



1
00:00:07,990 --> 00:00:04,870
station this is houston are you ready

2
00:00:08,000 --> 00:00:11,910
we are ready for the event

3
00:00:16,870 --> 00:00:14,629
kprc tv this is mission control houston

4
00:00:22,950 --> 00:00:16,880
please call station for a voice check

5
00:00:26,950 --> 00:00:24,790
uh we have you loud and clear welcome

6
00:00:29,269 --> 00:00:26,960
aboard the space station

7
00:00:31,429 --> 00:00:29,279
oh my goodness what a treat okay so

8
00:00:34,069 --> 00:00:31,439
joining us now from the international

9
00:00:36,310 --> 00:00:34,079
space station expedition 46 commander

10
00:00:38,869 --> 00:00:36,320
scott kelly and flight engineers tim

11
00:00:40,069 --> 00:00:38,879
copra and tim peake you guys thank you

12
00:00:43,510 --> 00:00:40,079
so much for joining us you really

13
00:00:48,389 --> 00:00:45,830

oh it our pleasure

14

00:00:50,069 --> 00:00:48,399

well i just uh saw your christmas

15

00:00:52,630 --> 00:00:50,079

message and i heard that you're orbiting

16

00:00:58,150 --> 00:00:52,640

the earth 16 times christmas day what

17

00:01:04,070 --> 00:01:00,310

yeah we're going to orbit the the earth

18

00:01:05,750 --> 00:01:04,080

16 times on new year's two and uh but uh

19

00:01:07,510 --> 00:01:05,760

all kidding aside we're gonna

20

00:01:10,710 --> 00:01:07,520

you know we'll try to celebrate a little

21

00:01:12,310 --> 00:01:10,720

bit uh we have uh new year's day off

22

00:01:14,070 --> 00:01:12,320

although it's not your typical new

23

00:01:16,550 --> 00:01:14,080

year's eve like you might experience on

24

00:01:17,510 --> 00:01:16,560

earth we still will uh you know reflect

25

00:01:19,990 --> 00:01:17,520

on

26

00:01:24,070 --> 00:01:20,000

the privilege of being up here and and

27

00:01:29,270 --> 00:01:26,429

right okay so i know that when we hit

28

00:01:31,190 --> 00:01:29,280

2016 that you have maybe about three

29

00:01:34,789 --> 00:01:31,200

more months until you complete your year

30

00:01:40,310 --> 00:01:34,799

in space what does this mean for space

31

00:01:45,510 --> 00:01:42,469

well you know i hope uh

32

00:01:48,710 --> 00:01:45,520

we learned some things from this flight

33

00:01:50,870 --> 00:01:48,720

that will uh will help us get to mars uh

34

00:01:52,950 --> 00:01:50,880

there are some challenges not only

35

00:01:56,069 --> 00:01:52,960

uh you know with the primary reason that

36

00:01:57,590 --> 00:01:56,079

misha and i are here with which is you

37

00:01:59,270 --> 00:01:57,600

know understanding

38

00:02:01,910 --> 00:01:59,280

you know the changes that occur in our

39

00:02:04,789 --> 00:02:01,920

own uh own physiology but also

40

00:02:07,270 --> 00:02:04,799

you know how to support uh crew members

41

00:02:09,990 --> 00:02:07,280

uh whether it's psychologically or or

42

00:02:13,510 --> 00:02:10,000

with the life support systems here

43

00:02:15,750 --> 00:02:13,520

for an extended period of time so

44

00:02:17,910 --> 00:02:15,760

you know when we do go to mars someday

45

00:02:19,750 --> 00:02:17,920

and we will i'm not sure exactly when

46

00:02:21,830 --> 00:02:19,760

but when we do

47

00:02:23,190 --> 00:02:21,840

you know i hope that i can say and nasa

48

00:02:25,110 --> 00:02:23,200

can say that this

49

00:02:27,270 --> 00:02:25,120

this mission this year in space that

50

00:02:28,309 --> 00:02:27,280

that misha and i have have spent has

51

00:02:31,190 --> 00:02:28,319

been uh

52

00:02:33,270 --> 00:02:31,200

you know helped a little bit uh in in

53

00:02:35,270 --> 00:02:33,280

getting us there

54

00:02:36,949 --> 00:02:35,280

okay uh tim this question is for you

55

00:02:39,270 --> 00:02:36,959

what are some of the most difficult

56

00:02:49,270 --> 00:02:39,280

things i guess that in space that we

57

00:02:53,030 --> 00:02:51,030

you know living in zero gravity is both

58

00:02:55,670 --> 00:02:53,040

a blessing and a curse i mean it's a lot

59

00:02:57,270 --> 00:02:55,680

of fun to be in zero gravity but uh it

60

00:02:59,110 --> 00:02:57,280

makes it more difficult to keep track of

61

00:03:01,270 --> 00:02:59,120

your things you have to be very diligent

62

00:03:02,630 --> 00:03:01,280

in where you leave things and

63

00:03:04,470 --> 00:03:02,640

typically if you put something on a

64

00:03:06,949 --> 00:03:04,480

table back home it's not going to float

65

00:03:08,630 --> 00:03:06,959

away so to be very diligent about that

66

00:03:09,830 --> 00:03:08,640

and also you know we have to be very

67

00:03:12,390 --> 00:03:09,840

conscious that

68

00:03:14,070 --> 00:03:12,400

the space station is is our environment

69

00:03:15,990 --> 00:03:14,080

and uh all the equipment we have on

70

00:03:17,750 --> 00:03:16,000

board sustains our lives to be very

71

00:03:21,270 --> 00:03:17,760

careful to make sure that we keep things

72

00:03:24,149 --> 00:03:22,309

and has

73

00:03:27,830 --> 00:03:24,159

this mission has it changed your

74

00:03:37,430 --> 00:03:27,840

perspective on on creation on science

75

00:03:43,750 --> 00:03:41,110

well you know one thing that i uh have

76

00:03:46,070 --> 00:03:43,760

learned from from this experience so far

77

00:03:48,869 --> 00:03:46,080

and actually you know more so from being

78

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

a part of the space station program a

79

00:03:54,550 --> 00:03:51,519

space station that was built by many

80

00:03:57,110 --> 00:03:54,560

nations in uh in a very extreme

81

00:04:00,630 --> 00:03:57,120

environment and uh have has been

82

00:04:02,630 --> 00:04:00,640

occupied for the last 15 years

83

00:04:05,110 --> 00:04:02,640

and operated very successfully is that

84

00:04:06,229 --> 00:04:05,120

there is uh i think very

85

00:04:09,190 --> 00:04:06,239

little

86

00:04:11,350 --> 00:04:09,200

uh limit to what people are capable of

87

00:04:13,589 --> 00:04:11,360

doing if they uh you know they put their

88

00:04:16,789 --> 00:04:13,599

minds to it and they work together in a

89

00:04:18,789 --> 00:04:16,799

very cooperative way and you know i just

90

00:04:20,870 --> 00:04:18,799

think this this program has been a great

91

00:04:23,990 --> 00:04:20,880

example of what we can do in an

92

00:04:25,430 --> 00:04:24,000

international collaborative effort to uh

93

00:04:28,070 --> 00:04:25,440

you know better

94

00:04:28,950 --> 00:04:28,080

um you know our own lives and uh you

95

00:04:36,469 --> 00:04:28,960

know

96

00:04:39,830 --> 00:04:36,479

hopefully get us uh get us to mars and

97

00:04:43,909 --> 00:04:42,070

that is excellent i spoke to some

98

00:04:45,990 --> 00:04:43,919

elementary middle school and high school

99

00:04:47,590 --> 00:04:46,000

students and they wanted to know

100

00:04:50,469 --> 00:04:47,600

what you guys do for

101
00:04:56,950 --> 00:04:50,479
water and then how do you guys sleep

102
00:05:01,350 --> 00:04:59,110
well that's a great question and uh the

103
00:05:03,830 --> 00:05:01,360
one great thing about the space station

104
00:05:06,310 --> 00:05:03,840
is the recycling and you know we're

105
00:05:07,909 --> 00:05:06,320
trying to make attempts to have 100

106
00:05:10,710 --> 00:05:07,919
closed cycle which is what we're going

107
00:05:12,950 --> 00:05:10,720
to need on a future miles trip so we

108
00:05:15,350 --> 00:05:12,960
recycle all of the condensation from

109
00:05:17,350 --> 00:05:15,360
when we exercise we recycle the vast

110
00:05:20,150 --> 00:05:17,360
majority of our urine and it's all

111
00:05:21,990 --> 00:05:20,160
turned back into drinking water

112
00:05:24,790 --> 00:05:22,000
so that is how we're sustained with

113
00:05:26,469 --> 00:05:24,800

water up here in terms of sleeping it's

114

00:05:28,390 --> 00:05:26,479

really up to the individual astronaut

115

00:05:30,390 --> 00:05:28,400

i've only been here for two weeks now

116

00:05:32,550 --> 00:05:30,400

but uh i find that i like to just kind

117

00:05:34,950 --> 00:05:32,560

of zip up my sleeping bag and just uh

118

00:05:36,390 --> 00:05:34,960

float inside the crew quarters they're

119

00:05:38,870 --> 00:05:36,400

not very big so it's not like you're

120

00:05:40,629 --> 00:05:38,880

going to go very far

121

00:05:42,629 --> 00:05:40,639

oh wow

122

00:05:44,950 --> 00:05:42,639

and i i've seen you guys do some

123

00:05:46,870 --> 00:05:44,960

somersaults some back flips

124

00:05:55,749 --> 00:05:46,880

one elementary school student wanted to

125

00:05:55,759 --> 00:05:59,430

scott's the expert

126

00:06:04,830 --> 00:06:01,590

i can do a lot but i've been up here a

127

00:06:10,230 --> 00:06:08,150

time i love it okay scott and then also

128

00:06:13,350 --> 00:06:10,240

you tweeted back in august that your

129

00:06:15,590 --> 00:06:13,360

favorite team was the houston texans i

130

00:06:17,029 --> 00:06:15,600

wanted to know is that houston still

131

00:06:21,510 --> 00:06:17,039

your favorite team you know we just beat

132

00:06:26,950 --> 00:06:24,230

of course that how can you ask that

133

00:06:28,550 --> 00:06:26,960

question i'm from houston and uh i was

134

00:06:31,029 --> 00:06:28,560

watching the game yesterday that was

135

00:06:33,110 --> 00:06:31,039

pretty awesome to see that hopefully

136

00:06:35,189 --> 00:06:33,120

next weekend we'll secure a spot in the

137

00:06:37,029 --> 00:06:35,199

playoffs so pretty excited to see how

138

00:06:38,629 --> 00:06:37,039

this season has gone

139

00:06:40,150 --> 00:06:38,639

has gone from uh

140

00:06:42,469 --> 00:06:40,160

you know pretty kind of scary in the

141

00:06:45,189 --> 00:06:42,479

beginning to to something that uh you

142

00:06:46,390 --> 00:06:45,199

know is is turned around into a success

143

00:06:48,230 --> 00:06:46,400

story

144

00:06:50,230 --> 00:06:48,240

yeah pretty out of this world i guess

145

00:06:52,309 --> 00:06:50,240

some might say you know some people grew

146

00:06:53,909 --> 00:06:52,319

up dreaming of becoming an astronaut

147

00:06:56,950 --> 00:06:53,919

after spending almost a year in space

148

00:06:59,270 --> 00:06:56,960

and witnessing sunsets at about 240

149

00:07:04,950 --> 00:06:59,280

miles above earth what are your dreams

150

00:07:09,670 --> 00:07:07,589

so you know i guess

151

00:07:11,270 --> 00:07:09,680

my um

152

00:07:13,029 --> 00:07:11,280

i'm not sure if you're referring to my

153

00:07:15,189 --> 00:07:13,039

real dreams or just my dreams for the

154

00:07:17,110 --> 00:07:15,199

future uh

155

00:07:19,029 --> 00:07:17,120

kind of in uh you know more of a

156

00:07:20,629 --> 00:07:19,039

conceptual way but uh

157

00:07:22,950 --> 00:07:20,639

you know as far as dreams while i'm

158

00:07:24,230 --> 00:07:22,960

sleeping up here i have you know

159

00:07:26,150 --> 00:07:24,240

sometimes i have

160

00:07:28,070 --> 00:07:26,160

earth dreams and sometimes space dreams

161

00:07:29,589 --> 00:07:28,080

and i when i was in the when i first got

162

00:07:31,029 --> 00:07:29,599

up here and the reason i know this is

163

00:07:32,550 --> 00:07:31,039

because i was writing them down for a

164

00:07:34,070 --> 00:07:32,560

while and it kind of helped me remember

165

00:07:35,589 --> 00:07:34,080

because when i was up here last time

166

00:07:37,270 --> 00:07:35,599

people asked me that question and i

167

00:07:39,350 --> 00:07:37,280

couldn't remember whether i dreamed of

168

00:07:42,390 --> 00:07:39,360

earth or space but

169

00:07:44,710 --> 00:07:42,400

but i do both and and now it's more you

170

00:07:48,230 --> 00:07:44,720

know earth-related but as far as you

171

00:07:50,790 --> 00:07:48,240

know my my my dreams for um

172

00:07:52,469 --> 00:07:50,800

you know what i want after i get back

173

00:07:53,589 --> 00:07:52,479

from this flight those kind of things

174

00:07:55,670 --> 00:07:53,599

you know

175

00:07:58,309 --> 00:07:55,680

you you do have a unique perspective up

176

00:08:00,230 --> 00:07:58,319

here it's this uh you know one of my

177

00:08:01,830 --> 00:08:00,240

colleagues described it as an orbital

178

00:08:03,830 --> 00:08:01,840

perspective a little bit different

179

00:08:05,430 --> 00:08:03,840

perspective on earth when you realize

180

00:08:07,909 --> 00:08:05,440

hey everything that's basically ever

181

00:08:11,270 --> 00:08:07,919

existed you know that we know we love

182

00:08:14,309 --> 00:08:11,280

people history it's right down there and

183

00:08:16,629 --> 00:08:14,319

it uh you know 250 miles below us and it

184

00:08:19,510 --> 00:08:16,639

it does give you a sense for

185

00:08:22,070 --> 00:08:19,520

yeah you know this more of a you know a

186

00:08:24,070 --> 00:08:22,080

stewardship for the planet you know how

187

00:08:26,469 --> 00:08:24,080

you know we need to learn to work

188

00:08:29,430 --> 00:08:26,479

together better because we are all you

189

00:08:31,029 --> 00:08:29,440

know members of of team earth down there

190

00:08:33,430 --> 00:08:31,039

and uh you know we just need to get

191

00:08:36,310 --> 00:08:33,440

along so my dreams would be that we do

192

00:08:38,870 --> 00:08:36,320

just that we you know we we take care of

193

00:08:41,190 --> 00:08:38,880

ourselves each other better we take care

194

00:08:42,949 --> 00:08:41,200

of the planet better and you know that's

195

00:08:45,509 --> 00:08:42,959

what i hope for

196

00:08:47,430 --> 00:08:45,519

incredibly insightful scott kelly tim

197

00:08:51,430 --> 00:08:47,440

copra and tim peake thank you so much

198

00:08:56,550 --> 00:08:54,790

our pleasure happy new year

199

00:08:58,949 --> 00:08:56,560

station this is houston acr that

200

00:09:01,350 --> 00:08:58,959

concludes the kprc tv portion of the

201
00:09:05,350 --> 00:09:01,360
event please stand by for a voice check

202
00:09:12,310 --> 00:09:08,949
station this is khou tv how do you hear

203
00:09:12,320 --> 00:09:16,310
we hear you loud and clear

204
00:09:21,030 --> 00:09:18,070
commander scott kelly along with flight

205
00:09:22,550 --> 00:09:21,040
engineers tim kopra and tim peake

206
00:09:23,829 --> 00:09:22,560
from the international space station not

207
00:09:29,110 --> 00:09:23,839
every day we get your undivided

208
00:09:29,120 --> 00:09:32,310
oh it's our pleasure

209
00:09:36,310 --> 00:09:34,150
so i have to ask you uh

210
00:09:38,710 --> 00:09:36,320
from astronaut peak's twitter page i see

211
00:09:43,350 --> 00:09:38,720
that santa paid you a visit uh what did

212
00:09:47,190 --> 00:09:44,949
well you know we're very fortunate we

213
00:09:49,590 --> 00:09:47,200

have the benefit of a small allowance of

214

00:09:52,150 --> 00:09:49,600

crew care package so really it was just

215

00:09:54,470 --> 00:09:52,160

some photographs and notes and letters

216

00:09:56,710 --> 00:09:54,480

from friends and family uh all wishing

217

00:09:59,190 --> 00:09:56,720

us well on christmas and also a couple

218

00:10:03,430 --> 00:09:59,200

of extra food treats as well so i had

219

00:10:07,269 --> 00:10:05,750

oh lovely uh commander kelly i know this

220

00:10:09,110 --> 00:10:07,279

is your third christmas in space with

221

00:10:15,350 --> 00:10:09,120

santa nice to you what did you guys have

222

00:10:19,269 --> 00:10:17,670

well santa i guess was nice because i

223

00:10:20,550 --> 00:10:19,279

did get something

224

00:10:22,470 --> 00:10:20,560

um

225

00:10:24,870 --> 00:10:22,480

and our christmas dinner was you know we

226

00:10:27,110 --> 00:10:24,880

don't have special food sent up here for

227

00:10:29,590 --> 00:10:27,120

the holidays unfortunately so

228

00:10:32,310 --> 00:10:29,600

it was really just what we could kind of

229

00:10:34,710 --> 00:10:32,320

scavenge although tim did have some frog

230

00:10:36,310 --> 00:10:34,720

which was really good um which i guess

231

00:10:37,590 --> 00:10:36,320

was was special

232

00:10:39,990 --> 00:10:37,600

um

233

00:10:42,389 --> 00:10:40,000

but uh you know generally it's just our

234

00:10:45,110 --> 00:10:42,399

normal menu and we kind of get the

235

00:10:47,509 --> 00:10:45,120

things out of it that sort of seem like

236

00:10:50,870 --> 00:10:47,519

you know holiday food like the

237

00:10:52,150 --> 00:10:50,880

the turkey cold cuts and

238

00:10:54,389 --> 00:10:52,160

some

239

00:10:57,670 --> 00:10:54,399

cornbread stuffing things like that it's

240

00:11:01,990 --> 00:11:00,150

frog is pretty fancy yeah mr cobra you

241

00:11:04,069 --> 00:11:02,000

just arrived in the sixth place six days

242

00:11:08,870 --> 00:11:04,079

later you were forced to do the space

243

00:11:12,550 --> 00:11:10,150

you know actually i wouldn't term it as

244

00:11:14,150 --> 00:11:12,560

uh being forced to do it because uh you

245

00:11:15,910 --> 00:11:14,160

know it's one of the the highlights of

246

00:11:17,590 --> 00:11:15,920

any time that we're able to to have a

247

00:11:19,670 --> 00:11:17,600

trip to space to be able to do a space

248

00:11:21,990 --> 00:11:19,680

walk and uh we actually had a pretty

249

00:11:23,910 --> 00:11:22,000

busy first couple of weeks but then uh

250

00:11:25,430 --> 00:11:23,920

christmas was off and and the weekend

251
00:11:27,829 --> 00:11:25,440
was mostly off so we've had time to

252
00:11:29,350 --> 00:11:27,839
recover and uh tim peake and i will be

253
00:11:32,949 --> 00:11:29,360
preparing for another spacewalk here

254
00:11:37,590 --> 00:11:36,389
you guys see earth from such a different

255
00:11:39,750 --> 00:11:37,600
point of view

256
00:11:42,470 --> 00:11:39,760
has your perspective from outer space

257
00:11:44,230 --> 00:11:42,480
influenced your belief system

258
00:11:46,069 --> 00:11:44,240
uh politics

259
00:11:50,629 --> 00:11:46,079
feelings about the environment i'll

260
00:11:55,350 --> 00:11:52,870
well you know it does and and one of our

261
00:11:58,550 --> 00:11:55,360
colleagues uh described it as like you

262
00:11:59,670 --> 00:11:58,560
said this this orbital perspective where

263
00:12:01,670 --> 00:11:59,680

um

264

00:12:04,629 --> 00:12:01,680

you know every everybody

265

00:12:06,949 --> 00:12:04,639

every person that's ever lived every uh

266

00:12:09,190 --> 00:12:06,959

thing that's basically every ever

267

00:12:12,150 --> 00:12:09,200

happened minus a few

268

00:12:13,829 --> 00:12:12,160

have occurred 250 miles below us and you

269

00:12:14,550 --> 00:12:13,839

know when we look out at the earth we

270

00:12:18,710 --> 00:12:14,560

see

271

00:12:21,030 --> 00:12:18,720

an atmosphere that looks very fragile

272

00:12:23,269 --> 00:12:21,040

we see you know lately like on this

273

00:12:24,949 --> 00:12:23,279

flight i've noticed a lot of uh you know

274

00:12:27,030 --> 00:12:24,959

weather systems that you

275

00:12:28,870 --> 00:12:27,040

and weather phenomena that occur that

276

00:12:30,069 --> 00:12:28,880

you wouldn't expect to see in certain

277

00:12:32,949 --> 00:12:30,079

areas

278

00:12:35,990 --> 00:12:32,959

um you know you see deforestation you

279

00:12:38,310 --> 00:12:36,000

see wildfires you see smog over certain

280

00:12:41,030 --> 00:12:38,320

parts of the world that you know is

281

00:12:42,870 --> 00:12:41,040

there practically continuously so it

282

00:12:44,710 --> 00:12:42,880

does give you this uh

283

00:12:46,629 --> 00:12:44,720

you know a sense that we need to take

284

00:12:48,150 --> 00:12:46,639

care of the earth because you know it's

285

00:12:51,190 --> 00:12:48,160

the uh you know it's the only thing

286

00:12:52,470 --> 00:12:51,200

that's keeping everyone down there alive

287

00:12:55,110 --> 00:12:52,480

and uh

288

00:12:57,829 --> 00:12:55,120

you know we it does look like we are all

289

00:13:00,870 --> 00:12:57,839

part of one big you know

290

00:13:02,629 --> 00:13:00,880

big team big you know one country there

291

00:13:05,509 --> 00:13:02,639

are no political borders when you look

292

00:13:07,030 --> 00:13:05,519

uh look down at the planet so

293

00:13:09,110 --> 00:13:07,040

it does give you this sense that we need

294

00:13:10,629 --> 00:13:09,120

to kind of treat each other better take

295

00:13:13,350 --> 00:13:10,639

care of each other i follow the news

296

00:13:15,910 --> 00:13:13,360

very closely up here and uh

297

00:13:16,710 --> 00:13:15,920

and it's it's mostly bad all the time

298

00:13:19,430 --> 00:13:16,720

and

299

00:13:22,389 --> 00:13:19,440

so it does give you a little bit

300

00:13:31,910 --> 00:13:25,509

yeah same question to you uh tim the mr

301
00:13:36,069 --> 00:13:33,670
i think really just to back up what

302
00:13:38,470 --> 00:13:36,079
scott said there it's it is a unique

303
00:13:39,990 --> 00:13:38,480
perspective it's a unique view

304
00:13:41,750 --> 00:13:40,000
it's incredibly stunning incredibly

305
00:13:45,110 --> 00:13:41,760
beautiful the first thing that struck me

306
00:13:47,590 --> 00:13:45,120
when i saw the earth from space was just

307
00:13:50,389 --> 00:13:47,600
how tiny and fragile our atmosphere is

308
00:13:52,470 --> 00:13:50,399
it's the thinnest band um surrounding

309
00:13:54,629 --> 00:13:52,480
planet earth and it makes you realize

310
00:13:57,430 --> 00:13:54,639
that uh you know we we really do need to

311
00:13:59,829 --> 00:13:57,440
uh take care of our fragile atmosphere

312
00:14:02,069 --> 00:13:59,839
um and i think it it kind of gives you

313
00:14:03,990 --> 00:14:02,079

that perspective of seeing the earth you

314

00:14:06,230 --> 00:14:04,000

know as a whole planet

315

00:14:08,790 --> 00:14:06,240

with interconnected weather systems and

316

00:14:14,949 --> 00:14:08,800

water systems and a real respect for the

317

00:14:18,310 --> 00:14:16,550

it's really hard to add much to that but

318

00:14:19,910 --> 00:14:18,320

i think one thing that uh is very

319

00:14:22,230 --> 00:14:19,920

striking to astronauts when we come up

320

00:14:25,350 --> 00:14:22,240

here is not just the earth but how black

321

00:14:27,910 --> 00:14:25,360

it is in space and so uh we recognize

322

00:14:29,350 --> 00:14:27,920

that uh what we have is what we have and

323

00:14:31,590 --> 00:14:29,360

beyond that is

324

00:14:33,990 --> 00:14:31,600

is our vast distances to the the next

325

00:14:35,910 --> 00:14:34,000

planet or even the next celestial bodies

326

00:14:38,790 --> 00:14:35,920

so we need to do our part to take care

327

00:14:44,629 --> 00:14:41,670

commander kelly i know you're on day 276

328

00:14:46,310 --> 00:14:44,639

in space you've broken a record what has

329

00:14:48,550 --> 00:14:46,320

that amount of time and space done to

330

00:14:53,829 --> 00:14:48,560

your body that you've noticed and also

331

00:14:59,189 --> 00:14:55,430

you know a lot of the data we're

332

00:15:01,110 --> 00:14:59,199

collecting is uh is stuff that is

333

00:15:04,069 --> 00:15:01,120

you know via blood draws and other

334

00:15:05,750 --> 00:15:04,079

samples imaging data

335

00:15:08,710 --> 00:15:05,760

the science that's involved in this

336

00:15:12,629 --> 00:15:08,720

one-year stay is looking at me and on a

337

00:15:16,949 --> 00:15:12,639

genetic level our bone loss muscle uh

338

00:15:19,430 --> 00:15:16,959

loss uh or gain and in some cases and uh

339

00:15:21,910 --> 00:15:19,440

you know effects on our immune system

340

00:15:24,069 --> 00:15:21,920

um and like you said your your psyche

341

00:15:26,069 --> 00:15:24,079

from a uh

342

00:15:27,189 --> 00:15:26,079

you know a psychological perspective so

343

00:15:29,110 --> 00:15:27,199

a lot of that

344

00:15:31,269 --> 00:15:29,120

data is not something that

345

00:15:33,829 --> 00:15:31,279

that you can see it's something that's

346

00:15:35,509 --> 00:15:33,839

measured in a in a laboratory and in

347

00:15:39,350 --> 00:15:35,519

some cases will be

348

00:15:41,910 --> 00:15:39,360

uh not even you know written about or uh

349

00:15:43,509 --> 00:15:41,920

you know analyzed until i get back so

350

00:15:46,150 --> 00:15:43,519

you know there are some changes you

351

00:15:48,389 --> 00:15:46,160

notice uh you know we exercise a lot so

352

00:15:50,310 --> 00:15:48,399

you notice you know muscle gain in

353

00:15:52,230 --> 00:15:50,320

certain areas and loss in other areas

354

00:15:54,790 --> 00:15:52,240

you know we don't we don't walk so you

355

00:15:56,230 --> 00:15:54,800

know your calves get get kind of

356

00:15:58,389 --> 00:15:56,240

small

357

00:16:00,550 --> 00:15:58,399

from you know not having to support your

358

00:16:02,710 --> 00:16:00,560

weight and walk around for a while

359

00:16:04,550 --> 00:16:02,720

uh from a psychological perspective i'm

360

00:16:06,629 --> 00:16:04,560

doing fine you know i'll have no problem

361

00:16:09,269 --> 00:16:06,639

making in making it to the end of this

362

00:16:11,670 --> 00:16:09,279

experience although i do feel like i've

363

00:16:13,509 --> 00:16:11,680

lived my whole life up here now and uh

364

00:16:16,550 --> 00:16:13,519

and you know look forward to getting

365

00:16:19,509 --> 00:16:18,310

you will be home very soon in march what

366

00:16:25,910 --> 00:16:19,519

is the first thing you're going to eat

367

00:16:30,230 --> 00:16:28,389

yeah that's a good question i

368

00:16:32,470 --> 00:16:30,240

haven't thought that far yet i'm not

369

00:16:33,910 --> 00:16:32,480

counting down the days yet so i'll let

370

00:16:35,990 --> 00:16:33,920

you know though when i figure that one

371

00:16:38,550 --> 00:16:36,000

out

372

00:16:43,430 --> 00:16:38,560

the answer is tex-mex commander kelly

373

00:16:43,440 --> 00:16:46,230

okay

374

00:16:50,550 --> 00:16:48,470

mr peak there's a funny story of you

375

00:16:52,629 --> 00:16:50,560

calling the wrong number from the

376

00:16:54,870 --> 00:16:52,639

international space station did the

377

00:16:59,189 --> 00:16:54,880

person know who you were and and what

378

00:17:03,269 --> 00:17:01,509

no they didn't know who i was um i i

379

00:17:05,110 --> 00:17:03,279

blame that on my excel spreadsheet it

380

00:17:08,069 --> 00:17:05,120

had a rounding error but

381

00:17:10,390 --> 00:17:08,079

that's my story anyway um and yeah i

382

00:17:13,189 --> 00:17:10,400

spoke to this lady and uh before i could

383

00:17:15,029 --> 00:17:13,199

explain myself she thought i was just uh

384

00:17:17,029 --> 00:17:15,039

a sort of drunk christmas eve reveller

385

00:17:18,870 --> 00:17:17,039

so she put the phone down on me but i

386

00:17:21,270 --> 00:17:18,880

know that she's been subsequently

387

00:17:24,150 --> 00:17:21,280

tracked down um and the story has been

388

00:17:28,069 --> 00:17:26,630

that's hilarious i bet she regrets not

389

00:17:29,110 --> 00:17:28,079

keeping you on the phone there one last

390

00:17:30,070 --> 00:17:29,120

question because i know you guys have to

391

00:17:32,150 --> 00:17:30,080

go

392

00:17:33,750 --> 00:17:32,160

what are your plans for new year's day

393

00:17:38,950 --> 00:17:33,760

and do you make new year's resolutions

394

00:17:44,549 --> 00:17:40,870

well new year's day we have a day off so

395

00:17:46,310 --> 00:17:44,559

my plan is to to rest and

396

00:17:47,990 --> 00:17:46,320

i generally don't make new year's

397

00:17:52,630 --> 00:17:48,000

resolutions i'll let

398

00:17:55,430 --> 00:17:53,750

you know i'd have to say we're probably

399

00:17:57,350 --> 00:17:55,440

too busy to be thinking about new year's

400

00:17:58,710 --> 00:17:57,360

resolutions we have a lot of work to do

401

00:18:00,470 --> 00:17:58,720

up here and

402

00:18:02,310 --> 00:18:00,480

along with what scott said it's going to

403

00:18:15,029 --> 00:18:02,320

be a day to relax and spend some time

404

00:18:15,039 --> 00:18:18,789

mr peake

405

00:18:22,710 --> 00:18:21,029

i'm i'm in the same boat as tim and

406

00:18:24,789 --> 00:18:22,720

scott there i don't really make new

407

00:18:26,870 --> 00:18:24,799

year's resolutions but i'll certainly be

408

00:18:28,870 --> 00:18:26,880

enjoying new year's eve i want to take

409

00:18:30,470 --> 00:18:28,880

some time out to go to the cupola look

410

00:18:33,029 --> 00:18:30,480

down on planet earth and think about

411

00:18:33,830 --> 00:18:33,039

everybody who's celebrating new year's

412

00:18:35,590 --> 00:18:33,840

eve

413

00:18:37,350 --> 00:18:35,600

as we pass around all those cities in

414

00:18:39,270 --> 00:18:37,360

the world i think it's a an incredibly

415

00:18:41,990 --> 00:18:39,280

unique perspective to enjoy new year's

416

00:18:45,990 --> 00:18:42,000

eve

417

00:18:50,390 --> 00:18:46,000

the best and happy new year to all of

418

00:18:50,400 --> 00:18:55,110

oh you're welcome it's our pleasure

419

00:19:00,390 --> 00:18:56,870

station this is houston acr that

420

00:19:05,750 --> 00:19:03,750

thank you kprc tv and khou tv station we

421

00:19:16,310 --> 00:19:05,760

are now resuming operational audio