



1
00:00:04,309 --> 00:00:03,030
okay jeff so first question for you is

2
00:00:07,110 --> 00:00:04,319
um

3
00:00:09,190 --> 00:00:07,120
uh how long have you been back on u.s

4
00:00:10,790 --> 00:00:09,200
soil um maybe just kind of tell me how

5
00:00:13,190 --> 00:00:10,800
how long it's been

6
00:00:16,150 --> 00:00:13,200
i've been back on u.s soil for a week

7
00:00:18,710 --> 00:00:16,160
now landed last week tuesday night in

8
00:00:20,070 --> 00:00:18,720
central kazakhstan and i was back here

9
00:00:22,390 --> 00:00:20,080
in houston

10
00:00:26,710 --> 00:00:22,400
landing at ellington field about 24

11
00:00:30,950 --> 00:00:28,950
and you know just kind of talking about

12
00:00:33,030 --> 00:00:30,960
the different number of space flights

13
00:00:34,870 --> 00:00:33,040

that you have bet that you have taken uh

14

00:00:37,190 --> 00:00:34,880

what is it like up in space maybe just

15

00:00:39,270 --> 00:00:37,200

talk about the experience uh what's been

16

00:00:40,470 --> 00:00:39,280

the worst and maybe the best experience

17

00:00:42,389 --> 00:00:40,480

for you

18

00:00:44,549 --> 00:00:42,399

well uh yeah i've been up there four

19

00:00:46,229 --> 00:00:44,559

times now over many years the first time

20

00:00:48,709 --> 00:00:46,239

was in 2000

21

00:00:50,709 --> 00:00:48,719

uh in every flight that i've been on was

22

00:00:52,389 --> 00:00:50,719

dedicated to the space station the last

23

00:00:53,910 --> 00:00:52,399

three flights were long duration flights

24

00:00:56,069 --> 00:00:53,920

on the space station

25

00:00:57,350 --> 00:00:56,079

each of a duration of about six months

26

00:00:59,270 --> 00:00:57,360

or so

27

00:01:00,790 --> 00:00:59,280

so over those flights i had the

28

00:01:02,470 --> 00:01:00,800

opportunity to

29

00:01:05,109 --> 00:01:02,480

to see the space station in its

30

00:01:07,270 --> 00:01:05,119

different phases of assembly

31

00:01:09,590 --> 00:01:07,280

all the way from early on when it was

32

00:01:10,870 --> 00:01:09,600

just two modules before expedition one

33

00:01:12,710 --> 00:01:10,880

got there

34

00:01:14,789 --> 00:01:12,720

and then subsequently about halfway

35

00:01:17,190 --> 00:01:14,799

through the assembly

36

00:01:18,789 --> 00:01:17,200

then when we were finishing up the

37

00:01:21,749 --> 00:01:18,799

assembly and now when it's in full

38

00:01:24,469 --> 00:01:21,759

utilization mode and really seeing the

39

00:01:26,870 --> 00:01:24,479

science and the laboratory work

40

00:01:29,270 --> 00:01:26,880

and the studies of us frankly uh just

41

00:01:31,670 --> 00:01:29,280

taken off the way i had always hoped it

42

00:01:35,190 --> 00:01:31,680

would be uh you never get tired of being

43

00:01:37,270 --> 00:01:35,200

up there uh the uh the view of the earth

44

00:01:42,630 --> 00:01:37,280

from that vantage point is just

45

00:01:45,910 --> 00:01:44,389

um and you after all these years that

46

00:01:49,190 --> 00:01:45,920

you've been doing this do you still get

47

00:01:50,950 --> 00:01:49,200

nervous uh when flying up or um i guess

48

00:01:54,870 --> 00:01:50,960

coming back down to

49

00:01:56,630 --> 00:01:54,880

earth i wouldn't say that i get nervous

50

00:01:59,590 --> 00:01:56,640

but we're all very much aware of the

51
00:02:01,830 --> 00:01:59,600
risks involved we're very much aware of

52
00:02:03,670 --> 00:02:01,840
the effort put in by the team the

53
00:02:04,950 --> 00:02:03,680
international partnership to mitigate

54
00:02:07,030 --> 00:02:04,960
those risks

55
00:02:09,669 --> 00:02:07,040
to understand when we find things that

56
00:02:11,990 --> 00:02:09,679
are wrong or of issue

57
00:02:13,910 --> 00:02:12,000
which we do periodically the teams do a

58
00:02:16,150 --> 00:02:13,920
very good job of addressing those things

59
00:02:18,150 --> 00:02:16,160
to get it corrected so that we continue

60
00:02:20,630 --> 00:02:18,160
to mitigate the risk

61
00:02:23,589 --> 00:02:20,640
so i wouldn't say i get nervous i

62
00:02:25,270 --> 00:02:23,599
most of us do take those major

63
00:02:26,790 --> 00:02:25,280

significant phases of flight like

64

00:02:29,030 --> 00:02:26,800

getting there and getting back very

65

00:02:31,110 --> 00:02:29,040

seriously and it's not over till it's

66

00:02:33,110 --> 00:02:31,120

over and even though you you're

67

00:02:35,830 --> 00:02:33,120

approaching the end of a six-month stay

68

00:02:36,790 --> 00:02:35,840

on board the space station you always

69

00:02:39,110 --> 00:02:36,800

have that

70

00:02:41,910 --> 00:02:39,120

deorbit burn and the entry and the

71

00:02:43,910 --> 00:02:41,920

landing under parachute in front of you

72

00:02:45,670 --> 00:02:43,920

and you never cease to take that

73

00:02:47,509 --> 00:02:45,680

seriously so it's not over until it's

74

00:02:49,350 --> 00:02:47,519

over and you're

75

00:02:50,630 --> 00:02:49,360

motionless on the ground and then you

76

00:02:54,710 --> 00:02:50,640

can consider

77

00:02:58,710 --> 00:02:56,309

and speaking about kind of the the

78

00:03:00,949 --> 00:02:58,720

health aspect of it

79

00:03:02,470 --> 00:03:00,959

does being in space affect your health

80

00:03:04,309 --> 00:03:02,480

or have you

81

00:03:06,070 --> 00:03:04,319

specifically studied that area when

82

00:03:07,670 --> 00:03:06,080

you're up in space

83

00:03:09,509 --> 00:03:07,680

we're all guinea pigs when we're up

84

00:03:12,869 --> 00:03:09,519

there so we spend a significant amount

85

00:03:15,750 --> 00:03:12,879

of time participating in experiments

86

00:03:17,910 --> 00:03:15,760

that study the effects on the human body

87

00:03:20,390 --> 00:03:17,920

and that's both pre-flight work as well

88

00:03:21,990 --> 00:03:20,400

as in flight and now in post flight in

89

00:03:24,470 --> 00:03:22,000

fact the last week

90

00:03:26,949 --> 00:03:24,480

most of my time has been spent

91

00:03:30,309 --> 00:03:26,959

taking medical related data

92

00:03:33,509 --> 00:03:30,319

from my body to try to

93

00:03:35,509 --> 00:03:33,519

quantify the effects of this uh flight

94

00:03:37,750 --> 00:03:35,519

well we're up there generally we're all

95

00:03:39,750 --> 00:03:37,760

we all stay very healthy we uh go into

96

00:03:41,670 --> 00:03:39,760

quarantine before launch

97

00:03:43,990 --> 00:03:41,680

so we're not going to get the normal

98

00:03:46,630 --> 00:03:44,000

flus or viruses or

99

00:03:47,750 --> 00:03:46,640

bugs of different sorts onboard space

100

00:03:49,430 --> 00:03:47,760

station

101
00:03:52,309 --> 00:03:49,440
so we're in a very clean environment up

102
00:03:56,789 --> 00:03:52,319
there and generally we stay healthy

103
00:04:00,630 --> 00:03:58,390
and when are you planning on coming back

104
00:04:02,869 --> 00:04:00,640
to winter wisconsin

105
00:04:04,949 --> 00:04:02,879
i don't know yet the the dust has to

106
00:04:06,949 --> 00:04:04,959
settle now as i kind of get

107
00:04:08,309 --> 00:04:06,959
re-acclimated to being just back on the

108
00:04:10,869 --> 00:04:08,319
earth

109
00:04:12,390 --> 00:04:10,879
spend some time with my family here

110
00:04:14,309 --> 00:04:12,400
in houston

111
00:04:16,789 --> 00:04:14,319
but i'm sure i'll get up to wisconsin at

112
00:04:19,030 --> 00:04:16,799
least uh within the next year and a half

113
00:04:20,550 --> 00:04:19,040

or so usually it works out very well to

114

00:04:23,030 --> 00:04:20,560

go up there in the springtime before

115

00:04:26,230 --> 00:04:23,040

school is out so i have the chance to to

116

00:04:28,070 --> 00:04:26,240

talk to students in the area uh so

117

00:04:29,670 --> 00:04:28,080

knowing the schedule now in the next six

118

00:04:32,150 --> 00:04:29,680

or eight months

119

00:04:34,230 --> 00:04:32,160

it's unlikely i'll get up there although

120

00:04:39,189 --> 00:04:34,240

it's possible uh that's why i think

121

00:04:44,070 --> 00:04:41,510

and speaking about kids i guess what is

122

00:04:47,430 --> 00:04:44,080

your advice for for people or children

123

00:04:49,110 --> 00:04:47,440

who want to pursue a career in astronomy

124

00:04:50,870 --> 00:04:49,120

and becoming an astronaut

125

00:04:53,909 --> 00:04:50,880

well what i tell young folks is to

126

00:04:56,710 --> 00:04:53,919

pursue the passions that develop

127

00:04:58,870 --> 00:04:56,720

for them you know what areas uh attract

128

00:05:00,310 --> 00:04:58,880

their interest uh where are their

129

00:05:02,629 --> 00:05:00,320

talents uh

130

00:05:04,790 --> 00:05:02,639

what opportunities do they have

131

00:05:07,110 --> 00:05:04,800

uh you hear we all hear it often said

132

00:05:09,110 --> 00:05:07,120

that you can be anything you want to be

133

00:05:11,510 --> 00:05:09,120

and in my opinion that's that's really

134

00:05:14,950 --> 00:05:11,520

not true we have to have certain

135

00:05:17,350 --> 00:05:14,960

abilities um we have to develop passions

136

00:05:19,189 --> 00:05:17,360

uh to to be motivated to work hard

137

00:05:21,749 --> 00:05:19,199

towards something and then of course the

138

00:05:25,350 --> 00:05:21,759

doors have to be open uh we have to gain

139

00:05:27,270 --> 00:05:25,360

the opportunities to do that so if a

140

00:05:29,990 --> 00:05:27,280

young person especially or a person of

141

00:05:32,629 --> 00:05:30,000

any age has an interest in science

142

00:05:34,390 --> 00:05:32,639

engineering technology i say pursue it

143

00:05:36,710 --> 00:05:34,400

with all your gusto

144

00:05:39,029 --> 00:05:36,720

work hard and then be ready when the

145

00:05:41,270 --> 00:05:39,039

opportunities open up to enter the doors

146

00:05:43,990 --> 00:05:41,280

for those opportunities and continue to

147

00:05:47,189 --> 00:05:44,000

to nurture those passions and interests

148

00:05:51,430 --> 00:05:47,199

and and use those gifts that you have to

149

00:05:54,950 --> 00:05:53,350

thanks again chef and thanks for this