



Welcome to Cygnus OA-5

50

1  
00:00:06,789 --> 00:00:02,869  
station this is houston are you ready

2  
00:00:06,799 --> 00:00:10,950  
station is ready

3  
00:00:15,110 --> 00:00:12,789  
nantucket new school this is mission

4  
00:00:17,109 --> 00:00:15,120  
control houston please call station for

5  
00:00:18,870 --> 00:00:17,119  
a voice check

6  
00:00:21,910 --> 00:00:18,880  
station this is lisa solomon with

7  
00:00:25,189 --> 00:00:21,920  
students from nantucket new school

8  
00:00:29,429 --> 00:00:27,109  
how do you hear me i hear you loud and

9  
00:00:31,910 --> 00:00:29,439  
clear great to be are you loud and clear

10  
00:00:33,910 --> 00:00:31,920  
great to be with you today

11  
00:00:35,590 --> 00:00:33,920  
thanks shane i am lisa solomon second

12  
00:00:37,910 --> 00:00:35,600  
grade teacher from the nantucket news

13  
00:00:40,310 --> 00:00:37,920

school and i am here with teachers

14

00:00:41,590 --> 00:00:40,320

rachel sullivan and liz hilger in the

15

00:00:43,830 --> 00:00:41,600

back of the room

16

00:00:45,910 --> 00:00:43,840

and we have our second and fifth grade

17

00:00:47,190 --> 00:00:45,920

students from nantucket new school along

18

00:00:49,190 --> 00:00:47,200

with some

19

00:00:52,150 --> 00:00:49,200

invited guests here at the nantucket

20

00:00:53,510 --> 00:00:52,160

athenaeum in nantucket it's our library

21

00:00:55,830 --> 00:00:53,520

and we have parents of these students

22

00:00:58,790 --> 00:00:55,840

upstairs we also have the rest of our

23

00:01:00,389 --> 00:00:58,800

school watching back in our school and

24

00:01:02,389 --> 00:01:00,399

lots of people all over the island

25

00:01:04,869 --> 00:01:02,399

watching the event live and as well as

26

00:01:06,789 --> 00:01:04,879

across the country

27

00:01:08,710 --> 00:01:06,799

we know you're probably in good spirits

28

00:01:11,510 --> 00:01:08,720

with the recent west point

29

00:01:13,190 --> 00:01:11,520

win over navy in the recent football

30

00:01:18,310 --> 00:01:13,200

team game so

31

00:01:21,429 --> 00:01:19,990

all right thanks it is great to be with

32

00:01:23,670 --> 00:01:21,439

you and of course it was great to see

33

00:01:28,149 --> 00:01:23,680

army beat navy we got to watch that live

34

00:01:31,590 --> 00:01:30,069

hi i'm evie

35

00:01:36,710 --> 00:01:31,600

how old were you when you decided you

36

00:01:41,670 --> 00:01:38,950

abby i was much younger than you i was

37

00:01:43,350 --> 00:01:41,680

around five or six years old at the time

38

00:01:45,350 --> 00:01:43,360

that's when a lot of the apollo

39

00:01:47,590 --> 00:01:45,360

astronauts were launching and landing on

40

00:01:49,270 --> 00:01:47,600

the moon and once i saw that it really

41

00:01:50,950 --> 00:01:49,280

inspired me to want to do something like

42

00:01:55,109 --> 00:01:50,960

that

43

00:02:00,789 --> 00:01:58,230

hi i'm andy

44

00:02:08,070 --> 00:02:00,799

why did you want to go to space and do

45

00:02:11,910 --> 00:02:09,990

good question um the reason i want to go

46

00:02:13,910 --> 00:02:11,920

to space is it's it's such an adventure

47

00:02:15,510 --> 00:02:13,920

and i think all of us at some level have

48

00:02:16,710 --> 00:02:15,520

an adventurous heart and we want to do

49

00:02:19,190 --> 00:02:16,720

things that people have never done

50

00:02:21,110 --> 00:02:19,200

before uh find out things that never

51  
00:02:22,869 --> 00:02:21,120  
people have never found out before and

52  
00:02:23,750 --> 00:02:22,879  
that's part of this process so we're up

53  
00:02:25,910 --> 00:02:23,760  
here

54  
00:02:28,550 --> 00:02:25,920  
doing a lot of science and research that

55  
00:02:30,630 --> 00:02:28,560  
may not help us but it will help people

56  
00:02:32,070 --> 00:02:30,640  
like you maybe down the road so it's

57  
00:02:34,470 --> 00:02:32,080  
kind of cool to be a part of something

58  
00:02:36,150 --> 00:02:34,480  
that big and something that unique and

59  
00:02:38,390 --> 00:02:36,160  
of course it's a really neat environment

60  
00:02:40,390 --> 00:02:38,400  
to live and work

61  
00:02:41,830 --> 00:02:40,400  
and to answer your second question i'd

62  
00:02:43,270 --> 00:02:41,840  
love to go back

63  
00:02:44,790 --> 00:02:43,280

but i certainly want to see my other

64

00:02:45,910 --> 00:02:44,800

colleagues who haven't flown in space

65

00:02:52,550 --> 00:02:45,920

before

66

00:02:56,790 --> 00:02:54,869

hi i'm henry on your trip up to the

67

00:03:03,030 --> 00:02:56,800

space station you have to sit in your

68

00:03:07,030 --> 00:03:04,790

that's a good question so we were on the

69

00:03:08,790 --> 00:03:07,040

soyuz which is a russian spacecraft we

70

00:03:11,190 --> 00:03:08,800

had three of us in this really tiny

71

00:03:12,790 --> 00:03:11,200

vehicle all crammed in there and you do

72

00:03:14,149 --> 00:03:12,800

sit in your seat for a long time but

73

00:03:15,589 --> 00:03:14,159

thank goodness not the whole time

74

00:03:17,750 --> 00:03:15,599

because it took us a little over two

75

00:03:19,670 --> 00:03:17,760

days to get to the space station

76

00:03:21,830 --> 00:03:19,680

we did sit in our seats for i don't know

77

00:03:23,430 --> 00:03:21,840

maybe five six hours

78

00:03:25,670 --> 00:03:23,440

before we were allowed to kind of get

79

00:03:27,670 --> 00:03:25,680

out and get out of our spacesuits

80

00:03:29,270 --> 00:03:27,680

and get in more comfortable clothes for

81

00:03:34,149 --> 00:03:29,280

a little while until we got close to the

82

00:03:38,949 --> 00:03:37,509

hi i'm victoria how does the rocket find

83

00:03:46,149 --> 00:03:38,959

the space station

84

00:03:49,430 --> 00:03:47,830

well we have a lot of computers of

85

00:03:50,869 --> 00:03:49,440

course and sensors on board the

86

00:03:53,670 --> 00:03:50,879

spacecraft and we have a lot of

87

00:03:56,309 --> 00:03:53,680

satellites that we use also

88

00:03:57,830 --> 00:03:56,319

but really that the media that is all

89

00:03:59,670 --> 00:03:57,840

the people on the ground in the mission

90

00:04:01,270 --> 00:03:59,680

control centers make sure that we're in

91

00:04:03,589 --> 00:04:01,280

the right place and we're going in the

92

00:04:05,270 --> 00:04:03,599

right uh the right path to get to where

93

00:04:06,470 --> 00:04:05,280

we're supposed to go

94

00:04:08,789 --> 00:04:06,480

and they you know they're kind of

95

00:04:10,470 --> 00:04:08,799

watching over us thank goodness to make

96

00:04:12,470 --> 00:04:10,480

sure that the crew maybe doesn't do

97

00:04:14,470 --> 00:04:12,480

anything wrong but in general just to

98

00:04:16,390 --> 00:04:14,480

make sure we're on the right path

99

00:04:17,749 --> 00:04:16,400

all the sensors and all the satellites

100

00:04:19,990 --> 00:04:17,759

are telling us that we're where we're

101  
00:04:22,550 --> 00:04:20,000  
supposed to be and by doing that and

102  
00:04:24,550 --> 00:04:22,560  
firing our engines every now and then

103  
00:04:26,870 --> 00:04:24,560  
it allows us to line up

104  
00:04:28,550 --> 00:04:26,880  
exactly precisely like you mentioned to

105  
00:04:35,670 --> 00:04:28,560  
get to our destination which in this

106  
00:04:39,350 --> 00:04:37,830  
hi i'm griffin and what was the worst

107  
00:04:44,950 --> 00:04:39,360  
and what was the best experience you

108  
00:04:48,710 --> 00:04:46,710  
wow the worst we've had so many great

109  
00:04:50,710 --> 00:04:48,720  
experiences uh but maybe the worst is

110  
00:04:52,550 --> 00:04:50,720  
when we when our bathroom broke that was

111  
00:04:54,469 --> 00:04:52,560  
a really bad deal because we had a leak

112  
00:04:56,070 --> 00:04:54,479  
in the in the bathroom system and uh

113  
00:04:58,230 --> 00:04:56,080

that was definitely probably the worst

114

00:05:00,790 --> 00:04:58,240

thing so far that's happened

115

00:05:02,629 --> 00:05:00,800

the best thing has been my crewmates

116

00:05:04,390 --> 00:05:02,639

i had three crewmates when i got here

117

00:05:05,590 --> 00:05:04,400

and they left shortly after we arrived

118

00:05:07,909 --> 00:05:05,600

and now we've

119

00:05:09,510 --> 00:05:07,919

gotten three more and just the pleasure

120

00:05:11,830 --> 00:05:09,520

of working with them every day and

121

00:05:15,670 --> 00:05:11,840

learning from them and just being a part

122

00:05:15,680 --> 00:05:20,070

thank you

123

00:05:27,029 --> 00:05:22,070

hi i'm sam

124

00:05:33,670 --> 00:05:27,039

or any other instrument and did you

125

00:05:37,909 --> 00:05:35,909

i cannot play electrical guitar i played

126  
00:05:39,029 --> 00:05:37,919  
the trumpet when i was back in middle

127  
00:05:40,870 --> 00:05:39,039  
school

128  
00:05:42,629 --> 00:05:40,880  
but that's about it to my musical

129  
00:05:44,870 --> 00:05:42,639  
talents there are some instruments on

130  
00:05:46,629 --> 00:05:44,880  
board there is a guitar there's a

131  
00:05:48,550 --> 00:05:46,639  
keyboard that i know about and i think i

132  
00:05:51,029 --> 00:05:48,560  
heard there was a flute as well so there

133  
00:06:00,070 --> 00:05:51,039  
are some musically talented astronauts i

134  
00:06:04,390 --> 00:06:02,550  
hi i'm nathaniel

135  
00:06:10,870 --> 00:06:04,400  
what's your favorite experiment that

136  
00:06:14,469 --> 00:06:12,629  
we have a lot of experiments that we're

137  
00:06:16,790 --> 00:06:14,479  
kind of doing on our own bodies those

138  
00:06:18,629 --> 00:06:16,800

are kind of unique and very cool

139

00:06:20,390 --> 00:06:18,639

i think that the one my favorite right

140

00:06:21,909 --> 00:06:20,400

now is i'm getting to grow lettuce in

141

00:06:23,670 --> 00:06:21,919

space

142

00:06:25,990 --> 00:06:23,680

so i've been doing that for about five

143

00:06:27,830 --> 00:06:26,000

to six weeks i think so far

144

00:06:30,070 --> 00:06:27,840

and a few weeks ago we got to harvest

145

00:06:31,670 --> 00:06:30,080

the lettuce and eat that for dinner one

146

00:06:34,230 --> 00:06:31,680

night so that was awesome it's still

147

00:06:35,670 --> 00:06:34,240

growing so actually tomorrow is our

148

00:06:37,909 --> 00:06:35,680

second harvest so we're going to have

149

00:06:39,670 --> 00:06:37,919

some lettuce for dinner tomorrow night

150

00:06:45,430 --> 00:06:39,680

which is a rare treat up here so we're

151

00:06:54,150 --> 00:06:48,230

hi i'm lila can you get bored and speak

152

00:06:57,430 --> 00:06:55,670

yeah you might think you get bored up

153

00:06:59,110 --> 00:06:57,440

here for five or six months however long

154

00:06:59,909 --> 00:06:59,120

your mission is but i haven't been bored

155

00:07:01,990 --> 00:06:59,919

yet

156

00:07:03,589 --> 00:07:02,000

we've been working really hard and doing

157

00:07:05,270 --> 00:07:03,599

great as a team getting through a lot of

158

00:07:06,710 --> 00:07:05,280

our tasks and actually getting ahead on

159

00:07:08,309 --> 00:07:06,720

other tasks

160

00:07:10,150 --> 00:07:08,319

that are coming up in the future we're

161

00:07:11,830 --> 00:07:10,160

just doing those ahead of time

162

00:07:14,070 --> 00:07:11,840

and so that's keeping us busy during the

163

00:07:16,629 --> 00:07:14,080

normal work day and then in the evenings

164

00:07:18,710 --> 00:07:16,639

we get together for dinners have a good

165

00:07:20,469 --> 00:07:18,720

time just enjoying each other's company

166

00:07:21,990 --> 00:07:20,479

one of our favorite things to do while

167

00:07:23,589 --> 00:07:22,000

we're up here in our free time is just

168

00:07:25,029 --> 00:07:23,599

look out the window at our beautiful

169

00:07:26,550 --> 00:07:25,039

planet earth

170

00:07:28,710 --> 00:07:26,560

and look at things like the super moon

171

00:07:30,790 --> 00:07:28,720

you may have seen over the last few days

172

00:07:32,070 --> 00:07:30,800

i'm really really spectacular from our

173

00:07:34,629 --> 00:07:32,080

vantage point

174

00:07:37,589 --> 00:07:34,639

we also have tv shows that we can get

175

00:07:39,110 --> 00:07:37,599

sent up to us and movies to watch

176  
00:07:41,110 --> 00:07:39,120  
if you want if you have some other free

177  
00:07:42,950 --> 00:07:41,120  
time and want to do those things

178  
00:07:45,270 --> 00:07:42,960  
but in general we don't get bored

179  
00:07:46,710 --> 00:07:45,280  
there's a lot to do and there's always

180  
00:07:50,390 --> 00:07:46,720  
science and research there's always

181  
00:07:54,230 --> 00:07:50,400  
taking pictures out the window as well

182  
00:07:58,469 --> 00:07:56,869  
hi my name is claudius do you have any

183  
00:08:00,790 --> 00:07:58,479  
disputes with your teammates on the

184  
00:08:02,550 --> 00:08:00,800  
spacecraft and if so

185  
00:08:07,110 --> 00:08:02,560  
what are they about and how do you solve

186  
00:08:12,150 --> 00:08:08,629  
could you repeat that question i'm sorry

187  
00:08:15,990 --> 00:08:14,070  
do you have any disputes with your

188  
00:08:22,230 --> 00:08:16,000

teammates on the spacecraft and if so

189

00:08:26,070 --> 00:08:24,230

i kind of mentioned a little bit before

190

00:08:28,790 --> 00:08:26,080

i'm very fortunate to have incredible

191

00:08:30,710 --> 00:08:28,800

crewmates and we all get along and we

192

00:08:32,310 --> 00:08:30,720

train for a couple years now together

193

00:08:33,589 --> 00:08:32,320

prior to the mission so you really get

194

00:08:35,430 --> 00:08:33,599

to know each other

195

00:08:37,430 --> 00:08:35,440

uh and so far we haven't had any

196

00:08:40,550 --> 00:08:37,440

disputes i think when you feel that when

197

00:08:42,949 --> 00:08:40,560

you're in the spacecraft maybe uh

198

00:08:45,030 --> 00:08:42,959

the thing if if an emergency situation

199

00:08:46,949 --> 00:08:45,040

came up that could potentially be called

200

00:08:49,430 --> 00:08:46,959

a dispute but we are all trained very

201  
00:08:51,269 --> 00:08:49,440  
well to follow the procedures

202  
00:08:52,949 --> 00:08:51,279  
and there's somebody the commander is

203  
00:08:54,710 --> 00:08:52,959  
always the one in charge

204  
00:08:56,949 --> 00:08:54,720  
on the space station here that's me so

205  
00:08:59,110 --> 00:08:56,959  
if something were to happen then i i

206  
00:09:00,870 --> 00:08:59,120  
would be directing the rest of the team

207  
00:09:07,269 --> 00:09:00,880  
on getting through the procedure and

208  
00:09:16,710 --> 00:09:09,829  
hi my name is mika have you ever seen a

209  
00:09:19,590 --> 00:09:18,070  
i am looking forward to seeing the

210  
00:09:22,150 --> 00:09:19,600  
meteor hopefully one time when i'm in

211  
00:09:23,670 --> 00:09:22,160  
the window so far i have not seen one uh

212  
00:09:25,990 --> 00:09:23,680  
the coolest thing i think i've seen out

213  
00:09:28,230 --> 00:09:26,000

the window was a thing called an aurora

214

00:09:29,990 --> 00:09:28,240

uh over the north atlantic one night we

215

00:09:32,310 --> 00:09:30,000

were looking through the window and it's

216

00:09:36,389 --> 00:09:32,320

this beautiful green kind of

217

00:09:37,829 --> 00:09:36,399

uh hazy glow that uh is on part of the

218

00:09:39,670 --> 00:09:37,839

the curvature of the earth it's just

219

00:09:40,949 --> 00:09:39,680

spectacular so i was lucky enough to see

220

00:09:46,630 --> 00:09:40,959

that but hopefully i'll get to see a

221

00:09:49,829 --> 00:09:48,470

hi my name is hannah what is the most

222

00:09:55,430 --> 00:09:49,839

challenging thing you have to do in

223

00:09:59,269 --> 00:09:57,590

very good question um i think physically

224

00:10:01,110 --> 00:09:59,279

challenging would probably be space

225

00:10:03,030 --> 00:10:01,120

walks and we're getting ready to do some

226

00:10:05,910 --> 00:10:03,040

of those here just after the the new

227

00:10:07,910 --> 00:10:05,920

year comes january 6th and january 13th

228

00:10:09,430 --> 00:10:07,920

right now are playing spacewalks so

229

00:10:12,310 --> 00:10:09,440

that's really physically challenging in

230

00:10:14,470 --> 00:10:12,320

this big spacesuit that weighs about 250

231

00:10:16,310 --> 00:10:14,480

to 300 pounds on earth up here doesn't

232

00:10:18,710 --> 00:10:16,320

weigh anything but it's still a big mass

233

00:10:20,550 --> 00:10:18,720

we have to to move around

234

00:10:22,550 --> 00:10:20,560

and actually work against the pressure

235

00:10:24,630 --> 00:10:22,560

of that spacesuit for about six or seven

236

00:10:26,630 --> 00:10:24,640

hours so physically that's probably the

237

00:10:29,030 --> 00:10:26,640

most demanding thing

238

00:10:30,710 --> 00:10:29,040

and sometimes when when major systems on

239

00:10:31,750 --> 00:10:30,720

board break those become very

240

00:10:33,430 --> 00:10:31,760

challenging

241

00:10:35,990 --> 00:10:33,440

days or maybe a couple days for the

242

00:10:37,990 --> 00:10:36,000

whole crew in order to repair maybe the

243

00:10:40,069 --> 00:10:38,000

oxygen generation

244

00:10:41,670 --> 00:10:40,079

assembly machine or the bathroom like i

245

00:10:43,030 --> 00:10:41,680

mentioned before

246

00:10:45,110 --> 00:10:43,040

so you never know what's going to be

247

00:10:46,870 --> 00:10:45,120

challenging and hopefully

248

00:10:49,670 --> 00:10:46,880

very few things like that will break but

249

00:10:53,350 --> 00:10:49,680

we've had a few of those already

250

00:11:02,710 --> 00:10:56,230

hi my name is tom what does the super

251  
00:11:06,230 --> 00:11:04,630  
it looks spectacular and we've been

252  
00:11:07,990 --> 00:11:06,240  
lucky enough to to get out in the

253  
00:11:10,310 --> 00:11:08,000  
windows a few times over the last few

254  
00:11:12,310 --> 00:11:10,320  
days to look at it one of my crewmates

255  
00:11:14,870 --> 00:11:12,320  
tomorrow pesky took some amazing

256  
00:11:17,110 --> 00:11:14,880  
pictures last night of the super moon

257  
00:11:18,710 --> 00:11:17,120  
and they're all over social media so if

258  
00:11:20,870 --> 00:11:18,720  
you have access to that or your parents

259  
00:11:22,870 --> 00:11:20,880  
do you can ask them to look it up and

260  
00:11:29,670 --> 00:11:22,880  
take a look at some of the pictures

261  
00:11:33,750 --> 00:11:31,990  
hi i'm rita what souvenirs would you

262  
00:11:39,829 --> 00:11:33,760  
like to bring home for yourself and your

263  
00:11:51,430 --> 00:11:41,590

did you ask what souvenirs i would like

264

00:11:54,790 --> 00:11:53,350

is that the question i'm sorry what

265

00:11:56,550 --> 00:11:54,800

souvenirs

266

00:11:58,150 --> 00:11:56,560

yes that is the question

267

00:12:00,870 --> 00:11:58,160

um

268

00:12:03,110 --> 00:12:00,880

okay so i was able to bring uh several

269

00:12:05,110 --> 00:12:03,120

things with me from friends and family

270

00:12:07,190 --> 00:12:05,120

members um things like you know pictures

271

00:12:07,990 --> 00:12:07,200

of my family which are put up in my

272

00:12:09,430 --> 00:12:08,000

little

273

00:12:12,230 --> 00:12:09,440

bedroom but it's kind of like a

274

00:12:13,990 --> 00:12:12,240

miniature closet where we sleep

275

00:12:16,069 --> 00:12:14,000

i also have things from my favorite

276

00:12:18,949 --> 00:12:16,079

sports teams and my schools that i went

277

00:12:21,269 --> 00:12:18,959

to like t-shirts or jerseys or hats

278

00:12:22,230 --> 00:12:21,279

things like that and souvenirs from my

279

00:12:24,790 --> 00:12:22,240

favorite

280

00:12:26,150 --> 00:12:24,800

sports organizations so it kind of makes

281

00:12:28,470 --> 00:12:26,160

it a little more like home when you have

282

00:12:30,150 --> 00:12:28,480

things like that and i look forward to

283

00:12:32,069 --> 00:12:30,160

presenting some of those things back to

284

00:12:41,030 --> 00:12:32,079

the people that allowed me to fly them

285

00:12:47,269 --> 00:12:41,990

hi

286

00:12:47,279 --> 00:12:52,550

and why

287

00:12:56,470 --> 00:12:54,550

wow that's a great question so we have

288

00:12:58,949 --> 00:12:56,480

never been to another planet as human

289

00:13:00,870 --> 00:12:58,959

beings yet uh right now we're really

290

00:13:02,710 --> 00:13:00,880

working hard to try to get to mars here

291

00:13:05,350 --> 00:13:02,720

in the next few decades so

292

00:13:06,389 --> 00:13:05,360

when you folks are you know in your 20s

293

00:13:08,470 --> 00:13:06,399

and 30s

294

00:13:10,790 --> 00:13:08,480

hopefully we'll be sending uh human

295

00:13:12,790 --> 00:13:10,800

beings to mars which is the first planet

296

00:13:14,870 --> 00:13:12,800

besides earth that humans have been on

297

00:13:16,790 --> 00:13:14,880

so that'll be a really cool endeavor and

298

00:13:18,310 --> 00:13:16,800

maybe it'll be some of you that get to

299

00:13:20,389 --> 00:13:18,320

do that for the first time i'll be

300

00:13:22,870 --> 00:13:20,399

definitely too old by then but uh maybe

301  
00:13:25,190 --> 00:13:22,880  
some of you will be uh young astronauts

302  
00:13:26,790 --> 00:13:25,200  
and being on your way to mars

303  
00:13:29,190 --> 00:13:26,800  
right now of course since we can't get

304  
00:13:30,949 --> 00:13:29,200  
there uh and i'm out in space my

305  
00:13:33,030 --> 00:13:30,959  
favorite planet to go to

306  
00:13:34,550 --> 00:13:33,040  
would be earth so i'm looking forward to

307  
00:13:36,949 --> 00:13:34,560  
getting back to earth and enjoying my

308  
00:13:42,550 --> 00:13:36,959  
friends and family

309  
00:13:46,710 --> 00:13:44,629  
hi i'm marley is there something about

310  
00:13:52,790 --> 00:13:46,720  
being in space that you dislike and wish

311  
00:13:56,230 --> 00:13:54,550  
wow that's a that's a good one i think

312  
00:13:59,269 --> 00:13:56,240  
if i could change something about this

313  
00:14:00,790 --> 00:13:59,279

whole uh very cool experience is if i

314

00:14:03,189 --> 00:14:00,800

could bring my family with me so that

315

00:14:04,629 --> 00:14:03,199

they could experience with me

316

00:14:05,829 --> 00:14:04,639

we all miss our families and friends

317

00:14:07,750 --> 00:14:05,839

when we're up here but it would be

318

00:14:09,269 --> 00:14:07,760

really cool to have them here

319

00:14:15,590 --> 00:14:09,279

so if there's one thing i could change

320

00:14:19,990 --> 00:14:18,389

hi i'm grace have you ever had a space

321

00:14:21,670 --> 00:14:20,000

headache and

322

00:14:26,470 --> 00:14:21,680

what do they feel like and how long do

323

00:14:29,350 --> 00:14:27,670

i'm actually that's one of the

324

00:14:31,350 --> 00:14:29,360

experiments i'm working on as this

325

00:14:32,550 --> 00:14:31,360

experiment called space headaches i had

326

00:14:34,550 --> 00:14:32,560

a few

327

00:14:36,629 --> 00:14:34,560

shortly after i arrived

328

00:14:38,550 --> 00:14:36,639

but i really haven't had any sense and

329

00:14:39,990 --> 00:14:38,560

they felt you know just like a headache

330

00:14:41,430 --> 00:14:40,000

on earth there was very really nothing

331

00:14:43,829 --> 00:14:41,440

different

332

00:14:46,710 --> 00:14:43,839

i think the first few days i took some

333

00:14:48,710 --> 00:14:46,720

something like advil or ibuprofen to

334

00:14:52,150 --> 00:14:48,720

take care of it and after you know a few

335

00:14:57,430 --> 00:14:52,160

hours just like on earth it went away

336

00:15:10,069 --> 00:14:59,750

hi i'm aiden what is your favorite

337

00:15:13,910 --> 00:15:11,829

my favorite exercise well we have some

338

00:15:15,750 --> 00:15:13,920

great great machines on board here and

339

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

i'll just mention the three main ones we

340

00:15:19,750 --> 00:15:17,920

have we have a stationary bike which is

341

00:15:22,069 --> 00:15:19,760

just to my left you probably can't see

342

00:15:24,710 --> 00:15:22,079

it too well we have a treadmill called

343

00:15:26,949 --> 00:15:24,720

t2 and we have a weightlifting machine

344

00:15:29,110 --> 00:15:26,959

that allows us to really do some amazing

345

00:15:31,350 --> 00:15:29,120

things like squats bench press shoulder

346

00:15:33,110 --> 00:15:31,360

press curls

347

00:15:34,790 --> 00:15:33,120

anything you can imagine and do on earth

348

00:15:35,670 --> 00:15:34,800

as one machine does and that's my

349

00:15:37,509 --> 00:15:35,680

favorite

350

00:15:39,509 --> 00:15:37,519

just because it really makes you feel

351  
00:15:41,350 --> 00:15:39,519  
like you had a great workout

352  
00:15:43,030 --> 00:15:41,360  
and you build your strength you continue

353  
00:15:45,189 --> 00:15:43,040  
to have your your muscle mass and your

354  
00:15:47,030 --> 00:15:45,199  
bone mass and bone density which if we

355  
00:15:49,509 --> 00:15:47,040  
didn't exercise up here that kind of

356  
00:15:51,590 --> 00:15:49,519  
stuff would deteriorate so i like that

357  
00:15:53,910 --> 00:15:51,600  
machine and it's called a red which

358  
00:15:55,910 --> 00:15:53,920  
stands for advanced resistive exercise

359  
00:16:00,710 --> 00:15:55,920  
device

360  
00:16:05,110 --> 00:16:03,269  
hi i'm bailey are there skills used as a

361  
00:16:10,150 --> 00:16:05,120  
sports coach that you use in the space

362  
00:16:14,710 --> 00:16:11,829  
well you can probably think of a couple

363  
00:16:16,870 --> 00:16:14,720

um teamwork is a huge thing up here

364

00:16:19,430 --> 00:16:16,880

we as a crew of six on board right now

365

00:16:21,350 --> 00:16:19,440

are one team but really the team is much

366

00:16:23,509 --> 00:16:21,360

bigger than that all the mission control

367

00:16:25,670 --> 00:16:23,519

centers around the world are supporting

368

00:16:28,069 --> 00:16:25,680

us and they're all part of this team too

369

00:16:29,430 --> 00:16:28,079

so just having that experience of being

370

00:16:32,230 --> 00:16:29,440

a coach and trying to get a team

371

00:16:34,310 --> 00:16:32,240

together and get headed in one direction

372

00:16:36,870 --> 00:16:34,320

with a with a common goal

373

00:16:39,030 --> 00:16:36,880

is part of my part of my mission up here

374

00:16:40,949 --> 00:16:39,040

to make sure that our team is in sync

375

00:16:42,949 --> 00:16:40,959

with all the mission control centers on

376

00:16:44,470 --> 00:16:42,959

the ground to make sure that we're

377

00:16:47,030 --> 00:16:44,480

accomplishing the tasks that they would

378

00:16:49,670 --> 00:16:47,040

like us to do so yeah a lot of those

379

00:16:51,749 --> 00:16:49,680

traits and sports have really carried

380

00:16:53,749 --> 00:16:51,759

over in all assets of my life as i've

381

00:16:55,509 --> 00:16:53,759

gone through different phases

382

00:16:58,150 --> 00:16:55,519

so sports is a wonderful thing i think

383

00:17:03,189 --> 00:16:58,160

from that respect

384

00:17:07,909 --> 00:17:05,590

hi i'm denzel do you like all the space

385

00:17:15,590 --> 00:17:07,919

food if not what is your favorite and

386

00:17:20,069 --> 00:17:16,870

i'm sorry i missed the first part of

387

00:17:22,549 --> 00:17:20,079

your question could you repeat it again

388

00:17:24,150 --> 00:17:22,559

do you like all of the space food and is

389

00:17:29,110 --> 00:17:24,160

there one that you like best and one

390

00:17:33,029 --> 00:17:31,029

i've been very impressed with our with

391

00:17:35,430 --> 00:17:33,039

our food it's uh much different than the

392

00:17:37,510 --> 00:17:35,440

first time i flew it's really improved

393

00:17:39,750 --> 00:17:37,520

and we have so many great items and a

394

00:17:41,270 --> 00:17:39,760

lot of variety i think variety is the

395

00:17:42,950 --> 00:17:41,280

key otherwise you know if you just keep

396

00:17:44,549 --> 00:17:42,960

eating the same thing over and over

397

00:17:47,029 --> 00:17:44,559

everybody gets sick of it whether you're

398

00:17:48,310 --> 00:17:47,039

in space or on the earth so we're very

399

00:17:49,990 --> 00:17:48,320

fortunate

400

00:17:51,590 --> 00:17:50,000

we have a lot of great food i think one

401  
00:17:54,310 --> 00:17:51,600  
of my favorites is a thing called

402  
00:17:56,230 --> 00:17:54,320  
chicken strips and salsa so it's it

403  
00:17:57,909 --> 00:17:56,240  
comes in a pouch and you heat it up and

404  
00:18:00,870 --> 00:17:57,919  
you can put it on a tortilla and it's

405  
00:18:02,630 --> 00:18:00,880  
like having tacos so i enjoy that

406  
00:18:04,630 --> 00:18:02,640  
we have russian food that our russian

407  
00:18:06,870 --> 00:18:04,640  
colleagues have

408  
00:18:08,470 --> 00:18:06,880  
in their segment mainly and we'll have

409  
00:18:10,230 --> 00:18:08,480  
usually once or twice a week we'll have

410  
00:18:11,510 --> 00:18:10,240  
dinner down there and get to enjoy some

411  
00:18:13,190 --> 00:18:11,520  
of their food

412  
00:18:14,630 --> 00:18:13,200  
which is really good and it's just

413  
00:18:16,310 --> 00:18:14,640

always different

414

00:18:19,669 --> 00:18:16,320

from the food that we have so it's nice

415

00:18:23,590 --> 00:18:19,679

just to have a little more variety

416

00:18:28,230 --> 00:18:25,909

hi i'm anson have you ever run out of

417

00:18:33,750 --> 00:18:28,240

necessities if so what do you do when

418

00:18:37,350 --> 00:18:35,110

that's a great question and it's

419

00:18:39,029 --> 00:18:37,360

something that the people on the ground

420

00:18:40,950 --> 00:18:39,039

and in the mission control centers

421

00:18:42,390 --> 00:18:40,960

really track to make sure that we're not

422

00:18:44,310 --> 00:18:42,400

going to run out of the stuff that we

423

00:18:46,870 --> 00:18:44,320

really have to have

424

00:18:49,029 --> 00:18:46,880

we have cargo vehicles that show up

425

00:18:52,310 --> 00:18:49,039

hopefully three or four or five times a

426

00:18:54,230 --> 00:18:52,320

year that bring us a lot of supplies

427

00:18:56,710 --> 00:18:54,240

and actually one just showed up two days

428

00:18:58,070 --> 00:18:56,720

ago one of the japanese vehicles called

429

00:18:59,909 --> 00:18:58,080

the htv

430

00:19:01,750 --> 00:18:59,919

it showed up and it brought us a lot of

431

00:19:03,990 --> 00:19:01,760

goodies of course it brought us a lot of

432

00:19:05,430 --> 00:19:04,000

supplies for the space station

433

00:19:06,870 --> 00:19:05,440

it brought us a lot of equipment and

434

00:19:08,710 --> 00:19:06,880

experiments that we're going to work on

435

00:19:10,470 --> 00:19:08,720

over the next several months

436

00:19:12,150 --> 00:19:10,480

but it also brought us some fresh food

437

00:19:14,070 --> 00:19:12,160

so we actually had some apples and some

438

00:19:15,830 --> 00:19:14,080

oranges on board that never tasted

439

00:19:17,669 --> 00:19:15,840

better i think it's been a while since

440

00:19:19,750 --> 00:19:17,679

we had fresh food so

441

00:19:21,430 --> 00:19:19,760

that was a real great surprise and this

442

00:19:23,510 --> 00:19:21,440

one also brought some christmas presents

443

00:19:25,990 --> 00:19:23,520

from our family so it was a really

444

00:19:27,990 --> 00:19:26,000

awesome thing to open up this vehicle

445

00:19:31,430 --> 00:19:28,000

the other day and then and find all

446

00:19:34,870 --> 00:19:31,440

these goodies in there for the crew

447

00:19:38,470 --> 00:19:36,950

hi shane i'm rachel sullivan and on

448

00:19:40,310 --> 00:19:38,480

behalf of the nantucket news school

449

00:19:42,150 --> 00:19:40,320

nantucket island and the rest of us here

450

00:19:44,230 --> 00:19:42,160

on earth we want to thank you for

451  
00:19:45,350 --> 00:19:44,240  
keeping the dream alive and we wish you

452  
00:19:47,270 --> 00:19:45,360  
and your crew

453  
00:19:51,510 --> 00:19:47,280  
a successful mission and a safe journey

454  
00:19:56,150 --> 00:19:53,270  
well thank you it's been an honor to be

455  
00:19:59,590 --> 00:19:56,160  
with your school today

456  
00:20:06,070 --> 00:20:02,230  
station this is houston acr that

457  
00:20:09,909 --> 00:20:07,750  
thank you to all participants and guests

458  
00:20:11,830 --> 00:20:09,919  
from nantucket new school station we are