



PATRIOTS

FALENS

51

1  
00:00:05,510 --> 00:00:01,829  
station this is houston are you ready

2  
00:00:09,509 --> 00:00:07,829  
station is ready

3  
00:00:11,910 --> 00:00:09,519  
space center houston this is mission

4  
00:00:14,310 --> 00:00:11,920  
control houston please call station for

5  
00:00:16,470 --> 00:00:14,320  
a voice check

6  
00:00:18,630 --> 00:00:16,480  
station this is astronaut leland melvin

7  
00:00:24,150 --> 00:00:18,640  
here with nasa social participants at

8  
00:00:24,160 --> 00:00:27,990  
hey leland got you loud and clear

9  
00:00:30,630 --> 00:00:29,669  
you guys sound great

10  
00:00:33,190 --> 00:00:30,640  
so

11  
00:00:34,709 --> 00:00:33,200  
hey peggy my uh former commander you

12  
00:00:36,630 --> 00:00:34,719  
know but you'll be taking that commander

13  
00:00:38,549 --> 00:00:36,640

role pretty soon so congratulations and

14

00:00:40,950 --> 00:00:38,559

shane you guys are doing a great job

15

00:00:42,709 --> 00:00:40,960

uh we're gonna take a few questions

16

00:00:45,990 --> 00:00:42,719

so you guys ready to queue up for some

17

00:00:53,830 --> 00:00:48,709

absolutely we're always ready

18

00:00:57,990 --> 00:00:55,910

peggy shane i know you can't see me well

19

00:01:02,069 --> 00:00:58,000

let me get this up a little higher how

20

00:01:06,950 --> 00:01:03,990

you're up there somewhere right

21

00:01:09,109 --> 00:01:06,960

this is uh tony siragusa from yahoo

22

00:01:10,469 --> 00:01:09,119

and uh obviously the first boring

23

00:01:12,390 --> 00:01:10,479

question is going to be your prediction

24

00:01:14,469 --> 00:01:12,400

for the game that my producer told me i

25

00:01:16,070 --> 00:01:14,479

have to ask i would never ask that but

26  
00:01:20,710 --> 00:01:16,080  
we would like to know that down here on

27  
00:01:28,149 --> 00:01:22,630  
well i'm from atlanta so i'm picking the

28  
00:01:34,789 --> 00:01:29,350  
straight up or you're gonna give the

29  
00:01:40,870 --> 00:01:38,789  
straight up come on straight up okay

30  
00:01:43,270 --> 00:01:40,880  
the second question i went uh being from

31  
00:01:45,830 --> 00:01:43,280  
new jersey uh you know i had a couple of

32  
00:01:47,830 --> 00:01:45,840  
people on twitter and facebook and all

33  
00:01:49,109 --> 00:01:47,840  
those things asked me and the majority

34  
00:01:50,630 --> 00:01:49,119  
of the guys were from new jersey and

35  
00:01:53,429 --> 00:01:50,640  
they want to know how do you guys call

36  
00:01:59,830 --> 00:01:53,439  
your bookie actually to put your bets in

37  
00:02:03,670 --> 00:02:02,709  
uh we'll keep that a secret

38  
00:02:05,670 --> 00:02:03,680

okay

39

00:02:08,150 --> 00:02:05,680

and that's uh that's pretty much it

40

00:02:09,430 --> 00:02:08,160

thank you for uh inviting us all having

41

00:02:11,750 --> 00:02:09,440

a great time and

42

00:02:13,070 --> 00:02:11,760

hopefully get back to your family safe

43

00:02:15,990 --> 00:02:13,080

when your time is up thank you

44

00:02:18,949 --> 00:02:16,000

[Music]

45

00:02:23,190 --> 00:02:21,030

hello space station it's caroline here

46

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

from the bbc i don't know how i followed

47

00:02:26,949 --> 00:02:25,120

the comedian maybe it's the proper

48

00:02:29,430 --> 00:02:26,959

questions that the bbc asked

49

00:02:31,190 --> 00:02:29,440

just going to ask you i'm kidding just

50

00:02:33,509 --> 00:02:31,200

going to ask you space station whether

51  
00:02:35,110 --> 00:02:33,519  
you've got control of that big lump of

52  
00:02:37,270 --> 00:02:35,120  
metal and whether you can guarantee you

53  
00:02:43,670 --> 00:02:37,280  
have the best seat in the house come

54  
00:02:47,030 --> 00:02:45,430  
well i wish we could park it above the

55  
00:02:48,790 --> 00:02:47,040  
stadium and just kind of watch from that

56  
00:02:51,270 --> 00:02:48,800  
perspective but we can't do that we're

57  
00:02:53,190 --> 00:02:51,280  
going to be moving at 17 500 miles an

58  
00:02:54,949 --> 00:02:53,200  
hour whether we want to or not

59  
00:02:58,790 --> 00:02:54,959  
but we will have the game live up here

60  
00:03:03,270 --> 00:03:00,949  
and just one final question from me i

61  
00:03:05,270 --> 00:03:03,280  
wonder if you could give us a houston we

62  
00:03:13,270 --> 00:03:05,280  
have a super bowl and show us your

63  
00:03:13,280 --> 00:03:22,390

all right houston we have a super bowl

64

00:03:22,400 --> 00:03:27,350

thank you very much

65

00:03:31,910 --> 00:03:30,789

hi robert from collectspace.com um so

66

00:03:33,990 --> 00:03:31,920

you mentioned that you're gonna watch

67

00:03:35,509 --> 00:03:34,000

the game live uh i understand it's after

68

00:03:37,350 --> 00:03:35,519

you go to we were supposed to go to

69

00:03:39,670 --> 00:03:37,360

sleep so that means you'll be staying up

70

00:03:46,229 --> 00:03:39,680

so you're preparing any uh super bowl

71

00:03:49,990 --> 00:03:48,149

super bowl snacks so i haven't thought

72

00:03:52,710 --> 00:03:50,000

too much about it yet but we'll come up

73

00:03:54,390 --> 00:03:52,720

with something special

74

00:03:55,750 --> 00:03:54,400

luckily though we did get the morning

75

00:04:02,630 --> 00:03:55,760

off after since it's going to be the

76

00:04:07,270 --> 00:04:04,949

hi i'm a little shorter hi i'm anne

77

00:04:09,910 --> 00:04:07,280

brennan with anne's running commentary

78

00:04:11,589 --> 00:04:09,920

um my readers are all about

79

00:04:13,589 --> 00:04:11,599

looking for the next workout so my

80

00:04:15,350 --> 00:04:13,599

question for you is how are you working

81

00:04:20,229 --> 00:04:15,360

out in space and what's your favorite

82

00:04:24,710 --> 00:04:22,230

all right we have some great machines up

83

00:04:27,110 --> 00:04:24,720

here one is called a red advanced

84

00:04:28,790 --> 00:04:27,120

resistive exercise device and it's a

85

00:04:30,550 --> 00:04:28,800

machine that we can do pretty much

86

00:04:33,350 --> 00:04:30,560

everything you can do on earth from

87

00:04:35,110 --> 00:04:33,360

squats to bench press to triceps to

88

00:04:37,189 --> 00:04:35,120

upright rows whatever you want to do you

89

00:04:39,110 --> 00:04:37,199

can do it on that machine and we can

90

00:04:41,030 --> 00:04:39,120

carry loads up to about 600 pounds so

91

00:04:42,629 --> 00:04:41,040

definitely more than i will reach and

92

00:04:43,909 --> 00:04:42,639

peggy will probably approach that limit

93

00:04:45,270 --> 00:04:43,919

but i won't

94

00:04:47,510 --> 00:04:45,280

but it's a great machine we work out

95

00:04:49,430 --> 00:04:47,520

about an hour a day on that

96

00:04:51,350 --> 00:04:49,440

and then we have an hour of cardio or so

97

00:04:53,510 --> 00:04:51,360

a day so we have a stationary bike which

98

00:04:55,749 --> 00:04:53,520

is to my left that you can't see and we

99

00:04:57,430 --> 00:04:55,759

have a treadmill as well so peggy

100

00:05:00,390 --> 00:04:57,440

usually does all three of those we call

101

00:05:03,270 --> 00:05:00,400

it a triathlon for her workout every day

102

00:05:05,029 --> 00:05:03,280

i usually do do one of the aerobics and

103

00:05:07,430 --> 00:05:05,039

the a red device

104

00:05:10,710 --> 00:05:07,440

for my workouts every day awesome thank

105

00:05:15,430 --> 00:05:14,070

hi i'm shannon younger and i write for a

106

00:05:16,950 --> 00:05:15,440

lot of families and a lot of kids who

107

00:05:19,189 --> 00:05:16,960

play sports and i was wondering if you

108

00:05:25,350 --> 00:05:19,199

could tell me how you think space flight

109

00:05:30,629 --> 00:05:27,430

well teamwork is actually incredibly

110

00:05:32,710 --> 00:05:30,639

important to us at nasa in general it's

111

00:05:35,029 --> 00:05:32,720

uh important in small groups like the

112

00:05:38,950 --> 00:05:35,039

group that we have up here but uh more

113

00:05:41,029 --> 00:05:38,960

importantly it's actually um fantastic

114

00:05:43,029 --> 00:05:41,039

relationship that we have with ground

115

00:05:45,510 --> 00:05:43,039

teams all over the world

116

00:05:47,830 --> 00:05:45,520

that teamwork is is very very special to

117

00:05:51,029 --> 00:05:47,840

us i think also

118

00:05:53,270 --> 00:05:51,039

athletics provide you a way to test

119

00:05:54,469 --> 00:05:53,280

yourself physically and mentally

120

00:05:56,710 --> 00:05:54,479

and

121

00:05:59,430 --> 00:05:56,720

which i think is good training for

122

00:06:02,390 --> 00:05:59,440

jobs like we have

123

00:06:07,590 --> 00:06:05,189

hello i am cyan proctor from south

124

00:06:09,990 --> 00:06:07,600

mountain community college and i want to

125

00:06:17,590 --> 00:06:10,000

know if you could play football on the

126

00:06:20,950 --> 00:06:18,790

well i've always wanted to go to the

127

00:06:22,469 --> 00:06:20,960

moon so i think i'd pick the moon

128

00:06:24,390 --> 00:06:22,479

just because that's when i was a little

129

00:06:25,830 --> 00:06:24,400

kid i was grew up watching the apollo

130

00:06:27,270 --> 00:06:25,840

astronauts walking on the moon and i

131

00:06:30,309 --> 00:06:27,280

always had that as a dream so i would

132

00:06:30,319 --> 00:06:34,150

i'd vote for mars

133

00:06:34,160 --> 00:06:39,430

thank you

134

00:06:44,230 --> 00:06:42,550

hello i am pr christina i do uh social

135

00:06:46,070 --> 00:06:44,240

media and things like that

136

00:06:48,550 --> 00:06:46,080

and my question is what has been the

137

00:06:58,710 --> 00:06:48,560

most unexpected thing that has happened

138

00:07:02,150 --> 00:06:59,909

that's a good question we're having to

139

00:07:05,350 --> 00:07:02,160

think about that when a lot of the stuff

140

00:07:07,510 --> 00:07:05,360

we did expect um and we were trained for

141

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

i'm trying to we had we had a couple

142

00:07:11,029 --> 00:07:09,520

malfunctions early on as soon as peggy

143

00:07:13,029 --> 00:07:11,039

and her crew arrived we had a little

144

00:07:14,710 --> 00:07:13,039

malfunction with the bathroom and that

145

00:07:17,029 --> 00:07:14,720

was probably the biggest unexpected

146

00:07:20,150 --> 00:07:17,039

thing and it took all of our work about

147

00:07:21,749 --> 00:07:20,160

a whole day to make sure that got fixed

148

00:07:27,110 --> 00:07:21,759

any embarrassing stories you want to

149

00:07:31,510 --> 00:07:29,350

no we just well with that that situation

150

00:07:34,629 --> 00:07:31,520

we just had a big nasty leak in the

151

00:07:38,309 --> 00:07:34,639

system so we had to take care of it

152

00:07:42,870 --> 00:07:40,790

hi valerie stomach here good afternoon

153

00:07:44,869 --> 00:07:42,880

um i know you just passed over patagonia

154

00:07:46,309 --> 00:07:44,879

which is beautiful from our view down

155

00:07:53,990 --> 00:07:46,319

here on earth but i'm curious what your

156

00:07:57,990 --> 00:07:56,070

actually patagonia is one of my favorite

157

00:08:00,390 --> 00:07:58,000

sites it's incredible but it's actually

158

00:08:02,150 --> 00:08:00,400

very hard to actually get good views

159

00:08:04,309 --> 00:08:02,160

because it tends to be weathered in a

160

00:08:06,469 --> 00:08:04,319

lot so when we do get a great view then

161

00:08:09,510 --> 00:08:06,479

we get to take some really phenomenal uh

162

00:08:11,270 --> 00:08:09,520

pictures or get to see the glaciers that

163

00:08:13,350 --> 00:08:11,280

and the beautiful different colored

164

00:08:15,830 --> 00:08:13,360

lakes in the area

165

00:08:17,909 --> 00:08:15,840

the caribbean is also incredibly

166

00:08:19,990 --> 00:08:17,919

beautiful with the colors you can

167

00:08:22,629 --> 00:08:20,000

actually see the the fingers of the

168

00:08:24,629 --> 00:08:22,639

coral reefs underneath and that's just

169

00:08:27,909 --> 00:08:24,639

stunning as well

170

00:08:30,550 --> 00:08:27,919

i also love uh the differences in like

171

00:08:33,670 --> 00:08:30,560

northern africa the peach color of the

172

00:08:35,909 --> 00:08:33,680

sands uh it makes the whole light coming

173

00:08:38,230 --> 00:08:35,919

in the station kind of glow

174

00:08:39,269 --> 00:08:38,240

and every every country's got some

175

00:08:41,269 --> 00:08:39,279

unique

176

00:08:42,870 --> 00:08:41,279

aspects to it that make it very very

177

00:08:45,430 --> 00:08:42,880

beautiful so

178

00:08:47,590 --> 00:08:45,440

it's just fun no matter where you are

179

00:08:51,910 --> 00:08:47,600

looking out the window

180

00:08:54,949 --> 00:08:53,350

how you doing my name is marty cannon

181

00:08:56,870 --> 00:08:54,959

i'm a teacher and a coach at uh in

182

00:08:58,710 --> 00:08:56,880

lafayette louisiana and my question is

183

00:09:01,269 --> 00:08:58,720

about your nutritional needs on a daily

184

00:09:03,350 --> 00:09:01,279

basis compared to uh when you're back on

185

00:09:05,190 --> 00:09:03,360

earth so what is your diet like now

186

00:09:10,150 --> 00:09:05,200

compared to what you would usually have

187

00:09:14,949 --> 00:09:12,710

yeah great question um and it's a huge

188

00:09:16,470 --> 00:09:14,959

part of our health up here if we don't

189

00:09:18,230 --> 00:09:16,480

eat you know the proper amount of

190

00:09:20,070 --> 00:09:18,240

calories and work out like i mentioned

191

00:09:21,990 --> 00:09:20,080

before then we're going to lose bone

192

00:09:23,509 --> 00:09:22,000

mass bone density and muscle mass so we

193

00:09:26,230 --> 00:09:23,519

don't want any of those things to happen

194

00:09:27,590 --> 00:09:26,240

so to help us alleviate those problems

195

00:09:29,590 --> 00:09:27,600

we're working out and we're trying to

196

00:09:31,990 --> 00:09:29,600

eat they want me to eat about 3000

197

00:09:34,630 --> 00:09:32,000

calories a day i'm eating all the time

198

00:09:36,630 --> 00:09:34,640

and i can't get to 3 000 so i'm trying

199

00:09:37,829 --> 00:09:36,640

but it's really hard

200

00:09:39,509 --> 00:09:37,839

i think our portions are a little

201  
00:09:41,590 --> 00:09:39,519  
smaller up here but i just feel like i'm

202  
00:09:43,269 --> 00:09:41,600  
eating all the time so we're just not

203  
00:09:44,949 --> 00:09:43,279  
getting the exact calorie count that

204  
00:09:46,870 --> 00:09:44,959  
they're wanting me to get so far i

205  
00:09:48,310 --> 00:09:46,880  
haven't lost any mass we have a mass

206  
00:09:50,389 --> 00:09:48,320  
measurement system up here where we

207  
00:09:52,550 --> 00:09:50,399  
about every month we measure ourselves

208  
00:09:56,389 --> 00:09:52,560  
and so far i'm kind of holding steady so

209  
00:10:00,070 --> 00:09:58,550  
hi peggy and shane this is herb baker i

210  
00:10:01,829 --> 00:10:00,080  
actually just retired from nasa but i

211  
00:10:04,949 --> 00:10:01,839  
can't stay away obviously

212  
00:10:07,030 --> 00:10:04,959  
so my question is about the bigelow

213  
00:10:09,110 --> 00:10:07,040

expandable module have you guys spent

214

00:10:13,829 --> 00:10:09,120

any time in it and is it passing all of

215

00:10:18,550 --> 00:10:15,910

actually shane was in it once very early

216

00:10:19,750 --> 00:10:18,560

on in his mission and we're going to go

217

00:10:21,430 --> 00:10:19,760

in tomorrow

218

00:10:24,790 --> 00:10:21,440

as a matter of fact we're doing some

219

00:10:26,870 --> 00:10:24,800

testing in there uh and and

220

00:10:28,630 --> 00:10:26,880

actually trying to assess if that that

221

00:10:30,230 --> 00:10:28,640

type of hardware is going to be valuable

222

00:10:32,630 --> 00:10:30,240

for us in future

223

00:10:34,630 --> 00:10:32,640

missions whether it's building habitats

224

00:10:36,470 --> 00:10:34,640

on planets or

225

00:10:39,190 --> 00:10:36,480

adding additional modules to space

226

00:10:42,790 --> 00:10:39,200

stations like this one

227

00:10:46,710 --> 00:10:44,870

hi i'm alexandra becker with the texas

228

00:10:48,870 --> 00:10:46,720

medical center and my question is what

229

00:10:51,110 --> 00:10:48,880

are you doing on the international space

230

00:10:57,190 --> 00:10:51,120

space station to help advance human

231

00:11:00,870 --> 00:10:58,389

actually we're doing a number of

232

00:11:03,990 --> 00:11:00,880

different scientific investigations that

233

00:11:05,509 --> 00:11:04,000

i i hope will also contribute to

234

00:11:07,590 --> 00:11:05,519

human health

235

00:11:08,949 --> 00:11:07,600

on earth as well

236

00:11:11,590 --> 00:11:08,959

we're doing

237

00:11:14,069 --> 00:11:11,600

fluid shift studies looking at how the

238

00:11:15,990 --> 00:11:14,079

fluids in our bodies shift and make

239

00:11:17,670 --> 00:11:16,000

changes in our bodies in particular

240

00:11:19,670 --> 00:11:17,680

we're concerned about some of the vision

241

00:11:22,150 --> 00:11:19,680

changes that we've seen

242

00:11:23,509 --> 00:11:22,160

in astronauts and we're trying to better

243

00:11:25,829 --> 00:11:23,519

understand that

244

00:11:28,550 --> 00:11:25,839

another study that i'm in is

245

00:11:30,470 --> 00:11:28,560

looking at oxidative damage

246

00:11:32,230 --> 00:11:30,480

as a result of in being in this

247

00:11:34,230 --> 00:11:32,240

environment a microgravity environment

248

00:11:36,310 --> 00:11:34,240

to look at long-term effects

249

00:11:40,230 --> 00:11:36,320

on the potential for cardiovascular

250

00:11:41,030 --> 00:11:40,240

disease using microgravity as a

251  
00:12:26,710 --> 00:11:41,040

a

252  
00:12:28,310 --> 00:12:26,720  
systems our life support systems here

253  
00:12:30,790 --> 00:12:28,320  
we're testing those out now for

254  
00:12:32,230 --> 00:12:30,800  
potentially going to places like mars

255  
00:12:33,990 --> 00:12:32,240  
we're a couple hundred miles off the

256  
00:12:35,509 --> 00:12:34,000  
earth right now

257  
00:12:37,590 --> 00:12:35,519  
some of the systems aren't super

258  
00:12:39,350 --> 00:12:37,600  
critical for us some are and we're glad

259  
00:12:41,030 --> 00:12:39,360  
they're working but we'd have a lot of

260  
00:12:43,190 --> 00:12:41,040  
redundancy on things that are really

261  
00:12:44,710 --> 00:12:43,200  
critical but if you go to a place like

262  
00:12:47,030 --> 00:12:44,720  
mars which is millions and millions of

263  
00:12:49,750 --> 00:12:47,040

miles away from the earth you really got

264

00:12:51,829 --> 00:12:49,760

to have those systems perform perfectly

265

00:12:53,269 --> 00:12:51,839

every time so we're kind of hammering

266

00:12:54,389 --> 00:12:53,279

out a lot of those issues now with the

267

00:12:57,990 --> 00:12:54,399

regener

268

00:12:59,350 --> 00:12:58,000

whether that's urine or sweat or

269

00:13:01,350 --> 00:12:59,360

whatever it is on board that we can

270

00:13:03,590 --> 00:13:01,360

create into drinking water things like

271

00:13:05,350 --> 00:13:03,600

that are kind of the technology we're

272

00:13:10,150 --> 00:13:05,360

going to take as we go towards mars here

273

00:13:14,550 --> 00:13:12,629

hi i'm callie mcpherson and my question

274

00:13:21,190 --> 00:13:14,560

is what was your first night in space

275

00:13:24,470 --> 00:13:23,030

uh let's see i don't remember a whole

276

00:13:26,310 --> 00:13:24,480

lot of it we got up here kind of in the

277

00:13:27,829 --> 00:13:26,320

middle of the night so we had a few

278

00:13:29,990 --> 00:13:27,839

hours of work to do and then we kind of

279

00:13:32,069 --> 00:13:30,000

just went to bed sleeping is a lot

280

00:13:33,670 --> 00:13:32,079

different up here as you might imagine

281

00:13:36,069 --> 00:13:33,680

but i really enjoyed i think peggy

282

00:13:37,670 --> 00:13:36,079

sleeps very well up here as well so um

283

00:13:39,350 --> 00:13:37,680

it's not a bad thing for us we have a

284

00:13:41,189 --> 00:13:39,360

little small bedroom it's kind of like a

285

00:13:42,550 --> 00:13:41,199

small closet where you can get in there

286

00:13:44,069 --> 00:13:42,560

and that's kind of your private space

287

00:13:46,310 --> 00:13:44,079

and that's where you put your sleeping

288

00:13:53,269 --> 00:13:46,320

bag on the wall and go to bed every

289

00:13:58,470 --> 00:13:56,310

hi my name is jessica bolanos aka fancy

290

00:14:01,269 --> 00:13:58,480

capitalist with good sparrow

291

00:14:09,670 --> 00:14:01,279

and my question is what is your favorite

292

00:14:14,310 --> 00:14:11,990

there are so many things to do up here

293

00:14:16,710 --> 00:14:14,320

that i i just truly honestly really

294

00:14:19,110 --> 00:14:16,720

enjoy doing i love doing all the

295

00:14:21,350 --> 00:14:19,120

scientific research being a scientist by

296

00:14:23,110 --> 00:14:21,360

background i really love doing all the

297

00:14:25,509 --> 00:14:23,120

hands-on work

298

00:14:27,110 --> 00:14:25,519

that's required of us

299

00:14:31,269 --> 00:14:27,120

shane and i have had an opportunity to

300

00:14:32,310 --> 00:14:31,279

do space walk already and that's a very

301  
00:14:34,310 --> 00:14:32,320

interesting

302  
00:14:36,550 --> 00:14:34,320

mental and physical challenge that i

303  
00:14:38,230 --> 00:14:36,560

enjoy very much as well and

304  
00:14:40,870 --> 00:14:38,240

the view gets even better when you're

305  
00:14:42,949 --> 00:14:40,880

outside uh in a space suit

306  
00:14:45,990 --> 00:14:42,959

and of course every day any like i

307  
00:14:48,550 --> 00:14:46,000

mentioned uh the views of earth are

308  
00:14:50,949 --> 00:14:48,560

incredible and beautiful and so varied

309  
00:14:52,629 --> 00:14:50,959

that it's it's impossible to get tired

310  
00:14:53,509 --> 00:14:52,639

of looking out the window

311  
00:14:55,189 --> 00:14:53,519

so

312  
00:14:58,470 --> 00:14:55,199

everything that we do up here is a fun

313  
00:15:01,590 --> 00:14:58,480

and just being in zero gravity is is so

314

00:15:09,750 --> 00:15:01,600

novel and unique that it it every day

315

00:15:13,269 --> 00:15:11,670

hi shane hi peggy this is kate baker

316

00:15:15,189 --> 00:15:13,279

from the science fiction and fantasy

317

00:15:16,310 --> 00:15:15,199

writers of america first of all this is

318

00:15:18,389 --> 00:15:16,320

so cool

319

00:15:20,230 --> 00:15:18,399

second of all um

320

00:15:21,750 --> 00:15:20,240

we would like to know as writers because

321

00:15:23,990 --> 00:15:21,760

we're always looking for new information

322

00:15:25,829 --> 00:15:24,000

for our stories what is it like

323

00:15:31,030 --> 00:15:25,839

when you come back to earth what is the

324

00:15:34,230 --> 00:15:32,550

so peggy will have a lot more experience

325

00:15:36,069 --> 00:15:34,240

than i do on this i had a shuttle flight

326

00:15:37,030 --> 00:15:36,079

earlier in my career this is a lot

327

00:15:38,790 --> 00:15:37,040

different where i'm going to be up here

328

00:15:41,269 --> 00:15:38,800

for about six months so my body will

329

00:15:43,430 --> 00:15:41,279

adjust a little differently um

330

00:15:45,430 --> 00:15:43,440

but it took me a few days two or three

331

00:15:47,749 --> 00:15:45,440

days after my shuttle flight for my kind

332

00:15:50,069 --> 00:15:47,759

of equilibrium to kind of settle out and

333

00:15:51,350 --> 00:15:50,079

for me to feel pretty decent i think

334

00:15:52,790 --> 00:15:51,360

hopefully it'll be about the same just

335

00:15:54,790 --> 00:15:52,800

because of the workout program we're on

336

00:15:56,389 --> 00:15:54,800

is going to help a lot and

337

00:15:58,150 --> 00:15:56,399

i'm hoping it's not going to be a week

338

00:16:01,110 --> 00:15:58,160

or two but we'll see everybody's a

339

00:16:06,069 --> 00:16:03,670

and some some folks get sick coming up

340

00:16:08,069 --> 00:16:06,079

hill getting and being in space and some

341

00:16:09,590 --> 00:16:08,079

folks get sick going downhill and i'm

342

00:16:11,670 --> 00:16:09,600

i'm the kind that gets sick going

343

00:16:13,670 --> 00:16:11,680

downhill so returning home for me is a

344

00:16:16,550 --> 00:16:13,680

lot more challenging than coming up to

345

00:16:19,269 --> 00:16:16,560

space i adapt much quickly more quickly

346

00:16:22,870 --> 00:16:19,279

coming up instead of going down

347

00:16:25,910 --> 00:16:22,880

but it it does last for several days uh

348

00:16:27,509 --> 00:16:25,920

the first 24 hours after i returned on

349

00:16:28,949 --> 00:16:27,519

my first flight i was pretty sure i

350

00:16:30,230 --> 00:16:28,959

needed to go back to space because i

351

00:16:36,949 --> 00:16:30,240

didn't really want to be on earth

352

00:16:41,269 --> 00:16:39,189

good morning peggy good morning shane uh

353

00:16:45,269 --> 00:16:41,279

my name is sandy max i'm from milwaukee

354

00:16:47,269 --> 00:16:45,279

uh milwaukee pbs and also radio wklh

355

00:16:49,110 --> 00:16:47,279

thrilled to be part of nasa social and

356

00:16:50,870 --> 00:16:49,120

this is like the ultimate long distance

357

00:16:53,189 --> 00:16:50,880

call so thank you for your time today we

358

00:16:55,110 --> 00:16:53,199

are all just super crazy excited to be

359

00:16:57,269 --> 00:16:55,120

here and the fun thing about social

360

00:16:58,790 --> 00:16:57,279

media is i asked a lot of people like

361

00:17:00,870 --> 00:16:58,800

well i'm your eyes and ears what would

362

00:17:02,550 --> 00:17:00,880

you want to ask so my friend harvey

363

00:17:04,630 --> 00:17:02,560

wanted to know

364

00:17:06,390 --> 00:17:04,640

what is the brightest light

365

00:17:08,870 --> 00:17:06,400

natural or man-made

366

00:17:21,909 --> 00:17:08,880

that you can see from the iss that's on

367

00:17:25,110 --> 00:17:23,189

sorry we're trying to figure that one

368

00:17:26,870 --> 00:17:25,120

out that's a great question um

369

00:17:28,950 --> 00:17:26,880

yeah the most of the big bright lights

370

00:17:30,870 --> 00:17:28,960

are in in big cities so there's nothing

371

00:17:32,950 --> 00:17:30,880

that stands out to me that i've seen and

372

00:17:33,990 --> 00:17:32,960

i'm like oh yeah that's that light or

373

00:17:36,230 --> 00:17:34,000

whatever

374

00:17:38,070 --> 00:17:36,240

but it's all man-made of course the city

375

00:17:39,350 --> 00:17:38,080

as a whole kind of looks like

376

00:17:41,750 --> 00:17:39,360

you know the bigger ones are brighter

377

00:17:43,669 --> 00:17:41,760

than others um sorry i can't answer that

378

00:17:45,350 --> 00:17:43,679

one completely

379

00:17:47,669 --> 00:17:45,360

i'm kind of proud of myself stump to the

380

00:17:51,990 --> 00:17:47,679

uh stunt the iss astronauts thanks so

381

00:17:58,230 --> 00:17:55,510

buenos dias iss miyama eduardo ruskoski

382

00:17:59,909 --> 00:17:58,240

good morning iss

383

00:18:01,669 --> 00:17:59,919

i'm blessed to have the last question of

384

00:18:03,590 --> 00:18:01,679

the day here but first i want to mention

385

00:18:05,190 --> 00:18:03,600

that i grew up in a small town north of

386

00:18:08,230 --> 00:18:05,200

pittsburgh where another football

387

00:18:09,909 --> 00:18:08,240

dynasty happens to reside and i played

388

00:18:11,909 --> 00:18:09,919

high school football but soon learned

389

00:18:13,510 --> 00:18:11,919

when i graduated that

390

00:18:15,909 --> 00:18:13,520

sports was not for me and in the

391

00:18:18,630 --> 00:18:15,919

aerospace and sciences were and i got

392

00:18:20,470 --> 00:18:18,640

into that so i'm a space cadet and that

393

00:18:23,110 --> 00:18:20,480

is the basis for my question which is

394

00:18:25,750 --> 00:18:23,120

the last question today last week nasa's

395

00:18:28,549 --> 00:18:25,760

solar dynamics observatory photographed

396

00:18:30,310 --> 00:18:28,559

a large canyon hole that opened in the

397

00:18:33,510 --> 00:18:30,320

sun's atmosphere

398

00:18:36,070 --> 00:18:33,520

it's spewing a stream of solar wind

399

00:18:37,830 --> 00:18:36,080

directly toward earth and iss

400

00:18:40,870 --> 00:18:37,840

it is said that such a fast-moving

401  
00:18:43,510 --> 00:18:40,880  
stream is sure to spark arctic auras

402  
00:18:46,310 --> 00:18:43,520  
it arrives today by the way

403  
00:18:48,549 --> 00:18:46,320  
my my question is uh are there or were

404  
00:18:55,590 --> 00:18:48,559  
there any cautions taken by iss in front

405  
00:19:01,510 --> 00:18:58,310  
uh on board the space station the ground

406  
00:19:03,990 --> 00:19:01,520  
will notify us if we need to uh take

407  
00:19:06,870 --> 00:19:04,000  
precautions go to some of the safe areas

408  
00:19:10,150 --> 00:19:06,880  
on onboard the station safer areas more

409  
00:19:12,710 --> 00:19:10,160  
shielded areas if we need to

410  
00:19:15,110 --> 00:19:12,720  
the auroras can be incredibly beautiful

411  
00:19:17,909 --> 00:19:15,120  
when they show up so there's the

412  
00:19:20,070 --> 00:19:17,919  
positive side of that

413  
00:19:22,310 --> 00:19:20,080

we haven't seen any great ones on this

414

00:19:23,669 --> 00:19:22,320

mission but i have seen some on previous

415

00:19:27,270 --> 00:19:23,679

missions and

416

00:19:27,280 --> 00:19:30,789

thank you

417

00:19:34,230 --> 00:19:32,549

all right shane and peggy that wraps it

418

00:19:35,909 --> 00:19:34,240

up we are so proud of what you're doing

419

00:19:37,669 --> 00:19:35,919

to help advance the civilization and

420

00:19:39,750 --> 00:19:37,679

inspire our next generation

421

00:19:41,909 --> 00:19:39,760

thank you so much and really enjoy the

422

00:20:00,150 --> 00:19:41,919

game and peggy if you could

423

00:20:03,669 --> 00:20:02,710

thank you guys we really appreciate what

424

00:20:05,270 --> 00:20:03,679

you do

425

00:20:08,410 --> 00:20:05,280

godspeed have a great rest of your

426  
00:20:15,029 --> 00:20:08,420  
mission thanks everyone

427  
00:20:17,990 --> 00:20:15,039  
[Applause]

428  
00:20:21,270 --> 00:20:18,000  
station this is houston acr thank you

429  
00:20:23,110 --> 00:20:21,280  
that concludes our event

430  
00:20:24,870 --> 00:20:23,120  
and from mission control houston thanks

431  
00:20:26,710 --> 00:20:24,880  
for all the participants there at space

432  
00:20:28,870 --> 00:20:26,720  
center houston really fun event great