



1
00:00:06,070 --> 00:00:02,629
station houston are you ready for the

2
00:00:11,589 --> 00:00:08,549
we are ready

3
00:00:12,390 --> 00:00:11,599
jscpao please call station for a voice

4
00:00:15,829 --> 00:00:12,400
check

5
00:00:18,150 --> 00:00:15,839
station this is haley fick

6
00:00:21,670 --> 00:00:18,160
media social media specialist how do you

7
00:00:27,349 --> 00:00:25,109
hey haley we hear you loud and clear

8
00:00:29,509 --> 00:00:27,359
awesome so first we are going to take a

9
00:00:31,910 --> 00:00:29,519
couple questions selected from twitter

10
00:00:34,389 --> 00:00:31,920
and instagram and then we will be taking

11
00:00:36,229 --> 00:00:34,399
questions live from facebook so we're

12
00:00:39,430 --> 00:00:36,239
going to start off from with a question

13
00:00:41,830 --> 00:00:39,440

from kiana on instagram and she asks

14

00:00:43,830 --> 00:00:41,840

what was the first thing you thought

15

00:00:48,790 --> 00:00:43,840

when you got to the space station and

16

00:00:52,869 --> 00:00:50,790

that's a great question looking out at

17

00:00:54,470 --> 00:00:52,879

our planet is spectacular i mean no

18

00:00:55,910 --> 00:00:54,480

matter how you how you look at it if

19

00:00:58,389 --> 00:00:55,920

you're looking at day or night no matter

20

00:00:59,750 --> 00:00:58,399

where you are over the planet so to me

21

00:01:01,029 --> 00:00:59,760

it was very humbling so i think that's

22

00:01:02,709 --> 00:01:01,039

the word that came to mind looking out

23

00:01:06,230 --> 00:01:02,719

the window it's just humbling seeing our

24

00:01:09,910 --> 00:01:08,390

awesome i think the first time i saw the

25

00:01:13,910 --> 00:01:09,920

planet

26
00:01:16,630 --> 00:01:13,920
from space um the first thing that went

27
00:01:19,190 --> 00:01:16,640
through my head was just how incredible

28
00:01:21,429 --> 00:01:19,200
the colors were the it's almost like

29
00:01:24,310 --> 00:01:21,439
they had texture it was just really

30
00:01:30,149 --> 00:01:27,190
awesome amber on facebook wants to know

31
00:01:32,950 --> 00:01:30,159
we always see amazing images of earth

32
00:01:34,630 --> 00:01:32,960
from the space station but i'm curious

33
00:01:36,710 --> 00:01:34,640
what kind of other views can you see

34
00:01:38,789 --> 00:01:36,720
from up there for example can you see

35
00:01:45,190 --> 00:01:38,799
satellites in orbit have you witnessed

36
00:01:48,550 --> 00:01:47,030
i've seen occasionally a satellite

37
00:01:51,030 --> 00:01:48,560
what's really interesting though is

38
00:01:53,270 --> 00:01:51,040

actually i've seen one below us before

39

00:01:55,749 --> 00:01:53,280

and it's pretty neat to think of

40

00:01:58,389 --> 00:01:55,759

us as being just another satellite up

41

00:02:00,389 --> 00:01:58,399

here orbiting the planet

42

00:02:02,469 --> 00:02:00,399

but in general no you don't see them

43

00:02:03,830 --> 00:02:02,479

especially during the daylight

44

00:02:05,670 --> 00:02:03,840

because of the

45

00:02:08,229 --> 00:02:05,680

it just won't light things up so it has

46

00:02:10,710 --> 00:02:08,239

to be and dusk or dawn time frame to in

47

00:02:13,110 --> 00:02:10,720

order to see those satellites just like

48

00:02:14,710 --> 00:02:13,120

that's when you can see us

49

00:02:19,990 --> 00:02:14,720

as dusk or dawn

50

00:02:24,390 --> 00:02:20,949

awesome

51
00:02:32,630 --> 00:02:24,400
mandopha on instagram asks earth or

52
00:02:38,150 --> 00:02:34,869
that's a tough question i think viewing

53
00:02:40,470 --> 00:02:38,160
earth from space is the most beautiful

54
00:02:41,509 --> 00:02:40,480
so a combination of the two there but

55
00:02:43,589 --> 00:02:41,519
you know when you're looking at our

56
00:02:45,190 --> 00:02:43,599
planet it is spectacular you see the

57
00:02:46,949 --> 00:02:45,200
thin layer of atmosphere that protects

58
00:02:48,790 --> 00:02:46,959
everybody on earth from living and dying

59
00:02:50,229 --> 00:02:48,800
and it's it's pretty unique you see

60
00:02:51,670 --> 00:02:50,239
things like auroras that we've had the

61
00:02:54,070 --> 00:02:51,680
privilege of seeing up here every now

62
00:02:57,030 --> 00:02:54,080
and then that are just spectacular you

63
00:02:58,869 --> 00:02:57,040

know green glowing kind of uh dancing

64

00:03:00,949 --> 00:02:58,879

clouds so to speak as we're going around

65

00:03:02,229 --> 00:03:00,959

the earth so that's pretty special

66

00:03:06,550 --> 00:03:02,239

as well as seeing all the beautiful

67

00:03:12,229 --> 00:03:09,430

sounds like a great experience boardmama

68

00:03:21,350 --> 00:03:12,239

on instagram asks what could possibly be

69

00:03:26,869 --> 00:03:23,830

actually there's a few places based on

70

00:03:29,110 --> 00:03:26,879

what i've seen up here uh from space

71

00:03:32,789 --> 00:03:29,120

that i'd like to go visit i think

72

00:03:36,070 --> 00:03:32,799

australia just looks so interesting and

73

00:03:38,070 --> 00:03:36,080

even africa very beautiful places from

74

00:03:39,990 --> 00:03:38,080

here that i would like to visit at some

75

00:03:43,430 --> 00:03:40,000

point in time so i i would say to see

76

00:03:47,030 --> 00:03:43,440

them from a lower altitude might be on

77

00:03:51,030 --> 00:03:49,670

and for me uh you know whatever you know

78

00:03:52,630 --> 00:03:51,040

all right we have hobbies on earth as

79

00:03:54,390 --> 00:03:52,640

well so um there's some bucket list

80

00:03:55,509 --> 00:03:54,400

items for me and my hobbies that i still

81

00:03:57,030 --> 00:03:55,519

want to do

82

00:03:59,030 --> 00:03:57,040

but if i could come up here with my

83

00:04:01,350 --> 00:03:59,040

family i think that would be number a

84

00:04:03,509 --> 00:04:01,360

good one

85

00:04:06,470 --> 00:04:03,519

so this one i think is probably about a

86

00:04:08,949 --> 00:04:06,480

story of peggy and the cargo bag brian

87

00:04:14,070 --> 00:04:08,959

asks who has pulled the best prank in

88

00:04:19,590 --> 00:04:16,150

well actually it was fun because we all

89

00:04:22,469 --> 00:04:19,600

we all did it together um we uh

90

00:04:25,270 --> 00:04:22,479

tomas is actually his idea and uh but he

91

00:04:26,870 --> 00:04:25,280

couldn't quite fit in the bag and uh i'm

92

00:04:29,189 --> 00:04:26,880

like i think i can probably fit in and

93

00:04:31,590 --> 00:04:29,199

so then tomah and

94

00:04:33,909 --> 00:04:31,600

shane took me down

95

00:04:36,629 --> 00:04:33,919

to the see the russians for dinner that

96

00:04:38,469 --> 00:04:36,639

night and uh i they said they had a

97

00:04:40,150 --> 00:04:38,479

surprise for them and they unzipped it

98

00:04:41,670 --> 00:04:40,160

and i popped out so that was that was

99

00:04:45,030 --> 00:04:41,680

the most fun we've had

100

00:04:50,550 --> 00:04:48,390

awesome cj on twitter asks what inspired

101
00:04:54,830 --> 00:04:50,560
you to become an astronaut and work for

102
00:04:58,469 --> 00:04:57,270
particular well for me it was back to

103
00:05:01,430 --> 00:04:58,479
the

104
00:05:03,350 --> 00:05:01,440
small child that's what inspired me to

105
00:05:05,270 --> 00:05:03,360
initially want to become an astronaut of

106
00:05:06,469 --> 00:05:05,280
course it takes a lot of hard work and

107
00:05:07,270 --> 00:05:06,479
education

108
00:05:09,590 --> 00:05:07,280
and

109
00:05:10,390 --> 00:05:09,600
for me a career in the army before i was

110
00:05:11,990 --> 00:05:10,400
even

111
00:05:13,909 --> 00:05:12,000
i would say eligible to become an

112
00:05:16,310 --> 00:05:13,919
astronaut and work at nasa in that

113
00:05:17,990 --> 00:05:16,320

regard so it's it's a long career it's

114

00:05:19,270 --> 00:05:18,000

something that's never guaranteed and it

115

00:05:24,390 --> 00:05:19,280

just took a lot of hard work and

116

00:05:29,670 --> 00:05:26,790

and along those same lines urbina on

117

00:05:35,430 --> 00:05:29,680

instagram asks how have you used your

118

00:05:41,189 --> 00:05:36,710

well actually

119

00:05:43,189 --> 00:05:41,199

i'm a biochemist by training and so i

120

00:05:46,230 --> 00:05:43,199

got to do some stem cell research up

121

00:05:49,270 --> 00:05:46,240

here so tissue culture of stem cells uh

122

00:05:50,950 --> 00:05:49,280

in in microgravity to see if they can

123

00:05:53,270 --> 00:05:50,960

proliferate better or differently than

124

00:05:55,590 --> 00:05:53,280

they do on earth and

125

00:05:57,590 --> 00:05:55,600

look at that as future for and future

126

00:06:00,390 --> 00:05:57,600

applications of using those types of

127

00:06:03,590 --> 00:06:00,400

cells that were proliferated or grown in

128

00:06:06,390 --> 00:06:03,600

orbit so that was one one

129

00:06:09,029 --> 00:06:06,400

very closely relevant area that i've

130

00:06:10,950 --> 00:06:09,039

gotten to work on but i think what's

131

00:06:13,029 --> 00:06:10,960

most fun about the research up here is

132

00:06:14,870 --> 00:06:13,039

the diversity when we have 200

133

00:06:21,110 --> 00:06:14,880

investigations

134

00:06:23,110 --> 00:06:21,120

the being able to do all different kinds

135

00:06:27,510 --> 00:06:23,120

of things is what makes it interesting

136

00:06:31,430 --> 00:06:29,510

so we have uh people watching live and

137

00:06:34,550 --> 00:06:31,440

matt must be listening because he asked

138

00:06:36,629 --> 00:06:34,560

if you could add any experience to any

139

00:06:44,150 --> 00:06:36,639

experiments to the space station what

140

00:06:48,469 --> 00:06:45,670

yeah it's a tough one for me we've had

141

00:06:50,550 --> 00:06:48,479

so many like peggy mentioned already the

142

00:06:51,990 --> 00:06:50,560

the most fun i think i've had was when

143

00:06:54,070 --> 00:06:52,000

we got the chance to grow lettuce up

144

00:06:55,749 --> 00:06:54,080

here and that was really cool

145

00:06:58,230 --> 00:06:55,759

took four to six weeks for the lettuce

146

00:07:00,150 --> 00:06:58,240

to develop but actually was was really

147

00:07:01,990 --> 00:07:00,160

nice looked beautiful it was crunchy we

148

00:07:04,230 --> 00:07:02,000

got to eat it so it was nice to have

149

00:07:05,830 --> 00:07:04,240

some fresh vegetables on orbit so maybe

150

00:07:09,110 --> 00:07:05,840

a few more things like that for me would

151

00:07:12,950 --> 00:07:10,870

yeah i'm a plant lover too so i like

152

00:07:14,010 --> 00:07:12,960

that idea of having more plant plant

153

00:07:15,270 --> 00:07:14,020

experiments

154

00:07:17,510 --> 00:07:15,280

[Music]

155

00:07:19,350 --> 00:07:17,520

i you know i anticipate and in the

156

00:07:22,309 --> 00:07:19,360

future i think in the next few months

157

00:07:25,350 --> 00:07:22,319

even we will be doing much more uh

158

00:07:27,749 --> 00:07:25,360

cellular related uh research which

159

00:07:29,670 --> 00:07:27,759

personally i'm more interested in and i

160

00:07:31,830 --> 00:07:29,680

think has some potential

161

00:07:33,830 --> 00:07:31,840

for understanding some of the mechanisms

162

00:07:35,029 --> 00:07:33,840

of changes that go on for instance i

163

00:07:35,990 --> 00:07:35,039

think we're going to grow some bone

164

00:07:37,589 --> 00:07:36,000

cells

165

00:07:39,589 --> 00:07:37,599

and we can try and maybe better

166

00:07:41,909 --> 00:07:39,599

understand that bone demineralization

167

00:07:43,670 --> 00:07:41,919

process that occurs in us here in

168

00:07:45,990 --> 00:07:43,680

microgravity

169

00:07:48,390 --> 00:07:46,000

but it also would be very applicable to

170

00:07:53,670 --> 00:07:48,400

our understanding of the process in

171

00:07:58,150 --> 00:07:56,550

so rob is wondering do you ever wake up

172

00:08:03,589 --> 00:07:58,160

in the morning and forget that you're in

173

00:08:07,749 --> 00:08:05,510

now it's kind of hard because you're

174

00:08:09,350 --> 00:08:07,759

just floating around so for me it's

175

00:08:11,029 --> 00:08:09,360

pretty easy you come out of your

176

00:08:12,469 --> 00:08:11,039

sleeping bag and you're floating and

177

00:08:13,830 --> 00:08:12,479

you're trying to you know get dressed

178

00:08:15,110 --> 00:08:13,840

and everything to get ready for the

179

00:08:21,510 --> 00:08:15,120

morning so

180

00:08:30,710 --> 00:08:24,070

steven is wondering how long did it take

181

00:08:35,670 --> 00:08:33,269

well i think you adapt

182

00:08:39,110 --> 00:08:35,680

from a physiologic perspective somewhere

183

00:08:41,029 --> 00:08:39,120

between a week to three weeks maybe

184

00:08:43,670 --> 00:08:41,039

at least on my first flight it took

185

00:08:45,829 --> 00:08:43,680

almost three weeks on

186

00:08:47,829 --> 00:08:45,839

my second flight i felt like i adapted

187

00:08:49,829 --> 00:08:47,839

in two days and on this flight i felt

188

00:08:51,110 --> 00:08:49,839

like i was adapted as soon as i was in

189

00:08:52,949 --> 00:08:51,120

space

190

00:08:54,870 --> 00:08:52,959

in spite of the fact that it had been

191

00:08:56,630 --> 00:08:54,880

almost nine years between my second and

192

00:08:59,750 --> 00:08:56,640

third flight so

193

00:09:01,750 --> 00:08:59,760

um our bodies do adapt and learn how to

194

00:09:03,670 --> 00:09:01,760

work in in this environment but there's

195

00:09:05,910 --> 00:09:03,680

always frustrations uh you know of

196

00:09:08,310 --> 00:09:05,920

losing a tool you know that you thought

197

00:09:10,710 --> 00:09:08,320

you had put inside a ziploc bag and it

198

00:09:12,470 --> 00:09:10,720

floated out or had velcroed it to the

199

00:09:16,070 --> 00:09:12,480

floor and maybe bumped it with your foot

200

00:09:18,389 --> 00:09:16,080

or something so there's always those

201

00:09:20,070 --> 00:09:18,399

things that kind of remind you

202

00:09:22,150 --> 00:09:20,080

frequently that

203

00:09:24,870 --> 00:09:22,160

zero gravity does have some challenges

204

00:09:26,550 --> 00:09:24,880

associated with it

205

00:09:28,550 --> 00:09:26,560

so daniel is wondering about the

206

00:09:30,470 --> 00:09:28,560

opposite he is wondering what is the

207

00:09:37,190 --> 00:09:30,480

physical impact on your body when you

208

00:09:40,310 --> 00:09:38,630

well i'm about to find out here in a

209

00:09:42,070 --> 00:09:40,320

little less than three weeks i guess so

210

00:09:43,590 --> 00:09:42,080

this is my first long duration mission

211

00:09:46,470 --> 00:09:43,600

it's going to be a lot different than my

212

00:09:48,310 --> 00:09:46,480

uh shuttle mission i did a while back so

213

00:09:50,150 --> 00:09:48,320

uh it'll be interesting to see we do

214

00:09:52,470 --> 00:09:50,160

work out a lot up here and that's to

215

00:09:54,389 --> 00:09:52,480

help with our recovery back on earth as

216

00:09:55,750 --> 00:09:54,399

well as keeping our bones and muscles

217

00:09:58,230 --> 00:09:55,760

healthy so

218

00:09:59,430 --> 00:09:58,240

i'm expecting i don't know a couple days

219

00:10:00,710 --> 00:09:59,440

to a week

220

00:10:02,230 --> 00:10:00,720

somewhere in there everybody's a little

221

00:10:03,670 --> 00:10:02,240

bit different when you return to earth

222

00:10:05,430 --> 00:10:03,680

some people

223

00:10:07,350 --> 00:10:05,440

are worse coming up and some are worse

224

00:10:08,949 --> 00:10:07,360

going down and i'll just have to see i'm

225

00:10:13,670 --> 00:10:08,959

a big science experiment right now and

226
00:10:19,350 --> 00:10:16,710
awesome so kim is wondering besides the

227
00:10:25,829 --> 00:10:19,360
fresh fruits and vegetables what foods

228
00:10:31,430 --> 00:10:28,949
well pizza would be on the list

229
00:10:33,670 --> 00:10:31,440
a lot you know we get occasionally cargo

230
00:10:35,269 --> 00:10:33,680
vehicles will bring up some fresh fruits

231
00:10:37,670 --> 00:10:35,279
and and

232
00:10:39,670 --> 00:10:37,680
we've grown the lettuce but i think the

233
00:10:42,069 --> 00:10:39,680
thing that i miss most is like you know

234
00:10:45,350 --> 00:10:42,079
a really nice crunchy salad with lots of

235
00:10:46,710 --> 00:10:45,360
different types of vegetables on it

236
00:10:51,990 --> 00:10:46,720
that's probably the thing i miss the

237
00:10:56,870 --> 00:10:54,389
so mark is wondering how long do you

238
00:11:02,069 --> 00:10:56,880

spend working each day and how do you

239

00:11:06,389 --> 00:11:04,389

so our normal work day is from about 7

240

00:11:08,230 --> 00:11:06,399

30 in the morning to 7 30 at night so

241

00:11:09,829 --> 00:11:08,240

about a 12 hour work day

242

00:11:12,150 --> 00:11:09,839

within those 12 hours we do have a

243

00:11:13,990 --> 00:11:12,160

couple hours to exercise so that's built

244

00:11:15,590 --> 00:11:14,000

in there and then the rest of the day we

245

00:11:17,110 --> 00:11:15,600

just do activities that are driven by

246

00:11:18,949 --> 00:11:17,120

all the mission control centers around

247

00:11:20,870 --> 00:11:18,959

the world uh with science with

248

00:11:23,190 --> 00:11:20,880

maintenance sometimes we're doing space

249

00:11:25,269 --> 00:11:23,200

walks like we do this this coming friday

250

00:11:27,110 --> 00:11:25,279

sometimes we're using the robotic arm to

251
00:11:29,670 --> 00:11:27,120
grab visiting vehicles that show up so

252
00:11:31,670 --> 00:11:29,680
it's a wide variety of activities and it

253
00:11:33,509 --> 00:11:31,680
keeps us hopping and keeps us very

254
00:11:37,829 --> 00:11:33,519
interested of course because every day

255
00:11:47,750 --> 00:11:39,910
joe is wondering what do you plan on

256
00:11:51,269 --> 00:11:49,350
well it'll take like i mentioned a

257
00:11:52,870 --> 00:11:51,279
little while ago a few days to recover

258
00:11:54,790 --> 00:11:52,880
at least but i just look forward to

259
00:11:56,710 --> 00:11:54,800
being with the family i'm getting home

260
00:11:58,870 --> 00:11:56,720
the week of easter so we'll spend a nice

261
00:12:00,150 --> 00:11:58,880
easter weekend together with family and

262
00:12:03,269 --> 00:12:00,160
friends and i look forward to seeing

263
00:12:07,430 --> 00:12:05,269

robert asked

264

00:12:12,949 --> 00:12:07,440

does your perspective about the world

265

00:12:16,870 --> 00:12:14,629

well i definitely think

266

00:12:19,670 --> 00:12:16,880

your perspective of the our planet

267

00:12:22,550 --> 00:12:19,680

changes because it being viewing this

268

00:12:25,030 --> 00:12:22,560

our planet from this perspective i think

269

00:12:27,910 --> 00:12:25,040

makes you understand that it is we're

270

00:12:30,230 --> 00:12:27,920

all living on the same beautiful ball

271

00:12:31,750 --> 00:12:30,240

and it's protected by this very thin

272

00:12:34,150 --> 00:12:31,760

atmosphere

273

00:12:36,470 --> 00:12:34,160

uh and i do think you do have a

274

00:12:38,870 --> 00:12:36,480

different perspective on protecting uh

275

00:12:40,790 --> 00:12:38,880

what it is that we live on how fragile

276
00:12:42,310 --> 00:12:40,800
it it is

277
00:12:43,509 --> 00:12:42,320
i think

278
00:12:45,430 --> 00:12:43,519
you know the

279
00:12:46,629 --> 00:12:45,440
probably the most significant thing is

280
00:12:48,629 --> 00:12:46,639
uh

281
00:12:53,030 --> 00:12:48,639
it does give you an appreciation of

282
00:12:55,110 --> 00:12:53,040
being one planet one world one people

283
00:12:57,670 --> 00:12:55,120
awesome it is very international so

284
00:12:59,590 --> 00:12:57,680
ralph is wondering what time zone do you

285
00:13:04,470 --> 00:12:59,600
base your schedule on and is the whole

286
00:13:07,910 --> 00:13:06,069
we are almost always on the same

287
00:13:10,230 --> 00:13:07,920
schedule great question and we go off at

288
00:13:11,670 --> 00:13:10,240

gmt time so the time it is in london

289

00:13:15,030 --> 00:13:11,680

greenwich mean time

290

00:13:17,269 --> 00:13:15,040

um and so it's currently anyway it's

291

00:13:18,949 --> 00:13:17,279

five hours ahead of houston time four

292

00:13:20,389 --> 00:13:18,959

hours ahead of the east coast in the u.s

293

00:13:24,230 --> 00:13:20,399

and then you can do the math for all the

294

00:13:28,710 --> 00:13:26,629

graciela wants to know how long does it

295

00:13:37,269 --> 00:13:28,720

take for your voice to travel to earth

296

00:13:41,670 --> 00:13:39,670

actually uh in the past when i've flown

297

00:13:43,430 --> 00:13:41,680

we've had some satellite delays so it

298

00:13:45,269 --> 00:13:43,440

might take you know you might have a

299

00:13:48,230 --> 00:13:45,279

second and it made it difficult to talk

300

00:13:50,870 --> 00:13:48,240

with folks but i think these days

301
00:13:53,350 --> 00:13:50,880
there's really very rarely any kind of

302
00:13:55,590 --> 00:13:53,360
delay at all and so when we talk on the

303
00:13:57,350 --> 00:13:55,600
internet using internet protocol to our

304
00:13:59,910 --> 00:13:57,360
family and friends

305
00:14:01,750 --> 00:13:59,920
there's very very little delay at all so

306
00:14:05,990 --> 00:14:01,760
you don't end up talking over each other

307
00:14:10,069 --> 00:14:07,350
that's great because it's making

308
00:14:12,629 --> 00:14:10,079
facebook lives a lot easier for us

309
00:14:20,870 --> 00:14:12,639
morgan wants to know what is the most

310
00:14:23,269 --> 00:14:22,389
there's a lot of peggy's going to show

311
00:14:25,670 --> 00:14:23,279
you

312
00:14:27,030 --> 00:14:25,680
some chocolate coated

313
00:14:28,550 --> 00:14:27,040

peanuts there

314

00:14:29,670 --> 00:14:28,560

the way they're listed on our food

315

00:14:31,269 --> 00:14:29,680

package

316

00:14:33,430 --> 00:14:31,279

but if you open up anything that has a

317

00:14:35,350 --> 00:14:33,440

lot of pieces like that and you're not

318

00:14:37,030 --> 00:14:35,360

watching very carefully then they go all

319

00:14:38,790 --> 00:14:37,040

over the place so

320

00:14:40,389 --> 00:14:38,800

things like rice are tough because

321

00:14:42,069 --> 00:14:40,399

they're really small and they kind of go

322

00:14:44,310 --> 00:14:42,079

everywhere if they're if you don't watch

323

00:14:45,670 --> 00:14:44,320

what you're doing with the rice but in

324

00:14:47,030 --> 00:14:45,680

general things stick together if they

325

00:14:48,389 --> 00:14:47,040

have any liquid in them at all they're

326

00:14:50,310 --> 00:14:48,399

going to kind of stick together and

327

00:14:52,550 --> 00:14:50,320

allow you to eat them a little easier up

328

00:14:54,230 --> 00:14:52,560

here in microgravity a lot of times too

329

00:14:55,829 --> 00:14:54,240

we'll use tortillas as kind of just a

330

00:14:57,990 --> 00:14:55,839

vehicle to put something on so it

331

00:15:00,150 --> 00:14:58,000

doesn't go floating everywhere

332

00:15:02,949 --> 00:15:00,160

like peggy's doing right now so

333

00:15:06,790 --> 00:15:04,949

awesome jack is wondering

334

00:15:09,110 --> 00:15:06,800

is there an emergency way for you to

335

00:15:16,069 --> 00:15:09,120

turn back to return back to earth and do

336

00:15:19,350 --> 00:15:17,189

yeah

337

00:15:21,430 --> 00:15:19,360

we have the soyuz spacecraft with us

338

00:15:23,430 --> 00:15:21,440

right now each of us is on a

339

00:15:25,670 --> 00:15:23,440

three-person crew so even though our

340

00:15:27,269 --> 00:15:25,680

crew on total is six

341

00:15:29,910 --> 00:15:27,279

each of us shane and i would be in

342

00:15:30,710 --> 00:15:29,920

different soyuz and would return home on

343

00:15:31,670 --> 00:15:30,720

those

344

00:15:33,430 --> 00:15:31,680

future

345

00:15:35,749 --> 00:15:33,440

vehicles commercial crew vehicles that

346

00:15:37,590 --> 00:15:35,759

will be arriving here will also

347

00:15:40,550 --> 00:15:37,600

dock here and will provide that

348

00:15:43,509 --> 00:15:40,560

emergency capability so if we had

349

00:15:45,350 --> 00:15:43,519

a depressurization or a fire that was

350

00:15:46,389 --> 00:15:45,360

significant enough to require us to

351
00:15:49,269 --> 00:15:46,399
leave

352
00:15:51,670 --> 00:15:49,279
we would just get in our vehicles and

353
00:15:53,749 --> 00:15:51,680
go home if we needed we also have that

354
00:15:56,230 --> 00:15:53,759
as a for instance for medical

355
00:15:57,990 --> 00:15:56,240
emergencies or contingencies where we

356
00:15:59,189 --> 00:15:58,000
needed to get home we might send one

357
00:16:03,509 --> 00:15:59,199
crew home

358
00:16:11,509 --> 00:16:05,350
laura is wondering what does your

359
00:16:14,470 --> 00:16:13,030
great question it's very important for

360
00:16:17,110 --> 00:16:14,480
us up here we're about two to two and a

361
00:16:19,430 --> 00:16:17,120
half hours every day we work out about

362
00:16:21,430 --> 00:16:19,440
half of that is cardio so we have a

363
00:16:22,790 --> 00:16:21,440

stationary bike which is actually to my

364

00:16:25,189 --> 00:16:22,800

left it's not very stationary because

365

00:16:26,870 --> 00:16:25,199

it's floating while you're riding on it

366

00:16:28,470 --> 00:16:26,880

and we also have a treadmill so we do

367

00:16:31,030 --> 00:16:28,480

one of those and sometimes we do both of

368

00:16:33,110 --> 00:16:31,040

those for our aerobic activity during a

369

00:16:36,150 --> 00:16:33,120

day and then we have a machine called a

370

00:16:37,990 --> 00:16:36,160

red which is a it's a resistive machine

371

00:16:40,230 --> 00:16:38,000

so it's our weight lifting up here

372

00:16:41,670 --> 00:16:40,240

really incredible machine we all love it

373

00:16:43,030 --> 00:16:41,680

because it really gives you a nice feel

374

00:16:45,189 --> 00:16:43,040

like you're on earth when you're working

375

00:16:47,509 --> 00:16:45,199

out you can do everything from bench

376

00:16:48,470 --> 00:16:47,519

bench press to squats to deadlifts to

377

00:16:50,470 --> 00:16:48,480

curls

378

00:16:52,470 --> 00:16:50,480

triceps you know you name it we can do

379

00:16:55,030 --> 00:16:52,480

it up here and it's keeping our bodies

380

00:16:58,310 --> 00:16:55,040

toned and our muscles and bones uh

381

00:17:00,069 --> 00:16:58,320

healthy before we return to earth

382

00:17:03,030 --> 00:17:00,079

awesome so i think we have time for one

383

00:17:05,669 --> 00:17:03,040

or two more lisa wants to know what do

384

00:17:17,029 --> 00:17:05,679

you wish we earthlings would know that

385

00:17:23,669 --> 00:17:20,069

space is a fantastic place international

386

00:17:26,789 --> 00:17:23,679

cooperation uh is a strength of what

387

00:17:28,950 --> 00:17:26,799

we're doing now and i think will be a

388

00:17:30,390 --> 00:17:28,960

very valuable asset in our future

389

00:17:33,430 --> 00:17:30,400

explorations

390

00:17:34,789 --> 00:17:33,440

and i think it can show the world um

391

00:17:37,430 --> 00:17:34,799

that we can do

392

00:17:40,070 --> 00:17:37,440

very technically challenging things uh

393

00:17:44,549 --> 00:17:42,310

okay so one more for our facebook live

394

00:17:47,190 --> 00:17:44,559

audience um

395

00:17:48,549 --> 00:17:47,200

kevin is wondering do you guys get

396

00:17:58,870 --> 00:17:48,559

iphones

397

00:17:59,590 --> 00:17:58,880

internet but it's really slow i mean

398

00:18:03,990 --> 00:17:59,600

it's

399

00:18:04,870 --> 00:18:04,000

you guys are dealing with on the ground

400

00:18:06,390 --> 00:18:04,880

so

401
00:18:07,430 --> 00:18:06,400
we do have the capability but it's

402
00:18:08,470 --> 00:18:07,440
pretty weak

403
00:18:09,990 --> 00:18:08,480
um

404
00:18:12,310 --> 00:18:10,000
what else we do have the capability to

405
00:18:13,590 --> 00:18:12,320
talk to our families on this ip phone

406
00:18:15,110 --> 00:18:13,600
that peggy mentioned earlier that's

407
00:18:17,990 --> 00:18:15,120
pretty nice family and friends we can

408
00:18:20,390 --> 00:18:18,000
call uh we have email as well that it's

409
00:18:21,590 --> 00:18:20,400
not instantaneous but it's pretty good

410
00:18:22,789 --> 00:18:21,600
and we're not checking it a whole lot

411
00:18:24,070 --> 00:18:22,799
because we're working most of the day

412
00:18:30,470 --> 00:18:24,080
but in the evenings or in the mornings

413
00:18:35,350 --> 00:18:33,190

awesome um so i think we might have time

414

00:18:37,270 --> 00:18:35,360

for one more quick one what is the first

415

00:18:45,990 --> 00:18:37,280

thing you want to do when you get back

416

00:18:50,870 --> 00:18:48,470

well obviously i want to see uh my

417

00:18:54,230 --> 00:18:50,880

husband and my friends and family

418

00:18:56,630 --> 00:18:54,240

that'll be probably number one priority

419

00:18:58,470 --> 00:18:56,640

getting that salad i asked for earlier

420

00:18:59,990 --> 00:18:58,480

be probably number two

421

00:19:01,830 --> 00:19:00,000

priority

422

00:19:04,150 --> 00:19:01,840

i i think um

423

00:19:06,470 --> 00:19:04,160

you know we have in cute incredible

424

00:19:08,950 --> 00:19:06,480

views here uh and we get to look out the

425

00:19:11,190 --> 00:19:08,960

window but i i think i'd like to feel

426

00:19:13,190 --> 00:19:11,200

the sun on my face

427

00:19:14,950 --> 00:19:13,200

and during ebas you can kind of feel the

428

00:19:17,270 --> 00:19:14,960

heat of the sun on your face but it's

429

00:19:20,630 --> 00:19:17,280

not the same as as the sun through the

430

00:19:23,990 --> 00:19:22,230

awesome well i just wanted to thank you

431

00:19:25,430 --> 00:19:24,000

on behalf of our facebook audience for

432

00:19:27,830 --> 00:19:25,440

taking the time to answer their

433

00:19:36,470 --> 00:19:27,840

questions today and we wish you a safe

434

00:19:47,430 --> 00:19:38,710

station this is houston acr that