



1  
00:00:08,310 --> 00:00:03,189  
station this is houston are you ready

2  
00:00:08,320 --> 00:00:13,110  
yes i'm ready for the event

3  
00:00:16,870 --> 00:00:14,870  
women's day this is mission control

4  
00:00:18,390 --> 00:00:16,880  
houston please call station for a voice

5  
00:00:19,990 --> 00:00:18,400  
check

6  
00:00:24,950 --> 00:00:20,000  
station this is susan spencer from

7  
00:00:29,109 --> 00:00:26,790  
susan i have you loud and clear how do

8  
00:00:32,470 --> 00:00:29,119  
you hear me

9  
00:00:36,790 --> 00:00:34,790  
hello dr whitson greetings from the

10  
00:00:38,709 --> 00:00:36,800  
hearst tower in new york city i'm here

11  
00:00:41,030 --> 00:00:38,719  
with the staff of women's day and we are

12  
00:00:45,750 --> 00:00:41,040  
absolutely thrilled to be spending this

13  
00:00:50,150 --> 00:00:47,510

now i'm thrilled to be talking with you

14

00:00:55,270 --> 00:00:52,069

fantastic um the first thing we're going

15

00:00:57,189 --> 00:00:55,280

to do is do a kind of a group activity

16

00:00:59,029 --> 00:00:57,199

here where we're going to show you how

17

00:01:00,869 --> 00:00:59,039

to create a dessert from ingredients

18

00:01:02,310 --> 00:01:00,879

that you have on the internet up on the

19

00:01:06,390 --> 00:01:02,320

international space station are you

20

00:01:12,789 --> 00:01:08,230

i am ready i think i have all the

21

00:01:18,310 --> 00:01:14,310

great the first thing we're going to ask

22

00:01:18,320 --> 00:01:23,190

and we're all doing this with you

23

00:01:27,510 --> 00:01:25,429

okay all right great i hope you have

24

00:01:29,590 --> 00:01:27,520

your scissors cause you know up here

25

00:01:32,630 --> 00:01:29,600

everything's packaged so you have to you

26  
00:01:38,149 --> 00:01:32,640  
know previously cut up the you know cut

27  
00:01:41,350 --> 00:01:40,069  
all right the next thing the next thing

28  
00:01:43,510 --> 00:01:41,360  
we're going to ask you to do is take

29  
00:01:44,789 --> 00:01:43,520  
some peanut butter and spread it on the

30  
00:01:56,950 --> 00:01:44,799  
cookie

31  
00:02:01,990 --> 00:01:59,210  
all right here comes the peanut butter

32  
00:02:04,389 --> 00:02:02,000  
[Music]

33  
00:02:06,149 --> 00:02:04,399  
excellent

34  
00:02:07,270 --> 00:02:06,159  
all right then we're gonna sandwich it

35  
00:02:10,150 --> 00:02:07,280  
together

36  
00:02:10,160 --> 00:02:13,670  
there you go

37  
00:02:16,309 --> 00:02:14,710  
and

38  
00:02:18,070 --> 00:02:16,319

finally

39

00:02:25,910 --> 00:02:18,080

do you have a little chocolate sauce dr

40

00:02:31,750 --> 00:02:27,589

you're gonna squeeze i have some

41

00:02:35,430 --> 00:02:32,949

okay

42

00:02:41,750 --> 00:02:35,440

we're gonna dip and you're gonna squeeze

43

00:02:41,760 --> 00:02:44,150

right

44

00:02:44,160 --> 00:02:50,790

and here comes the chocolate

45

00:02:54,790 --> 00:02:52,150

all right

46

00:02:58,390 --> 00:02:56,229

okay

47

00:03:00,309 --> 00:02:58,400

and i don't know what time it i don't

48

00:03:02,790 --> 00:03:00,319

know what time of day it is but in my

49

00:03:14,470 --> 00:03:02,800

world i eat cookies at 10 30 10 o'clock

50

00:03:17,990 --> 00:03:16,830

how's that taste

51  
00:03:19,589 --> 00:03:18,000  
how's taste

52  
00:03:21,509 --> 00:03:19,599  
it's very tasty

53  
00:03:23,509 --> 00:03:21,519  
it's funny because i'm not a huge peanut

54  
00:03:25,750 --> 00:03:23,519  
butter fan on earth but i love it up

55  
00:03:29,589 --> 00:03:27,910  
well thank you so much for indulging us

56  
00:03:31,589 --> 00:03:29,599  
on that one and i hope you'll share that

57  
00:03:32,390 --> 00:03:31,599  
recipe with your

58  
00:03:36,309 --> 00:03:32,400  
fellow

59  
00:03:38,149 --> 00:03:36,319  
um so we're going to start with a

60  
00:03:40,229 --> 00:03:38,159  
question that's um kind of flows a

61  
00:03:41,990 --> 00:03:40,239  
little bit from what we just did and it

62  
00:03:43,830 --> 00:03:42,000  
really is basically just what is your

63  
00:03:45,190 --> 00:03:43,840

favorite dessert and

64

00:03:50,789 --> 00:03:45,200

are you going to eat it the moment you

65

00:03:54,070 --> 00:03:52,550

well actually my favorite dessert first

66

00:03:56,070 --> 00:03:54,080

i'm going to answer my favorite dessert

67

00:03:58,309 --> 00:03:56,080

up here on space station

68

00:04:00,149 --> 00:03:58,319

so our food folks do a great job of

69

00:04:02,309 --> 00:04:00,159

having a variety of different foods up

70

00:04:03,670 --> 00:04:02,319

here but after a while you have to start

71

00:04:05,670 --> 00:04:03,680

getting kind of creative in order to

72

00:04:06,550 --> 00:04:05,680

make something interesting

73

00:04:08,949 --> 00:04:06,560

so

74

00:04:10,869 --> 00:04:08,959

my favorite dessert up here is what i

75

00:04:11,830 --> 00:04:10,879

call space apple pie

76

00:04:14,309 --> 00:04:11,840

and

77

00:04:15,990 --> 00:04:14,319

we of course don't have pie crust but uh

78

00:04:20,069 --> 00:04:16,000

we have tortillas

79

00:04:21,830 --> 00:04:20,079

and so i use a tortilla and our

80

00:04:26,230 --> 00:04:21,840

spiced apples

81

00:04:29,189 --> 00:04:26,240

warm up the apples and the tortilla make

82

00:04:31,510 --> 00:04:29,199

them warm and then i add raisins to that

83

00:04:33,350 --> 00:04:31,520

and that's a space apple pie how does

84

00:04:35,350 --> 00:04:33,360

that sound to you

85

00:04:37,749 --> 00:04:35,360

that sounds pretty good do you have a

86

00:04:40,710 --> 00:04:37,759

microwave how do you heat it up just

87

00:04:44,310 --> 00:04:43,189

we have it's basically just a convection

88

00:04:47,670 --> 00:04:44,320

oven

89

00:04:51,270 --> 00:04:47,680

so by making contact our food

90

00:04:54,870 --> 00:04:51,280

can come up either as

91

00:04:57,110 --> 00:04:54,880

these mre type things military rations

92

00:04:58,390 --> 00:04:57,120

in these foil pouches and you just put

93

00:05:00,870 --> 00:04:58,400

them in the oven

94

00:05:03,749 --> 00:05:00,880

uh and just by

95

00:05:07,350 --> 00:05:03,759

convection the heating will warm them up

96

00:05:10,950 --> 00:05:07,360

we have a lot of rehydratable uh foods

97

00:05:14,550 --> 00:05:13,430

dehydrated shrimp cocktail

98

00:05:16,629 --> 00:05:14,560

and so

99

00:05:18,629 --> 00:05:16,639

you just add hot water to that and then

100

00:05:20,070 --> 00:05:18,639

i usually put it in the oven just to let

101

00:05:21,909 --> 00:05:20,080

it sit for a little while most of the

102

00:05:23,990 --> 00:05:21,919

rehydratable stuff tastes better if it

103

00:05:25,909 --> 00:05:24,000

sits in the oven for 10 minutes or so

104

00:05:28,390 --> 00:05:25,919

before you eat it

105

00:05:30,230 --> 00:05:28,400

right okay but my favorite dessert on

106

00:05:32,870 --> 00:05:30,240

the ground my favorite dessert on the

107

00:05:35,189 --> 00:05:32,880

ground is is probably something that my

108

00:05:36,870 --> 00:05:35,199

mom makes it's she makes homemade

109

00:05:38,390 --> 00:05:36,880

vanilla ice cream

110

00:05:41,189 --> 00:05:38,400

and we eat it with

111

00:05:42,150 --> 00:05:41,199

her homemade chocolate pound cake it's

112

00:05:44,950 --> 00:05:42,160

lovely

113

00:05:46,629 --> 00:05:44,960

wow that sounds fantastic

114

00:05:50,070 --> 00:05:46,639

all right i'm going to move on to a much

115

00:05:52,070 --> 00:05:50,080

more much more important question so um

116

00:05:53,990 --> 00:05:52,080

you have from where you where you sit

117

00:05:56,710 --> 00:05:54,000

right now a very unique perspective on

118

00:05:57,590 --> 00:05:56,720

the world so how have your feelings

119

00:05:59,749 --> 00:05:57,600

about

120

00:06:02,150 --> 00:05:59,759

life on earth or the people back down on

121

00:06:06,469 --> 00:06:02,160

earth evolve um from this perspective

122

00:06:11,590 --> 00:06:09,270

well it is a very uh unique perspective

123

00:06:13,749 --> 00:06:11,600

being able to see the planet uh we go

124

00:06:17,029 --> 00:06:13,759

around it once every 90 minutes

125

00:06:19,350 --> 00:06:17,039

traveling at 17 500 miles an hour

126

00:06:22,150 --> 00:06:19,360

the thing that is most striking to me is

127

00:06:25,110 --> 00:06:22,160

you get a sunrise and a sunset every 45

128

00:06:27,909 --> 00:06:25,120

minutes but as the sun rises just

129

00:06:31,189 --> 00:06:27,919

before it rises and just before and just

130

00:06:33,029 --> 00:06:31,199

after it sets you can very clearly see

131

00:06:35,670 --> 00:06:33,039

what they call the limb of the earth and

132

00:06:37,990 --> 00:06:35,680

it is where the atmosphere is

133

00:06:40,550 --> 00:06:38,000

and it's just incredibly beautiful but

134

00:06:42,870 --> 00:06:40,560

it looks so fragile and so small

135

00:06:44,790 --> 00:06:42,880

compared to our whole planet and

136

00:06:47,350 --> 00:06:44,800

obviously it makes you think well we

137

00:06:49,510 --> 00:06:47,360

really need to take care of our planet

138

00:06:51,430 --> 00:06:49,520

and take care of our atmosphere so that

139

00:06:53,589 --> 00:06:51,440

we can maintain that

140

00:06:55,749 --> 00:06:53,599

right indeed so do you ever get

141

00:06:59,270 --> 00:06:55,759

claustrophobic on the international

142

00:07:03,029 --> 00:07:01,430

no i don't get claustrophobic maybe

143

00:07:05,510 --> 00:07:03,039

that's part of the criteria for

144

00:07:06,790 --> 00:07:05,520

selecting us i think but the station is

145

00:07:09,830 --> 00:07:06,800

much bigger than you would give it

146

00:07:12,469 --> 00:07:09,840

credit for being this module that i am

147

00:07:15,189 --> 00:07:12,479

in is one of 15 different modules we

148

00:07:17,749 --> 00:07:15,199

have here connected together the truss

149

00:07:20,870 --> 00:07:17,759

structure on the external surface that

150

00:07:23,589 --> 00:07:20,880

holds the solar arrays is the length of

151

00:07:25,350 --> 00:07:23,599

a football field and each solar ray wing

152

00:07:27,589 --> 00:07:25,360

we have four uh

153

00:07:30,390 --> 00:07:27,599

well eight wings but each one of those

154

00:07:33,189 --> 00:07:30,400

is 239 feet long so

155

00:07:35,110 --> 00:07:33,199

the structure is amazingly huge and to

156

00:07:37,990 --> 00:07:35,120

think that we built this all from pieces

157

00:07:39,589 --> 00:07:38,000

that we put together traveling at 17 500

158

00:07:41,670 --> 00:07:39,599

miles an hour really makes it an

159

00:07:44,790 --> 00:07:41,680

engineering achievement so it's too big

160

00:07:47,670 --> 00:07:44,800

to get claustrophobic

161

00:07:49,990 --> 00:07:47,680

so um we have as you can see in the

162

00:07:52,070 --> 00:07:50,000

background have um your your colleague

163

00:07:53,830 --> 00:07:52,080

jeanette epps on the cover of our 80th

164

00:07:57,029 --> 00:07:53,840

anniversary issue and she's going to be

165

00:07:59,430 --> 00:07:57,039

up on the iss next year so what advice

166

00:08:03,270 --> 00:07:59,440

do you have for jeanette being a newbie

167

00:08:08,390 --> 00:08:06,390

well enjoy every minute of it i think um

168

00:08:10,790 --> 00:08:08,400

you know i've i've tried to share with

169

00:08:13,270 --> 00:08:10,800

them all the uh

170

00:08:15,990 --> 00:08:13,280

less than pleasant secrets of uh how to

171

00:08:18,869 --> 00:08:16,000

live and work in space but uh

172

00:08:21,350 --> 00:08:18,879

the the most important part i think of

173

00:08:23,670 --> 00:08:21,360

being up here is really just being able

174

00:08:25,670 --> 00:08:23,680

to enjoy it everyone especially on a

175

00:08:27,430 --> 00:08:25,680

first flight comes up and thinks i have

176

00:08:28,790 --> 00:08:27,440

to do this i have to do this i have to

177

00:08:30,469 --> 00:08:28,800

do this and

178

00:08:32,709 --> 00:08:30,479

you really just need to take some time

179

00:08:35,670 --> 00:08:32,719

to appreciate what it is and this whole

180

00:08:38,389 --> 00:08:35,680

experience of being here

181

00:08:40,949 --> 00:08:38,399

fantastic um and then this was a

182

00:08:41,990 --> 00:08:40,959

audience question um which i actually

183

00:08:44,389 --> 00:08:42,000

love

184

00:08:46,470 --> 00:08:44,399

about when you dream at night so when

185

00:08:50,310 --> 00:08:46,480

you dream are you in space are you on

186

00:08:54,470 --> 00:08:52,550

well it's it's funny i'm not a person

187

00:08:57,509 --> 00:08:54,480

that remembers a lot of dreams and i do

188

00:08:59,670 --> 00:08:57,519

know that right before my flight

189

00:09:02,150 --> 00:08:59,680

this last flight i remembered having

190

00:09:05,750 --> 00:09:02,160

several dreams where i was flying you

191

00:09:08,070 --> 00:09:05,760

know floating like i do here up here

192

00:09:09,829 --> 00:09:08,080

but i haven't had very many dreams of

193

00:09:12,389 --> 00:09:09,839

being on earth but i had one the other

194

00:09:14,070 --> 00:09:12,399

night and i was uh planting in my garden

195

00:09:15,750 --> 00:09:14,080

so

196

00:09:18,230 --> 00:09:15,760

maybe you dream of the other i'm not

197

00:09:20,130 --> 00:09:19,509

but you weren't weightless in your

198

00:09:21,350 --> 00:09:20,140

garden

199

00:09:25,990 --> 00:09:21,360

[Music]

200

00:09:31,190 --> 00:09:29,030

well i do like to grow things to eat but

201  
00:09:32,870 --> 00:09:31,200  
we did get that opportunity to grow some

202  
00:09:34,870 --> 00:09:32,880  
vegetables up here

203  
00:09:36,470 --> 00:09:34,880  
while i was on board and we got to eat

204  
00:09:38,310 --> 00:09:36,480  
those

205  
00:09:39,829 --> 00:09:38,320  
we got to eat part of them part of them

206  
00:09:40,949 --> 00:09:39,839  
we saved for the science and part of

207  
00:09:43,590 --> 00:09:40,959  
them

208  
00:09:48,630 --> 00:09:43,600  
we got to eat

209  
00:09:53,590 --> 00:09:51,110  
well they tasted pretty special because

210  
00:09:56,550 --> 00:09:53,600  
uh we hadn't had anything fresh you know

211  
00:09:58,710 --> 00:09:56,560  
everything we eat is pretty packaged and

212  
00:09:59,829 --> 00:09:58,720  
so having something fresh is very

213  
00:10:01,590 --> 00:09:59,839

special

214

00:10:04,470 --> 00:10:01,600

and fresh apples when they get sent out

215

00:10:08,470 --> 00:10:04,480

fresh oranges they're all extremely

216

00:10:10,550 --> 00:10:08,480

extremely tasty because it's fresh

217

00:10:12,389 --> 00:10:10,560

dr whitson thank you so much for your

218

00:10:14,069 --> 00:10:12,399

time we hope you enjoyed the dessert i

219

00:10:15,590 --> 00:10:14,079

think everybody here did but we really

220

00:10:16,630 --> 00:10:15,600

appreciate it and when you come back to

221

00:10:19,910 --> 00:10:16,640

earth

222

00:10:22,150 --> 00:10:19,920

host you here at the hearst tower and

223

00:10:25,590 --> 00:10:22,160

give you a real meal

224

00:10:25,600 --> 00:10:31,030

all right thank you you take care

225

00:10:35,350 --> 00:10:33,430

station this is houston acr that

226

00:10:37,829 --> 00:10:35,360

concludes the women's day portion of the

227

00:10:52,790 --> 00:10:37,839

event please stand by for a voice check

228

00:10:56,790 --> 00:10:54,470

okay i hear you

229

00:11:00,470 --> 00:10:56,800

station this is david curley abc this

230

00:11:02,310 --> 00:11:00,480

week how do you hear me

231

00:11:06,630 --> 00:11:02,320

david this is peggy whitson i have you

232

00:11:10,230 --> 00:11:08,310

well it's a pleasure dr whitson to talk

233

00:11:12,389 --> 00:11:10,240

to you again it's been four months since

234

00:11:14,230 --> 00:11:12,399

we had a chance to chat

235

00:11:16,230 --> 00:11:14,240

you in the station and us down here on

236

00:11:23,750 --> 00:11:16,240

earth what has changed in your life in

237

00:11:27,509 --> 00:11:25,350

i've actually been doing some really

238

00:11:30,230 --> 00:11:27,519

interesting research uh recent in the

239

00:11:31,670 --> 00:11:30,240

recent months uh we are doing a lot of

240

00:11:34,389 --> 00:11:31,680

cell cultures

241

00:11:36,230 --> 00:11:34,399

so i've been culturing stem cells uh

242

00:11:39,509 --> 00:11:36,240

cardiac cells

243

00:11:41,750 --> 00:11:39,519

and uh cancerous lung cells so and bone

244

00:11:43,190 --> 00:11:41,760

cells so those have been kind of my

245

00:11:45,590 --> 00:11:43,200

favorite experiments that we've been

246

00:11:51,590 --> 00:11:45,600

doing on board the space station so

247

00:11:56,870 --> 00:11:54,389

we've been following you and scott kelly

248

00:11:59,110 --> 00:11:56,880

in long duration flights here nasa is

249

00:12:01,269 --> 00:11:59,120

considering another possible year in

250

00:12:03,350 --> 00:12:01,279

space with another astronaut

251

00:12:05,750 --> 00:12:03,360

what have we learned so far about the

252

00:12:09,670 --> 00:12:05,760

human being in space for that long

253

00:12:13,829 --> 00:12:11,750

well i think we're learning a lot about

254

00:12:16,069 --> 00:12:13,839

how the fluids shift and redistribute

255

00:12:18,710 --> 00:12:16,079

we're trying to better understand uh

256

00:12:21,110 --> 00:12:18,720

what causes some of the eye changes that

257

00:12:22,870 --> 00:12:21,120

are occurring uh some are permanent some

258

00:12:24,790 --> 00:12:22,880

are reversible but we're trying to

259

00:12:25,750 --> 00:12:24,800

better understand what the mechanisms of

260

00:12:29,590 --> 00:12:25,760

those

261

00:12:31,509 --> 00:12:29,600

investigations that i think also help

262

00:12:34,389 --> 00:12:31,519

take us further

263

00:12:36,069 --> 00:12:34,399

on our exploration missions by better

264

00:12:38,550 --> 00:12:36,079

being able to understand that and

265

00:12:42,230 --> 00:12:38,560

mitigate those risks to our future

266

00:12:45,829 --> 00:12:44,150

we talked a lot about bone density the

267

00:12:47,350 --> 00:12:45,839

last time we spoke

268

00:12:49,750 --> 00:12:47,360

that we need to figure out a way for

269

00:12:50,949 --> 00:12:49,760

astronauts to maintain their bone

270

00:12:52,310 --> 00:12:50,959

density

271

00:12:53,990 --> 00:12:52,320

what have you been doing what do you

272

00:12:57,990 --> 00:12:54,000

think we've learned since the last time

273

00:13:00,069 --> 00:12:58,630

well

274

00:13:02,230 --> 00:13:00,079

[Music]

275

00:13:03,829 --> 00:13:02,240

obviously we've we've learned a lot over

276

00:13:06,629 --> 00:13:03,839

the years that we've been up here we

277

00:13:08,470 --> 00:13:06,639

have exercise regimes that allow us to

278

00:13:11,590 --> 00:13:08,480

maintain our bone density for the most

279

00:13:14,230 --> 00:13:11,600

part however

280

00:13:16,710 --> 00:13:14,240

those exercise apparatus are pretty

281

00:13:18,550 --> 00:13:16,720

elaborate and when we go on a mission

282

00:13:20,150 --> 00:13:18,560

and exploration mission to mars we may

283

00:13:21,910 --> 00:13:20,160

have to come up with something smaller

284

00:13:24,150 --> 00:13:21,920

so i've been testing a new smaller

285

00:13:26,069 --> 00:13:24,160

miniature exercise device

286

00:13:29,269 --> 00:13:26,079

plus one of the cell culture studies i

287

00:13:30,629 --> 00:13:29,279

was looking at i was doing looking at at

288

00:13:32,710 --> 00:13:30,639

bone growth

289

00:13:35,430 --> 00:13:32,720

and that may help us understand the

290

00:13:38,389 --> 00:13:35,440

mechanisms of the change and therefore

291

00:13:41,030 --> 00:13:38,399

maybe turn it around or reverse it

292

00:13:43,269 --> 00:13:41,040

so that we don't lose bone mineral

293

00:13:47,189 --> 00:13:43,279

density as fast as we normally would

294

00:13:51,110 --> 00:13:48,870

you know we've talked about where we go

295

00:13:52,870 --> 00:13:51,120

next after the station do we go to mars

296

00:13:54,310 --> 00:13:52,880

do we go back to the moon what do you

297

00:13:57,910 --> 00:13:54,320

think we should do next where should we

298

00:14:01,189 --> 00:13:58,949

well i

299

00:14:03,189 --> 00:14:01,199

am a proponent of us doing further

300

00:14:05,430 --> 00:14:03,199

exploration i i want to make sure that

301  
00:14:08,230 --> 00:14:05,440  
when we do exploration we don't just go

302  
00:14:10,230 --> 00:14:08,240  
and plant a flag i want us to actually

303  
00:14:12,629 --> 00:14:10,240  
have a base on the moon have a base on

304  
00:14:15,110 --> 00:14:12,639  
mars maybe have a another orbital

305  
00:14:18,150 --> 00:14:15,120  
station in a garage point that can be a

306  
00:14:20,790 --> 00:14:18,160  
base as we travel further out uh from

307  
00:14:21,750 --> 00:14:20,800  
our soul you know out into our solar

308  
00:14:23,189 --> 00:14:21,760  
system

309  
00:14:26,710 --> 00:14:23,199  
so i think

310  
00:14:30,389 --> 00:14:26,720  
any explorations good exploration um i

311  
00:14:32,870 --> 00:14:30,399  
think we need to plan on expanding

312  
00:14:37,189 --> 00:14:32,880  
our presence in our solar system and

313  
00:14:40,870 --> 00:14:38,870

i've seen you inside the station i've

314

00:14:42,870 --> 00:14:40,880

seen you working outside the station

315

00:14:44,790 --> 00:14:42,880

during a spacewalk you've had three

316

00:14:47,189 --> 00:14:44,800

missions this of course

317

00:14:48,150 --> 00:14:47,199

the long duration one it could be your

318

00:14:49,910 --> 00:14:48,160

last

319

00:14:52,069 --> 00:14:49,920

what's been the highlight what is the

320

00:14:57,670 --> 00:14:52,079

one thing that you have done so far in

321

00:15:02,629 --> 00:14:59,590

well it's really hard to beat a

322

00:15:04,949 --> 00:15:02,639

spacewalk uh being in your own little

323

00:15:07,350 --> 00:15:04,959

spacecraft your personal spacecraft that

324

00:15:10,710 --> 00:15:07,360

just is covering your body

325

00:15:12,550 --> 00:15:10,720

and being outside in that environment

326

00:15:14,629 --> 00:15:12,560

is extremely special

327

00:15:16,870 --> 00:15:14,639

and it's always going to be a highlight

328

00:15:18,150 --> 00:15:16,880

and since i've had space walks on all of

329

00:15:21,030 --> 00:15:18,160

my missions

330

00:15:23,110 --> 00:15:21,040

that is a part of those missions my

331

00:15:25,030 --> 00:15:23,120

first two missions other highlights

332

00:15:27,670 --> 00:15:25,040

really included a lot of the assembly

333

00:15:30,230 --> 00:15:27,680

process i helped install

334

00:15:32,629 --> 00:15:30,240

some of that football field link truss

335

00:15:33,990 --> 00:15:32,639

that's outside that holds our solar

336

00:15:35,110 --> 00:15:34,000

array panels

337

00:15:43,189 --> 00:15:35,120

i

338

00:15:43,990 --> 00:15:43,199

from the

339

00:15:49,269 --> 00:15:44,000

the

340

00:15:51,110 --> 00:15:49,279

truss area and so those have been

341

00:15:52,870 --> 00:15:51,120

highlights those are things i remember i

342

00:15:55,030 --> 00:15:52,880

did internal and external things for

343

00:15:57,110 --> 00:15:55,040

that i think on this mission the

344

00:15:58,629 --> 00:15:57,120

highlight has really been a lot of the

345

00:16:01,509 --> 00:15:58,639

science that we're doing i think the

346

00:16:03,110 --> 00:16:01,519

science has escalated and we are really

347

00:16:04,629 --> 00:16:03,120

improving the quality and level of

348

00:16:05,509 --> 00:16:04,639

science that's getting done up here and

349

00:16:10,550 --> 00:16:05,519

so

350

00:16:14,230 --> 00:16:12,150

is there have you

351

00:16:15,990 --> 00:16:14,240

have you had a down day we haven't

352

00:16:17,509 --> 00:16:16,000

talked for four months has there been a

353

00:16:21,749 --> 00:16:17,519

day where you really missed earth and

354

00:16:26,230 --> 00:16:24,629

you know i think psychologically it's

355

00:16:28,629 --> 00:16:26,240

best not to

356

00:16:29,990 --> 00:16:28,639

think about going home for the most part

357

00:16:31,189 --> 00:16:30,000

during the mission

358

00:16:33,990 --> 00:16:31,199

uh

359

00:16:37,030 --> 00:16:34,000

and even when i wasn't sure

360

00:16:39,189 --> 00:16:37,040

whether i would be leaving in june uh or

361

00:16:41,189 --> 00:16:39,199

or in september

362

00:16:43,590 --> 00:16:41,199

uh before that time i really hadn't

363

00:16:45,350 --> 00:16:43,600

envisioned myself going home and i think

364

00:16:47,189 --> 00:16:45,360

that helped with that transition because

365

00:16:48,470 --> 00:16:47,199

there really wasn't any transition i

366

00:16:51,430 --> 00:16:48,480

hadn't really

367

00:16:52,949 --> 00:16:51,440

put my eggs in that going home basket

368

00:16:55,110 --> 00:16:52,959

now that i'm close to the end of the

369

00:16:57,350 --> 00:16:55,120

mission theoretically within a couple of

370

00:16:59,030 --> 00:16:57,360

weeks of the end of the mission

371

00:17:00,629 --> 00:16:59,040

i do think you know people are sending

372

00:17:02,389 --> 00:17:00,639

me notes what do you you know what do

373

00:17:04,309 --> 00:17:02,399

you want to do about this thing when

374

00:17:07,029 --> 00:17:04,319

after two days after landing or this

375

00:17:08,150 --> 00:17:07,039

thing four days after landing and

376

00:17:10,949 --> 00:17:08,160

uh

377

00:17:13,110 --> 00:17:10,959

it makes you think about being at home

378

00:17:15,909 --> 00:17:13,120

and i think i've missed home more in the

379

00:17:20,789 --> 00:17:15,919

last week or so just because i'm being

380

00:17:24,309 --> 00:17:22,230

we're probably going to air sunday

381

00:17:26,069 --> 00:17:24,319

morning the eclipse

382

00:17:28,069 --> 00:17:26,079

the total solar eclipse for much of

383

00:17:29,510 --> 00:17:28,079

america is going to happen on monday you

384

00:17:31,990 --> 00:17:29,520

don't get to see the whole thing you get

385

00:17:33,350 --> 00:17:32,000

a lot of sunsets and sun rises but what

386

00:17:37,270 --> 00:17:33,360

will you see what are you looking for

387

00:17:40,230 --> 00:17:38,470

actually

388

00:17:42,710 --> 00:17:40,240

because we're going around the planet

389

00:17:45,270 --> 00:17:42,720

once every 90 minutes we'll pass over

390

00:17:47,750 --> 00:17:45,280

and have it in our view on three of

391

00:17:49,190 --> 00:17:47,760

those orbits but it's not gonna be real

392

00:17:51,430 --> 00:17:49,200

you know it's not like we're flying

393

00:17:52,310 --> 00:17:51,440

through between uh

394

00:17:59,029 --> 00:17:52,320

the

395

00:18:01,590 --> 00:17:59,039

uh it'll probably be about 1500 1700

396

00:18:04,870 --> 00:18:01,600

miles away so it's gonna be near or the

397

00:18:07,510 --> 00:18:04,880

uh the horizon view for us

398

00:18:09,830 --> 00:18:07,520

we are planning on having cameras set up

399

00:18:13,190 --> 00:18:09,840

and video cameras set up and i know

400

00:18:15,110 --> 00:18:13,200

there's uh nasa sending out their wb57s

401  
00:18:16,549 --> 00:18:15,120  
and they're going to try and track it so

402  
00:18:18,390 --> 00:18:16,559  
i think it's it's you know really

403  
00:18:20,390 --> 00:18:18,400  
exciting that it you know it's happening

404  
00:18:22,630 --> 00:18:20,400  
over the us and that so many people are

405  
00:18:24,230 --> 00:18:22,640  
going to get to see it so we we're going

406  
00:18:28,070 --> 00:18:24,240  
to try and join in with everyone down

407  
00:18:31,270 --> 00:18:29,590  
you told me four months ago you weren't

408  
00:18:33,110 --> 00:18:31,280  
very articulate about what it's like to

409  
00:18:34,950 --> 00:18:33,120  
be in space the big picture the big

410  
00:18:40,070 --> 00:18:34,960  
thoughts you've had four months to think

411  
00:18:47,029 --> 00:18:42,870  
man putting me on the spot here

412  
00:18:48,710 --> 00:18:47,039  
um i guess my my big thoughts are that

413  
00:18:51,350 --> 00:18:48,720

you know we really need to continue

414

00:18:53,750 --> 00:18:51,360

exploration i think it uh

415

00:18:57,029 --> 00:18:53,760

it benefits

416

00:18:58,150 --> 00:18:57,039

all of us uh on the planet

417

00:19:00,950 --> 00:18:58,160

not only

418

00:19:03,270 --> 00:19:00,960

with things that that get fed back to

419

00:19:05,190 --> 00:19:03,280

our earth and our society but the

420

00:19:07,830 --> 00:19:05,200

enhancement of the technology that's

421

00:19:10,150 --> 00:19:07,840

required for us to take the next steps

422

00:19:12,630 --> 00:19:10,160

is always going to benefit us and i

423

00:19:17,510 --> 00:19:12,640

think just philosophically

424

00:19:20,789 --> 00:19:19,430

dr whitson i'm being told to wrap it up

425

00:19:22,710 --> 00:19:20,799

i had one more but i'll ask you when

426

00:19:24,950 --> 00:19:22,720

you're back on the ground thank you very

427

00:19:26,310 --> 00:19:24,960

much for joining us and uh what a

428

00:19:30,549 --> 00:19:26,320

wonderful mission we look forward to

429

00:19:35,830 --> 00:19:32,630

okay looking forward to seeing you too

430

00:19:41,270 --> 00:19:37,830

station this is houston acr that

431

00:19:45,590 --> 00:19:43,669

thank you women's day and abc this week