



1
00:00:17,884 --> 00:00:18,451
STATION HOUSTON, ARE YOU

2
00:00:18,518 --> 00:00:20,120
READY FOR THE EVENT?

3
00:00:20,186 --> 00:00:20,987
>> THIS IS STATION.

4
00:00:21,054 --> 00:00:22,956
WE'RE READY FOR ARE THE EVENT.

5
00:00:23,022 --> 00:00:23,623
>> COPY THAT.

6
00:00:23,690 --> 00:00:24,924
THIS IS MISSION CONTROL OF

7
00:00:24,991 --> 00:00:25,460
HOUSTON.

8
00:00:25,460 --> 00:00:28,520
PLEASE CALL STATION FOR VOICE CHECK

9
00:00:34,940 --> 00:00:37,880
(LOCAL NEWS AUDIO FOR AUDIO

10
00:00:37,937 --> 00:00:51,184
CHECK IS PLAYING).

11
00:00:51,251 --> 00:00:51,985
>> MINNESOTA ASTRONAUT MARK

12
00:00:52,051 --> 00:00:54,621
VANDE HEI ARRIVED TWO MONTHSING

13
00:00:54,687 --> 00:00:57,357

A AND LIFE HAS BEEN A WILD RIDE

14

00:00:57,424 --> 00:00:59,492

CONSIDERING THE BSM AND THE

15

00:00:59,559 --> 00:01:01,428

SAINT JOHN GRAD HAS CONDUCTED

16

00:01:01,494 --> 00:01:02,228

TWO SPACEWALKS.

17

00:01:02,295 --> 00:01:04,564

>> HE'S PART OF A FIVE-PERSON

18

00:01:04,631 --> 00:01:05,865

EXPEDITION STATIONED AT THE ISS

19

00:01:05,932 --> 00:01:06,433

RIGHT NOW.

20

00:01:06,499 --> 00:01:07,934

THIS MORNING, WE HAVE THE

21

00:01:08,001 --> 00:01:09,869

PLEASURE OF TALKING TO HIM LIVE

22

00:01:09,936 --> 00:01:10,436

FROM SPACE!

23

00:01:10,437 --> 00:01:15,275

GOOD MORNING, MARK!

24

00:01:15,341 --> 00:01:16,109

>> MARK VANDE HEI: GOOD MORNING!

25

00:01:16,176 --> 00:01:18,945

HOW ARE YOU TODAY?

26

00:01:19,012 --> 00:01:19,879

>> I'M DOING GREAT.

27

00:01:19,946 --> 00:01:21,681

FIRST OF ALL, WE'RE SO THRILLED

28

00:01:21,748 --> 00:01:23,049

THAT YOU'RE TALKING TO US RIGHT

29

00:01:23,116 --> 00:01:23,883

NOW FROM SPACE.

30

00:01:23,950 --> 00:01:25,051

I'M GEEING OUT!

31

00:01:25,118 --> 00:01:26,853

WHERE ARE YOU RIGHT NOW

32

00:01:26,920 --> 00:01:27,887

CURRENTLY AND WHAT TIME OF DAY

33

00:01:27,954 --> 00:01:28,922

IS IT THERE FOR YOU?

34

00:01:28,988 --> 00:01:34,294

IS THERE A SENSE OF TIME IN

35

00:01:34,360 --> 00:01:34,860

SPACE?

36

00:01:34,861 --> 00:01:35,528

>> MARK VANDE HEI: THAT'S A

37

00:01:35,595 --> 00:01:36,229

GREAT QUESTION WHERE WE ARE.

38

00:01:36,296 --> 00:01:37,564

I DON'T HAVE A WINDOW NEARBY.

39

00:01:37,630 --> 00:01:39,899

I GOT A CREW MEMBER HELPING ME

40

00:01:39,966 --> 00:01:41,401

OUT BY LOOKING IT UP RIGHT NOW.

41

00:01:41,468 --> 00:01:46,439

THE TIME OF DAY IN SPACE IS

42

00:01:46,506 --> 00:01:49,709

ABOUT 10:30 IN THE MORNING.

43

00:01:49,776 --> 00:01:50,176

>> OH!

44

00:01:50,176 --> 00:01:50,543

OKAY.

45

00:01:50,543 --> 00:01:52,278

SO NOT TOO FAR OFF FROM US.

46

00:01:52,345 --> 00:01:55,381

NOT BAD.

47

00:01:55,448 --> 00:01:56,783

>> YOU HAVE TWO SPACEWALKS,

48

00:01:56,850 --> 00:01:57,784

DESCRIBE WHAT THAT FELT LIKE TO

49

00:01:57,851 --> 00:02:00,153

BE OUTSIDE OF THE SPACE STATION?

50

00:02:00,220 --> 00:02:02,322

IT HAS TO BE A LITTLE NERVE

51

00:02:02,388 --> 00:02:04,224

RACKING.

52

00:02:04,290 --> 00:02:04,891

>> MARK VANDE HEI: QUITE

53

00:02:04,958 --> 00:02:06,025

HONESTLY, YES, IT WAS A LITTLE

54

00:02:06,092 --> 00:02:07,293

NERVE RACKING, ESPECIALLY THE

55

00:02:07,360 --> 00:02:08,094

FIRST TIME.

56

00:02:08,161 --> 00:02:10,129

THE SECOND TIME I WAS MUCH MORE

57

00:02:10,196 --> 00:02:10,597

RELAXED.

58

00:02:10,597 --> 00:02:14,167

ONE OF MY MOST STRIKING EMOTIONS

59

00:02:14,234 --> 00:02:16,336

WAS THE SUNLIGHT POURING INTO

60

00:02:16,402 --> 00:02:18,771

THE AIRLOCK WHERE WE WERE

61

00:02:18,838 --> 00:02:20,440

WAITING FOR THE SPACEWALK TO

62

00:02:20,507 --> 00:02:22,342

START WHEN THE COMMANDER OPENED

63

00:02:22,408 --> 00:02:24,244

THE HATCH IT WAS CLEAR THAT WE

64

00:02:24,310 --> 00:02:25,812

WERE READY TO GO OUTSIDE, KIND

65

00:02:25,879 --> 00:02:28,948

OF LIKE ON A WINTERY SUNNY DAY

66

00:02:29,015 --> 00:02:30,350

IN MINNESOTA WITH ALL OF THE

67

00:02:30,416 --> 00:02:34,454

SNOW REFLECTING OFF OF THE

68

00:02:34,521 --> 00:02:37,223

WHITENESS.

69

00:02:37,290 --> 00:02:38,291

>> I CAN'T EVEN IMAGINE.

70

00:02:38,358 --> 00:02:39,626

WE HAVE BEEN SO EXCITED TO TALK

71

00:02:39,692 --> 00:02:40,393

TO YOU.

72

00:02:40,460 --> 00:02:42,529

SO HAVE OUR VIEWERS, WE ASKED

73

00:02:42,595 --> 00:02:45,365

THEM WHAT QUESTIONS THEY WANTED.

74

00:02:45,431 --> 00:02:47,433

ONE WANTS TO KNOW, IS ASTRONAUT

75

00:02:47,500 --> 00:02:53,506

FOOD AS BAD AS THEY SAY IT IS?

76
00:02:53,573 --> 00:02:55,408
>> WELL, I WOULD SAY WE ALL HAVE

77
00:02:55,475 --> 00:02:58,578
OUR FAVORITES AND DISLIKES.

78
00:02:58,645 --> 00:02:59,512
I DON'T THINK IT IS BAD.

79
00:02:59,579 --> 00:03:01,648
I THINK IT IS ACTUALLY REALLY,

80
00:03:01,714 --> 00:03:02,582
REALLY GOOD.

81
00:03:02,649 --> 00:03:03,750
AGAIN, THERE ARE SOME THINGS I

82
00:03:03,816 --> 00:03:05,752
DON'T ENJOY VERY MUCH AND SOME

83
00:03:05,818 --> 00:03:08,488
THINGS I'M ABSOLUTELY AMAZED

84
00:03:08,555 --> 00:03:08,922
WITH.

85
00:03:08,922 --> 00:03:12,358
WE HAVE SHRIMP COCKTAIL, IT IS

86
00:03:12,425 --> 00:03:13,626
DEHYDRATED BUT WHEN YOU ADD THE

87
00:03:13,693 --> 00:03:14,994
WE'RE IT IS REALLY, REALLY GOOD.

88
00:03:15,061 --> 00:03:17,096

>> INTERESTING.

89

00:03:17,163 --> 00:03:17,664

>> YEAH.

90

00:03:17,730 --> 00:03:20,366

>> KIDS IN A MUSIC CLASS AT

91

00:03:20,433 --> 00:03:21,234

PARKER ELEMENTARY WANT TO KNOW

92

00:03:21,301 --> 00:03:22,635

WHAT MUSIC YOU LISTEN TO UP IN

93

00:03:22,702 --> 00:03:26,606

SPACE?

94

00:03:26,673 --> 00:03:27,340

>> MARK VANDE HEI: BEFORE I

95

00:03:27,407 --> 00:03:28,408

ANSWER THAT QUESTION, I WANTED

96

00:03:28,474 --> 00:03:30,476

YOU TO KNOW THAT WE'RE OVER THE

97

00:03:30,543 --> 00:03:32,645

SOUTHWEST IS UNITED STATES AND

98

00:03:32,712 --> 00:03:33,813

15 MINUTES WE'LL PASS OVER

99

00:03:33,880 --> 00:03:34,280

MINNESOTA.

100

00:03:34,280 --> 00:03:36,583

FOR THE TIME OF MUSIC, IT

101
00:03:36,649 --> 00:03:38,217
DEPENDS ON THE SITUATION.

102
00:03:38,284 --> 00:03:39,018
NORMALLY IT IS AN OPPORTUNITY I

103
00:03:39,085 --> 00:03:42,589
HAVE TO LISTEN TO MUSIC AS I'M

104
00:03:42,655 --> 00:03:45,325
RUNNING ON A TREADMILL OR

105
00:03:45,391 --> 00:03:46,960
EXERCISING ON A -- IT IS KIND OF

106
00:03:47,026 --> 00:03:48,328
LIKE A WEIGHT LIFTING MACHINE

107
00:03:48,394 --> 00:03:51,164
THAT USES VACUUMS FOR

108
00:03:51,230 --> 00:03:52,432
RESISTANCE, VACUUM SUCTION FOR

109
00:03:52,498 --> 00:03:53,833
RESISTANCE.

110
00:03:53,900 --> 00:03:56,703
I TEND TO LISTEN TO VERY

111
00:03:56,769 --> 00:03:57,704
ENERGETIC MUSIC BECAUSE OF THAT,

112
00:03:57,770 --> 00:04:00,440
I'M TRYING TO KEEP MYSELF

113
00:04:00,506 --> 00:04:02,976

MOTIVATED TO PUSH MYSELF HARD.

114

00:04:03,042 --> 00:04:04,110

>> MARK, THIS IS SOMETHING THAT

115

00:04:04,177 --> 00:04:05,578

YOU PREPARED YOUR WHOLE LIFE TO

116

00:04:05,645 --> 00:04:06,946

DO.

YOU'RE ABOUT HALFWAY THROUGH

117

00:04:07,013 --> 00:04:09,282

YOUR MISSION, ABOUT TWO MONTHS

118

00:04:09,349 --> 00:04:11,150

IN, IT IS A 5 MONTH MISSION,

119

00:04:11,217 --> 00:04:13,453

WHAT ABOUT THIS HAS SURPRISED

120

00:04:13,519 --> 00:04:18,057

YOU MOST TO THIS POINT?

121

00:04:18,124 --> 00:04:18,958

>> MARK VANDE HEI: A COUPLE OF

122

00:04:19,025 --> 00:04:19,359

THINGS.

123

00:04:19,359 --> 00:04:21,294

I WOULD SAY LOOKING OUT THE

124

00:04:21,361 --> 00:04:23,496

WINDOW, SEEING THE BLACKNESS OF

125

00:04:23,563 --> 00:04:26,699

SPACE AS OPPOSED TO A SUN LIT

126

00:04:26,766 --> 00:04:27,967

EARTH AND HOW THIN THE

127

00:04:28,034 --> 00:04:30,470

ATMOSPHERE LOOKS RELATIVE TO THE

128

00:04:30,536 --> 00:04:31,204

SIZE OF THE EARTH.

129

00:04:31,270 --> 00:04:32,872

IT IS REALLY STRIKING HOW

130

00:04:32,939 --> 00:04:35,375

FRAGILE AND DELICATE LIFE ON

131

00:04:35,441 --> 00:04:36,876

EARTH SEEMS WHEN YOU SEE IT FROM

132

00:04:36,943 --> 00:04:44,984

THE PERSPECTIVE OF 250 MILES UP.

133

00:04:45,051 --> 00:04:46,185

>> I HAVE A QUESTION ABOUT THE

134

00:04:46,252 --> 00:04:46,686

TREADMILL.

135

00:04:46,686 --> 00:04:48,187

YOU SAID YOU'RE RUNNING ON A

136

00:04:48,254 --> 00:04:48,821

TREADMILL.

137

00:04:48,888 --> 00:04:53,126

HOW DOES THAT WORK IN SPACE?

138

00:04:53,192 --> 00:04:53,793
>> MARK VANDE HEI: GREAT

139
00:04:53,860 --> 00:04:54,227
QUESTION.

140
00:04:54,227 --> 00:04:57,196
SO THE WAY WE DO THAT, WE HAVE A

141
00:04:57,263 --> 00:04:59,632
HARNESS, KIND OF LIKE SHOULDER

142
00:04:59,699 --> 00:05:00,833
PADS WITHOUT THE PLASTIC.

143
00:05:00,900 --> 00:05:02,969
WE USE THAT WITH BUNGEE CORDS TO

144
00:05:03,036 --> 00:05:04,303
HOLD US DOWN.

145
00:05:04,370 --> 00:05:07,473
THE LENGTH OF THE BUNGEE CORD

146
00:05:07,540 --> 00:05:08,207
DETERMINES HOW MUCH FORCE WE

147
00:05:08,274 --> 00:05:09,208
HAVE PULLING US TO THE

148
00:05:09,275 --> 00:05:09,876
TREADMILL.

149
00:05:09,942 --> 00:05:11,210
OTHERWISE, AS SOON AS WE TAKE A

150
00:05:11,277 --> 00:05:15,381
STEP IT PUSHES US AWAY FROM IT.

151

00:05:15,448 --> 00:05:16,416

>> MARK, UNFORTUNATELY WE HAVE

152

00:05:16,482 --> 00:05:17,283

TO WRAP THINGS UP.

153

00:05:17,350 --> 00:05:19,585

ON BEHALF OF THE STAFF HERE AND

154

00:05:19,652 --> 00:05:20,820

EVERYBODY BACK HERE IN MINNESOTA

155

00:05:20,887 --> 00:05:22,822

WE WANT TO SAY SAFE TRAVELS AND

156

00:05:22,889 --> 00:05:24,424

WE'RE SO, SO PROUD OF YOU, GOOD

157

00:05:24,490 --> 00:05:27,827

LUCK WITH THE REST OF YOUR

158

00:05:27,894 --> 00:05:29,195

MISSION.

159

00:05:29,262 --> 00:05:29,996

>> THANK YOU VERY MUCH!

160

00:05:30,063 --> 00:05:47,747

GREAT TALKING TO YOU TODAY!

161

00:05:47,814 --> 00:05:49,415

>> FOX AND FRIENDS, THIS IS

162

00:05:49,482 --> 00:05:51,117

MISSION CONTROL AT HOUSTON, CALL

163

00:05:51,184 --> 00:06:03,730
STATION FOR A VOICE CHECK.

164
00:06:03,796 --> 00:06:23,015
(AUDIO CHECK).

165
00:09:00,573 --> 00:09:02,008
>> SPEAKING OF THE BIG SKY, IN

166
00:09:02,074 --> 00:09:04,110
THE NIGHT SKY, YOU CAN SEE IT.

167
00:09:04,176 --> 00:09:04,610
>> SPACE.

168
00:09:04,610 --> 00:09:06,779
AN OUT OF THIS WORLD MISSION FOR

169
00:09:06,846 --> 00:09:07,947
THE EXPEDITION CREW.

170
00:09:08,014 --> 00:09:08,514
>> THAT'S RIGHT.

171
00:09:08,581 --> 00:09:09,949
THEY'RE IN THE INTERNATIONAL

172
00:09:10,016 --> 00:09:14,720
SPACE STATION, YOU YOU CAN SEE IT

173
00:09:14,787 --> 00:09:16,822
FROM TIME TO TIME WITH THE NAKED

174
00:09:16,889 --> 00:09:22,428
EYE.
WE HAVE RANDY BRESNIK AND JOE

175
00:09:22,495 --> 00:09:23,562

ACABA AND MARK VANDE HEI FROM

176

00:09:23,629 --> 00:09:24,764

THE INTERNATIONAL SPACE STATION.

177

00:09:24,830 --> 00:09:27,300

WORD OF CAUTION, THERE IS A

178

00:09:27,366 --> 00:09:28,634

6-SECOND DELAY BETWEEN THE TIME

179

00:09:28,701 --> 00:09:30,303

WE FINISH A QUESTION AND THE

180

00:09:30,369 --> 00:09:31,103

TIME THEY ANSWER.

181

00:09:31,170 --> 00:09:33,005

SO IT WILL BE A LITTLE AWKWARD.

182

00:09:33,072 --> 00:09:34,907

THAT'S THE PRICE OF TALKING TO

183

00:09:34,974 --> 00:09:35,608

SPACE.

184

00:09:35,675 --> 00:09:36,609

COMMANDER, LET'S START WITH YOU.

185

00:09:36,676 --> 00:09:37,944

TELL US ABOUT THE MISSION.

186

00:09:38,010 --> 00:09:39,378

WHAT'S THE MISSION FOR YOUR CREW

187

00:09:39,445 --> 00:09:41,247

ON THE INTERNATIONAL SPACE

188
00:09:41,314 --> 00:09:44,984
STATION RIGHT NOW?

189
00:09:45,051 --> 00:09:47,253
>> WE'RE UP HERE ABOARD THE

190
00:09:47,320 --> 00:09:48,254
INTERNATIONAL SPACE STATION WITH

191
00:09:48,321 --> 00:09:51,691
AGENCIES FROM RUSSIA, JAPAN,

192
00:09:51,757 --> 00:09:54,593
CANADA AND THE EUROPEAN SPACE

193
00:09:54,660 --> 00:09:55,661
AGENCY, WE'RE DOING SCIENCE IN A

194
00:09:55,728 --> 00:09:57,563
PLACE THAT WE CAN'T DO ON EARTH,

195
00:09:57,630 --> 00:09:59,932
MICRO GRAVITY, DOING SCIENTIFIC

196
00:09:59,999 --> 00:10:04,737
EX PEER.S ON FLUID, COMBUSTION,

197
00:10:04,804 --> 00:10:06,405
GROWING PLANTS, WE'RE FINDING

198
00:10:06,472 --> 00:10:08,174
CURES FOR DISEASES AND VACCINES,

199
00:10:08,240 --> 00:10:09,842
WE'RE DOING A LOT EVERY DAY.

200
00:10:09,909 --> 00:10:12,378

WE HAVE BEEN DOING THAT FOR THE

201

00:10:12,445 --> 00:10:14,647

LAST 17 YEARS CONTINUOUSLY.

202

00:10:14,714 --> 00:10:16,549

>> MARK, THIS IS THE FIRST TIME

203

00:10:16,615 --> 00:10:19,151

YOU HAVE BEEN TO SPACE, TO THE

204

00:10:19,218 --> 00:10:20,353

INTERNATIONAL SPACE STATION, WAS

205

00:10:20,419 --> 00:10:25,925

IT WHAT YOU EXPECTED IT WOULD BE

206

00:10:25,992 --> 00:10:27,360

LIKE?

207

00:10:27,426 --> 00:10:28,227

>> HONESTLY, IT IS HARDER LIVING

208

00:10:28,294 --> 00:10:30,162

IN SPACE THAN I EXPECTED.

209

00:10:30,229 --> 00:10:31,630

AT FIRST IT FELT LIKE SOMEONE

210

00:10:31,697 --> 00:10:33,299

WAS HANGING ME UP BY MY FEET.

211

00:10:33,366 --> 00:10:34,834

I'M HAVING A LOT OF FUN GOING

212

00:10:34,900 --> 00:10:36,535

AROUND CORNERS AND A SENSE OF

213
00:10:36,602 --> 00:10:38,004
BEING ABLE TO DO THINGS AND MOVE

214
00:10:38,070 --> 00:10:39,839
IN WAYS THAT WE COULD NEVER DO

215
00:10:39,905 --> 00:10:45,678
ON THE GROUND.

216
00:10:45,745 --> 00:10:47,346
>> JOE, A QUESTION, WHAT IS YOUR

217
00:10:47,413 --> 00:10:48,481
MESSAGE TO THE AMERICAN PEOPLE

218
00:10:48,547 --> 00:10:54,387
FROM SPACE?

219
00:10:54,453 --> 00:10:56,155
I WOULD TELL THE AMERICAN PEOPLE

220
00:10:56,222 --> 00:10:58,290
THAT THE AMERICAN SPACE PROGRAM

221
00:10:58,357 --> 00:11:02,695
IS GOING ON AND IT IS VERY, VERY

222
00:11:02,762 --> 00:11:03,095
STRONG.

223
00:11:03,095 --> 00:11:04,397
A LOT OF PEOPLE DON'T KNOW THE

224
00:11:04,463 --> 00:11:06,298
WORK WE'RE DOING UP HERE AND ALL

225
00:11:06,365 --> 00:11:08,234

THE WORK WE CONTINUE TO DO AS WE

226

00:11:08,300 --> 00:11:09,635

LOOK TO GET LOWER ORBIT AND GO

227

00:11:09,702 --> 00:11:11,103

ON TO PLACES FURTHER THAN WE

228

00:11:11,170 --> 00:11:13,272

HAVE BEEN BEFORE.

229

00:11:13,339 --> 00:11:16,342

LET THEM KNOW THAT WE'RE STRONG

230

00:11:16,409 --> 00:11:18,310

AND WE'RE IN SPACE AND WILL

231

00:11:18,377 --> 00:11:21,047

MAINTAIN OUR PRESENCE IN SPACE.

232

00:11:21,113 --> 00:11:22,581

>> THAT IS TERRIFIC.

233

00:11:22,648 --> 00:11:23,449

FELLOWS, THANK YOU VERY MUCH FOR

234

00:11:23,516 --> 00:11:24,817

JOINING US TODAY.

235

00:11:24,884 --> 00:11:26,852

AS WE WATCH THE MICROPHONE JUST

236

00:11:26,919 --> 00:11:28,454

FLOAT THROUGH AND DO A LITTLE

237

00:11:28,521 --> 00:11:31,157

TUMBLING RIGHT THERE, GUYS,

238

00:11:31,223 --> 00:11:32,758

SINCE YOU ARE IN A WEIGHTLESS

239

00:11:32,825 --> 00:11:33,759

ENVIRONMENT, WOULD YOU MIND

240

00:11:33,826 --> 00:11:34,827

SHOWING THE FOLKS AS HOME WHAT

241

00:11:34,894 --> 00:11:49,208

YOU CAN DO?

242

00:11:49,275 --> 00:11:51,043

FOLKS AT HOME, DON'T TRY THAT.

243

00:11:51,110 --> 00:11:52,211

THESE ARE PROFESSIONALS IN

244

00:11:52,278 --> 00:11:52,611

SPACE!

245

00:11:52,611 --> 00:11:53,446

THAT'S AWESOME!

246

00:11:53,512 --> 00:11:55,247

>> IS THAT A FIDGET SPINNER?

247

00:11:55,314 --> 00:11:58,017

IS THAT -- THAT'S AMAZING!

248

00:11:58,084 --> 00:11:59,318

>> LOOK AT THAT!

249

00:11:59,385 --> 00:12:01,120

THANK YOU GUYS SO, SO MUCH!

250

00:12:01,187 --> 00:12:02,888

IT WAS WONDERFUL TO HAVE YOU ON

251

00:12:02,955 --> 00:12:03,722

THIS MORNING!

252

00:12:03,789 --> 00:12:05,357

WHAT A COOL SEGMENT!

253

00:12:05,424 --> 00:12:07,560

GOOD LUCK OUT THERE.