 00:07:26,880

i guess

171

00:07:30,469 --> 00:07:28,240

um

172

00:07:32,230 --> 00:07:30,479

you know the relative speed is so much

173

00:07:36,390 --> 00:07:32,240

that you would never notice it it seems

174

00:07:39,749 --> 00:07:38,150

so sir before we let you go we got only

175

00:07:41,110 --> 00:07:39,759

about two minutes left i gotta ask you

176

00:07:42,870 --> 00:07:41,120

you know a lot of people gush over

177

00:07:45,510 --> 00:07:42,880

astronauts and they think you guys are

178

00:07:47,270 --> 00:07:45,520

heroes but you've said in the past that

179

00:07:49,270 --> 00:07:47,280

you're just a regular guy i wonder

180

00:07:52,230 --> 00:07:49,280

though when you were a kid

181

00:07:54,710 --> 00:07:52,240

learning about neil armstrong or buzz

182

00:08:01,350 --> 00:07:54,720

aldrin or scott carpenter did how did

183

00:08:09,029 --> 00:08:05,189

well you know i i looked uh to them as

184

00:08:11,830 --> 00:08:09,039

as heroes you know very accomplished uh

185

00:08:12,710 --> 00:08:11,840

you know astronauts pilots test pilots

186

00:08:15,510 --> 00:08:12,720

um

187

00:08:17,110 --> 00:08:15,520

yeah so i was very impressed with with

188

00:08:19,110 --> 00:08:17,120

them and and what

189

00:08:21,029 --> 00:08:19,120

they did and what they had accomplished

190

00:08:25,510 --> 00:08:21,039

so uh

191

00:08:28,790 --> 00:08:26,950

here's the last dorky question i'm going

192

00:08:34,790 --> 00:08:28,800

to ask you sir uh do you ever get tired

193

00:08:39,190 --> 00:08:36,790

um not really

194

00:08:40,469 --> 00:08:39,200

you don't i don't i don't get get tired

195

00:08:42,550 --> 00:08:40,479

of it you definitely

196

00:08:45,750 --> 00:08:42,560

you definitely get better at it

197

00:08:47,509 --> 00:08:45,760

you know the longer you're up here

198

00:08:52,389 --> 00:08:47,519

to

199

00:08:53,509 --> 00:08:52,399

i can do them you know even much faster

200

00:08:58,070 --> 00:08:53,519

and

201
00:09:00,310 --> 00:08:58,080
definitely get like olympic caliber

202
00:09:03,350 --> 00:09:00,320
flip uh technique after you've been up

203
00:09:06,470 --> 00:09:05,269
that is really cool

204
00:09:08,230 --> 00:09:06,480
we love it

205
00:09:09,829 --> 00:09:08,240
also notice you're wearing a bison belt

206
00:09:11,910 --> 00:09:09,839
i think it's a bison belt which they

207
00:09:13,190 --> 00:09:11,920
call it sort of a last resort belt i

208
00:09:19,030 --> 00:09:13,200
have one of those if you're wearing it

209
00:09:21,670 --> 00:09:20,150
yeah it's just i don't even know what

210
00:09:23,990 --> 00:09:21,680
brand it is it's just kind of a

211
00:09:26,949 --> 00:09:24,000
convenient thing obviously

212
00:09:29,190 --> 00:09:26,959
no uh no use for this little you know

213
00:09:30,630 --> 00:09:29,200

carabiner type device on the front up

214

00:09:33,110 --> 00:09:30,640

here because

215

00:09:38,710 --> 00:09:33,120

you know maybe maybe more eva i could

216

00:09:42,710 --> 00:09:40,550

all right commander scott kelly thank

217

00:09:47,190 --> 00:09:42,720

you so much sir for joining us that was

218

00:09:53,350 --> 00:09:48,870

my pleasure glad i could talk to you

219

00:10:01,030 --> 00:09:55,670

station this is houston acr that

220

00:10:05,509 --> 00:10:03,350

thank you cbs interactive station please