



1
00:00:00,080 --> 00:00:20,230

okay

2
00:00:20,240 --> 00:01:07,190

yes

3
00:01:07,200 --> 00:01:12,870

is

4
00:01:12,880 --> 00:05:57,720

okay

5
00:06:11,590 --> 00:06:09,270

[Music]

6
00:06:13,510 --> 00:06:11,600

good afternoon welcome to nasa's johnson

7
00:06:15,270 --> 00:06:13,520

space center we're so excited that

8
00:06:17,749 --> 00:06:15,280

you're here today and we are so excited

9
00:06:20,510 --> 00:06:17,759

to be joined by nasa astronaut christina

10
00:06:22,950 --> 00:06:20,520

cook christina just returned from a

11
00:06:25,830 --> 00:06:22,960

328-day mission aboard the international

12
00:06:28,390 --> 00:06:25,840

space station the longest mission ever

13
00:06:30,230 --> 00:06:28,400

by a woman for a single space flight and

14

00:06:31,749 --> 00:06:30,240

she just got back to earth last thursday

15

00:06:33,909 --> 00:06:31,759

she's here with us today to answer your

16

00:06:35,430 --> 00:06:33,919

questions first off christina is there

17

00:06:37,670 --> 00:06:35,440

anything you'd like to share

18

00:06:38,950 --> 00:06:37,680

well first off thanks to everyone who is

19

00:06:40,790 --> 00:06:38,960

here thank you for your interest in

20

00:06:42,790 --> 00:06:40,800

telling the story it's been my honor to

21

00:06:45,830 --> 00:06:42,800

be a part of it and i can tell you that

22

00:06:47,590 --> 00:06:45,840

after 328 days in space the first six

23

00:06:49,830 --> 00:06:47,600

days back on earth were full of just as

24

00:06:51,510 --> 00:06:49,840

much wonder and excitement so we all

25

00:06:54,629 --> 00:06:51,520

live on a great planet and it's great to

26

00:06:56,230 --> 00:06:54,639

be back nice to be with you today

27

00:06:57,830 --> 00:06:56,240

thank you i know you have a lot of

28

00:06:59,909 --> 00:06:57,840

questions for christina so we'll get

29

00:07:01,589 --> 00:06:59,919

right to it we'll take questions here in

30

00:07:02,629 --> 00:07:01,599

the room on the phone

31

00:07:04,390 --> 00:07:02,639

and then

32

00:07:06,390 --> 00:07:04,400

on social media so if you're on the

33

00:07:08,550 --> 00:07:06,400

phone and you have a question please

34

00:07:10,870 --> 00:07:08,560

press star one to ask your question and

35

00:07:12,629 --> 00:07:10,880

star too to withdraw your question if

36

00:07:14,790 --> 00:07:12,639

it's already been answered on social

37

00:07:17,270 --> 00:07:14,800

media you can ask questions using

38

00:07:18,790 --> 00:07:17,280

ask nasa all right we'll start here in

39

00:07:21,670 --> 00:07:18,800

the room please raise your hand if you

40

00:07:23,670 --> 00:07:21,680

have a question and when i call on you

41

00:07:26,870 --> 00:07:23,680

state your name and affiliate and wait

42

00:07:34,070 --> 00:07:26,880

for the mic to get to you all right we

43

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

hi uh sharon minchow khou houston so

44

00:07:41,029 --> 00:07:39,120

what's the first thing you did once you

45

00:07:44,629 --> 00:07:41,039

were free to do something outside of

46

00:07:46,790 --> 00:07:44,639

nasa constraints and what's your most uh

47

00:07:49,029 --> 00:07:46,800

vivid memory that you take away from

48

00:07:51,830 --> 00:07:49,039

your time on the iss

49

00:07:54,469 --> 00:07:51,840

well the first thing that i did after i

50

00:07:56,390 --> 00:07:54,479

went home was to reunite with my dog

51
00:07:58,390 --> 00:07:56,400
which was wonderful it was she was very

52
00:08:00,790 --> 00:07:58,400
excited and then we took a family trip

53
00:08:03,909 --> 00:08:00,800
to the beach so got to take in some of

54
00:08:05,909 --> 00:08:03,919
the sights sounds and you know feelings

55
00:08:08,550 --> 00:08:05,919
of just being back near the ocean and

56
00:08:10,390 --> 00:08:08,560
some of those things that i miss so much

57
00:08:12,230 --> 00:08:10,400
while in space it's almost

58
00:08:14,390 --> 00:08:12,240
impossible to pick just one moment there

59
00:08:16,070 --> 00:08:14,400
were so many overwhelming moments but

60
00:08:17,909 --> 00:08:16,080
the one that really comes to mind is the

61
00:08:19,589 --> 00:08:17,919
first moment that i arrived at the space

62
00:08:21,670 --> 00:08:19,599
station having learned about the space

63
00:08:23,510 --> 00:08:21,680

station for so many years having it you

64

00:08:24,950 --> 00:08:23,520

know regarding it is this amazing place

65

00:08:26,390 --> 00:08:24,960

where we're doing awesome science to

66

00:08:28,309 --> 00:08:26,400

benefit the earth the one of a kind

67

00:08:30,550 --> 00:08:28,319

laboratory and to see that it was really

68

00:08:32,870 --> 00:08:30,560

real to sort of meet my new home for the

69

00:08:34,469 --> 00:08:32,880

next year was an incredible feeling it

70

00:08:36,149 --> 00:08:34,479

was like something that had been

71

00:08:38,310 --> 00:08:36,159

discussed and trained on for so many

72

00:08:40,230 --> 00:08:38,320

years was actually come to life and not

73

00:08:41,589 --> 00:08:40,240

only that but i got to float around in

74

00:08:44,470 --> 00:08:41,599

that place and that will just be

75

00:08:45,910 --> 00:08:44,480

something i'll never forget

76

00:08:48,070 --> 00:08:45,920

all right mark

77

00:08:50,310 --> 00:08:48,080

oh thank you mark caro with aviation

78

00:08:53,110 --> 00:08:50,320

week in space technology

79

00:08:55,509 --> 00:08:53,120

i'm wondering what advice you might

80

00:08:57,590 --> 00:08:55,519

offer to someone preparing for their

81

00:08:59,990 --> 00:08:57,600

first long duration

82

00:09:02,230 --> 00:09:00,000

mission based on your experience to help

83

00:09:03,990 --> 00:09:02,240

them prepare mentally physically

84

00:09:07,750 --> 00:09:04,000

whatever you think would

85

00:09:09,670 --> 00:09:07,760

be at the top of the list thank you

86

00:09:11,110 --> 00:09:09,680

you know that's a great question because

87

00:09:12,550 --> 00:09:11,120

it's something i haven't really thought

88

00:09:14,470 --> 00:09:12,560

a lot about i've thought a lot about

89

00:09:16,710 --> 00:09:14,480

what i would tell future space explorers

90

00:09:18,870 --> 00:09:16,720

in general but the long duration aspects

91

00:09:20,389 --> 00:09:18,880

of the mission i was fortunate i had

92

00:09:21,670 --> 00:09:20,399

some people that mentored me and they

93

00:09:24,310 --> 00:09:21,680

got in touch with me and gave me some

94

00:09:27,110 --> 00:09:24,320

advice scott kelly peggy whitson and a

95

00:09:29,030 --> 00:09:27,120

lot of their advice was pace yourself do

96

00:09:30,790 --> 00:09:29,040

the things that you love make sure that

97

00:09:32,310 --> 00:09:30,800

you're in it for the long haul we have a

98

00:09:33,829 --> 00:09:32,320

saying here that we say it's a marathon

99

00:09:35,990 --> 00:09:33,839

not a sprint and we used to say it's an

100

00:09:37,990 --> 00:09:36,000

ultra marathon not a marathon for my

101
00:09:40,310 --> 00:09:38,000
time up there and that is really true

102
00:09:41,750 --> 00:09:40,320
taking it one day at a time making sure

103
00:09:43,590 --> 00:09:41,760
that you recognize that even though

104
00:09:46,070 --> 00:09:43,600
there will be times when it feels like

105
00:09:47,990 --> 00:09:46,080
time is passing slowly your your time up

106
00:09:49,750 --> 00:09:48,000
there is special one thing that i

107
00:09:51,829 --> 00:09:49,760
learned during both deployments in

108
00:09:54,150 --> 00:09:51,839
antarctica and on the space station was

109
00:09:56,550 --> 00:09:54,160
to constantly focus on the things you

110
00:09:57,990 --> 00:09:56,560
have that you'll never have again rather

111
00:09:59,590 --> 00:09:58,000
than the things you don't have and i

112
00:10:01,269 --> 00:09:59,600
think that's a lesson in life that can

113
00:10:03,110 --> 00:10:01,279

be helpful and it definitely helps up

114

00:10:04,870 --> 00:10:03,120

there for a long duration and it helps

115

00:10:06,870 --> 00:10:04,880

you to recognize every day how special

116

00:10:08,550 --> 00:10:06,880

what you have is which then in turn

117

00:10:10,230 --> 00:10:08,560

makes you feel like you need to bring

118

00:10:11,590 --> 00:10:10,240

your best to sort of meet that every

119

00:10:13,110 --> 00:10:11,600

single day and that's really what it's

120

00:10:14,949 --> 00:10:13,120

about thinking about how you can give

121

00:10:17,110 --> 00:10:14,959

back every day rather than what you're

122

00:10:18,710 --> 00:10:17,120

missing out on

123

00:10:19,829 --> 00:10:18,720

all right robert and then we'll go over

124

00:10:21,030 --> 00:10:19,839

here

125

00:10:23,269 --> 00:10:21,040

hi robert perelman with

126

00:10:25,350 --> 00:10:23,279

collectspace.comspace.com

127

00:10:27,110 --> 00:10:25,360

i'm wondering if there was a point into

128

00:10:28,710 --> 00:10:27,120

the mission that

129

00:10:30,389 --> 00:10:28,720

that the international space station

130

00:10:32,069 --> 00:10:30,399

stopped feeling like a place that you

131

00:10:35,110 --> 00:10:32,079

were working with a cot set up in the

132

00:10:36,550 --> 00:10:35,120

corner or um or that you were on an

133

00:10:38,710 --> 00:10:36,560

expedition but that it actually felt

134

00:10:39,910 --> 00:10:38,720

like home and then on the flip side

135

00:10:41,910 --> 00:10:39,920

coming home

136

00:10:43,110 --> 00:10:41,920

and you having to pack to come home i

137

00:10:45,509 --> 00:10:43,120

know you can't take a lot of stuff on

138

00:10:47,829 --> 00:10:45,519

the soyuz but as you were emptying your

139

00:10:50,310 --> 00:10:47,839

your living space did you find that you

140

00:10:51,750 --> 00:10:50,320

had scrolled away things over that 328

141

00:10:53,350 --> 00:10:51,760

days

142

00:10:54,710 --> 00:10:53,360

and was there anything that you

143

00:10:56,069 --> 00:10:54,720

particularly did want to bring back to

144

00:10:57,670 --> 00:10:56,079

earth

145

00:10:59,269 --> 00:10:57,680

well there definitely was a point at

146

00:11:01,269 --> 00:10:59,279

which it started to feel like home and

147

00:11:03,030 --> 00:11:01,279

that actually came pretty quickly into

148

00:11:04,630 --> 00:11:03,040

the mission i would say only about three

149

00:11:06,470 --> 00:11:04,640

months in is where i started to sort of

150

00:11:08,310 --> 00:11:06,480

feel at home there the different things

151
00:11:10,069 --> 00:11:08,320
that we do throughout our daily life

152
00:11:12,470 --> 00:11:10,079
seem normal to me you know

153
00:11:14,150 --> 00:11:12,480
not using a cup to have a drink of water

154
00:11:16,470 --> 00:11:14,160
and filling up food packets and things

155
00:11:19,190 --> 00:11:16,480
like that so all of that really started

156
00:11:21,190 --> 00:11:19,200
to feel normal even floating i jokingly

157
00:11:22,550 --> 00:11:21,200
say that i kind of forgot i was floating

158
00:11:24,069 --> 00:11:22,560
until a new crew would come and they

159
00:11:25,670 --> 00:11:24,079
would be so excited about floating i

160
00:11:26,630 --> 00:11:25,680
would think well guess we are floating

161
00:11:27,990 --> 00:11:26,640
aren't we

162
00:11:29,110 --> 00:11:28,000
so it was really neat to see that

163
00:11:31,110 --> 00:11:29,120

transition

164

00:11:32,870 --> 00:11:31,120

um in terms of packing it's true when

165

00:11:34,630 --> 00:11:32,880

you live somewhere for a year you find

166

00:11:37,030 --> 00:11:34,640

that you have things in every nook and

167

00:11:38,790 --> 00:11:37,040

cranny so about a month before i started

168

00:11:40,550 --> 00:11:38,800

to come back i started to sort of draw

169

00:11:42,310 --> 00:11:40,560

in my footprint on the space station and

170

00:11:43,829 --> 00:11:42,320

sort of things i had scrolled away in

171

00:11:45,670 --> 00:11:43,839

the galley for you know my favorite

172

00:11:47,670 --> 00:11:45,680

little tidbits for a meal i started sort

173

00:11:49,269 --> 00:11:47,680

of getting rid of those and recognizing

174

00:11:51,350 --> 00:11:49,279

okay i may not need that for the next

175

00:11:52,710 --> 00:11:51,360

month and pretty soon towards the end of

176

00:11:55,030 --> 00:11:52,720

the time it was ready to go i had

177

00:11:56,790 --> 00:11:55,040

everything packed up we'd take very very

178

00:11:58,949 --> 00:11:56,800

little on the soyuz like you mentioned

179

00:12:00,310 --> 00:11:58,959

so everything else kind of went back and

180

00:12:02,790 --> 00:12:00,320

what would be the equivalent of about a

181

00:12:05,030 --> 00:12:02,800

shoebox size and that was really enough

182

00:12:06,870 --> 00:12:05,040

to kind of carry it all the most

183

00:12:08,310 --> 00:12:06,880

important things to me that i brought to

184

00:12:10,550 --> 00:12:08,320

space were things for my friends and

185

00:12:13,190 --> 00:12:10,560

family mementos that they can take with

186

00:12:15,030 --> 00:12:13,200

them and remember that i carried them

187

00:12:16,790 --> 00:12:15,040

with me and that they lived without them

188

00:12:18,310 --> 00:12:16,800

for a year while they were sort of you

189

00:12:20,629 --> 00:12:18,320

know in my

190

00:12:22,230 --> 00:12:20,639

in my care and orbiting earth so

191

00:12:24,069 --> 00:12:22,240

bringing that those things back was

192

00:12:25,430 --> 00:12:24,079

probably my number one most important

193

00:12:29,190 --> 00:12:25,440

thing

194

00:12:33,269 --> 00:12:31,430

erica simon with abc13

195

00:12:34,629 --> 00:12:33,279

first and foremost how are you feeling

196

00:12:36,949 --> 00:12:34,639

like just kind of mentally and

197

00:12:39,750 --> 00:12:36,959

physically and then i have a fun

198

00:12:41,990 --> 00:12:39,760

question you mentioned chips and salsa

199

00:12:42,949 --> 00:12:42,000

from galveston can you let us in on

200

00:12:45,030 --> 00:12:42,959

where this

201
00:12:46,470 --> 00:12:45,040
lovely place is that you like chips and

202
00:12:47,509 --> 00:12:46,480
salsas from

203
00:12:49,910 --> 00:12:47,519
well

204
00:12:51,829 --> 00:12:49,920
for the first question i feel great i'm

205
00:12:53,750 --> 00:12:51,839
really fortunate a lot of people because

206
00:12:55,670 --> 00:12:53,760
of the different neuro vestibular system

207
00:12:57,910 --> 00:12:55,680
things and changes that go on for

208
00:13:00,389 --> 00:12:57,920
microgravity when you're re-adapting to

209
00:13:01,829 --> 00:13:00,399
one g into earth you might experience

210
00:13:03,670 --> 00:13:01,839
emotion sickness and things like that

211
00:13:05,269 --> 00:13:03,680
i'm really fortunate in that i have not

212
00:13:07,030 --> 00:13:05,279
experienced that but what i have noticed

213
00:13:09,030 --> 00:13:07,040

is that my balance has taken a little

214

00:13:10,870 --> 00:13:09,040

while to get used to so the physical act

215

00:13:13,430 --> 00:13:10,880

of walking was something to get used to

216

00:13:14,870 --> 00:13:13,440

but i'm feeling great i think just the

217

00:13:16,870 --> 00:13:14,880

all of the new things that i'm

218

00:13:19,670 --> 00:13:16,880

experiencing sort of you you see your

219

00:13:21,750 --> 00:13:19,680

mind wake up to the sensory experiences

220

00:13:24,389 --> 00:13:21,760

that define earth and the things that

221

00:13:26,310 --> 00:13:24,399

are here you know within the first two

222

00:13:29,030 --> 00:13:26,320

minutes of being back on earth i saw

223

00:13:31,670 --> 00:13:29,040

more people's faces than i had seen in a

224

00:13:33,509 --> 00:13:31,680

year so that was really exciting and

225

00:13:34,790 --> 00:13:33,519

it's just fun to interact with people

226

00:13:37,190 --> 00:13:34,800

again

227

00:13:39,110 --> 00:13:37,200

chips and salsa no particular brand or

228

00:13:41,509 --> 00:13:39,120

place i was really lucky because i had a

229

00:13:43,030 --> 00:13:41,519

couple people provide gifts so i came

230

00:13:45,269 --> 00:13:43,040

home to a kitchen full of chips and

231

00:13:47,110 --> 00:13:45,279

salsa which was really exciting even

232

00:13:49,110 --> 00:13:47,120

some homemade salsa from some of my

233

00:13:51,430 --> 00:13:49,120

neighbor's friends so it was really neat

234

00:13:53,110 --> 00:13:51,440

to see that people had kind of honed in

235

00:13:54,790 --> 00:13:53,120

on that and that you know the little

236

00:13:56,230 --> 00:13:54,800

things in life on earth that we all take

237

00:14:00,710 --> 00:13:56,240

for granted were kind of the special

238

00:14:05,110 --> 00:14:03,030

andy sirota with kprc

239

00:14:07,110 --> 00:14:05,120

this is a significant moment in in

240

00:14:08,550 --> 00:14:07,120

history in all seriousness and there are

241

00:14:09,990 --> 00:14:08,560

going to be a lot of young ladies out

242

00:14:11,509 --> 00:14:10,000

there who are going to look up to you

243

00:14:13,430 --> 00:14:11,519

from this point

244

00:14:15,509 --> 00:14:13,440

forward and say you know what i want to

245

00:14:18,150 --> 00:14:15,519

be you someday i want to go further

246

00:14:19,670 --> 00:14:18,160

someday what do you say to this next

247

00:14:21,990 --> 00:14:19,680

generation of

248

00:14:24,470 --> 00:14:22,000

female space explorers

249

00:14:26,069 --> 00:14:24,480

well it is a great honor to know that

250

00:14:28,150 --> 00:14:26,079

that may be the case and i've always

251

00:14:30,230 --> 00:14:28,160

said about any record that you set that

252

00:14:31,910 --> 00:14:30,240

my biggest hope is that it's exceeded as

253

00:14:33,750 --> 00:14:31,920

soon as possible that means we're

254

00:14:35,430 --> 00:14:33,760

pushing the boundaries more people are

255

00:14:38,389 --> 00:14:35,440

living to up to their dreams and their

256

00:14:40,069 --> 00:14:38,399

potential so my main message to anyone

257

00:14:42,310 --> 00:14:40,079

who has a dream is to follow your

258

00:14:43,829 --> 00:14:42,320

passions be true to yourself do what you

259

00:14:45,590 --> 00:14:43,839

love and live the life that you've

260

00:14:48,069 --> 00:14:45,600

imagined for yourself and then a couple

261

00:14:50,710 --> 00:14:48,079

things i like to throw in on that is do

262

00:14:52,470 --> 00:14:50,720

what scares you do the things that might

263

00:14:53,910 --> 00:14:52,480

feel like they're just out of your reach

264

00:14:55,750 --> 00:14:53,920

they're intriguing you they're drawing

265

00:14:57,750 --> 00:14:55,760

you in but you don't know for sure if

266

00:14:59,829 --> 00:14:57,760

you can do it go after that thing not

267

00:15:01,030 --> 00:14:59,839

only will you maximally impact the world

268

00:15:02,949 --> 00:15:01,040

but you'll get the most personal

269

00:15:04,790 --> 00:15:02,959

fulfillment out of it and use that as a

270

00:15:06,790 --> 00:15:04,800

springboard to just keep doing the same

271

00:15:09,670 --> 00:15:06,800

thing and then i also say support the

272

00:15:11,509 --> 00:15:09,680

people around you when we all care about

273

00:15:12,949 --> 00:15:11,519

everyone's well-being that everyone is

274

00:15:15,430 --> 00:15:12,959

pursuing the dreams that are important

275

00:15:17,350 --> 00:15:15,440

to them we rise to whatever occasion is

276

00:15:18,790 --> 00:15:17,360

before us and we do so as a group and

277

00:15:21,509 --> 00:15:18,800

again it's the way we can give back

278

00:15:23,670 --> 00:15:21,519

maximal to the world and to

279

00:15:24,949 --> 00:15:23,680

you know relive our own potential to the

280

00:15:27,110 --> 00:15:24,959

max so

281

00:15:29,110 --> 00:15:27,120

that's my message to everyone and then

282

00:15:31,269 --> 00:15:29,120

you know i just feel like i also owe so

283

00:15:33,749 --> 00:15:31,279

much that so much to the people that

284

00:15:35,829 --> 00:15:33,759

inspired me back in the day to to get to

285

00:15:37,269 --> 00:15:35,839

where i am so if any if there's any way

286

00:15:39,030 --> 00:15:37,279

i can feed that forward to the next

287

00:15:40,550 --> 00:15:39,040

generation it's really an honor to do

288

00:15:42,790 --> 00:15:40,560

that

289

00:15:52,829 --> 00:15:42,800

great question okay we'll take a few on

290

00:16:00,069 --> 00:15:55,110

peeler hello

291

00:16:04,150 --> 00:16:02,230

senior nc state flag up there and your

292

00:16:05,670 --> 00:16:04,160

school of science and math can you talk

293

00:16:07,430 --> 00:16:05,680

about some of the experiences that you

294

00:16:09,509 --> 00:16:07,440

had at the space station that might have

295

00:16:11,509 --> 00:16:09,519

made you think back to nc state back to

296

00:16:14,150 --> 00:16:11,519

your the fears you might have had as a

297

00:16:16,069 --> 00:16:14,160

student experiments anything like that

298

00:16:17,749 --> 00:16:16,079

definitely so many things i think we

299

00:16:19,829 --> 00:16:17,759

relate back to that special period in

300

00:16:21,670 --> 00:16:19,839

our lives going away to college finding

301
00:16:22,949 --> 00:16:21,680
you know new discoveries learning things

302
00:16:25,350 --> 00:16:22,959
about ourselves learning things about

303
00:16:26,629 --> 00:16:25,360
the world around us so it was almost a

304
00:16:28,470 --> 00:16:26,639
constant

305
00:16:30,389 --> 00:16:28,480
experience of reliving some of those

306
00:16:32,470 --> 00:16:30,399
things in particular one thing that

307
00:16:33,990 --> 00:16:32,480
comes to mind is nc state is the place

308
00:16:36,230 --> 00:16:34,000
where i learned to rock climb and where

309
00:16:38,230 --> 00:16:36,240
i started pursuing that as a hobby and

310
00:16:40,389 --> 00:16:38,240
that particular hobby has just lent

311
00:16:42,470 --> 00:16:40,399
itself so well to some of the challenges

312
00:16:44,790 --> 00:16:42,480
that i've faced in learning how to

313
00:16:46,629 --> 00:16:44,800

become an astronaut and mainly just that

314

00:16:48,389 --> 00:16:46,639

you can achieve things that seem

315

00:16:49,910 --> 00:16:48,399

unachievable at first and that you can

316

00:16:52,150 --> 00:16:49,920

believe in yourself and the teamwork

317

00:16:53,749 --> 00:16:52,160

aspects of that so i constantly relied

318

00:16:55,670 --> 00:16:53,759

on that there are some really neat

319

00:16:58,150 --> 00:16:55,680

parallels as well to spacewalking and

320

00:16:59,990 --> 00:16:58,160

rock climbing so nc state is where i

321

00:17:01,829 --> 00:17:00,000

discovered that great hobby of mine and

322

00:17:04,230 --> 00:17:01,839

then the teamwork that it took to do a

323

00:17:05,669 --> 00:17:04,240

lot of the projects that i took on as a

324

00:17:07,750 --> 00:17:05,679

physics student an electrical

325

00:17:09,669 --> 00:17:07,760

engineering student and you know working

326

00:17:12,230 --> 00:17:09,679

together on a team of people to achieve

327

00:17:14,470 --> 00:17:12,240

a common purpose and a common goal was

328

00:17:16,549 --> 00:17:14,480

something that i relied on a lot so a

329

00:17:18,309 --> 00:17:16,559

lot of life lessons there

330

00:17:20,789 --> 00:17:18,319

did you do your first rock climbing at

331

00:17:23,029 --> 00:17:20,799

the carmichael gym and or where else did

332

00:17:24,710 --> 00:17:23,039

you go for that of course i did and then

333

00:17:26,870 --> 00:17:24,720

you know we had our field trip out at

334

00:17:29,990 --> 00:17:26,880

stone mountain so lots of north carolina

335

00:17:34,870 --> 00:17:33,029

all right sarah grimmer

336

00:17:37,510 --> 00:17:34,880

yes this is

337

00:17:39,270 --> 00:17:37,520

grand rapids in westminster

338

00:17:40,950 --> 00:17:39,280

you know christina kids all over the

339

00:17:43,190 --> 00:17:40,960

world are looking up to you right now

340

00:17:44,950 --> 00:17:43,200

obviously and especially kids in your

341

00:17:46,950 --> 00:17:44,960

hometown of grand rapids and west

342

00:17:49,029 --> 00:17:46,960

michigan could you speak a little bit

343

00:17:51,190 --> 00:17:49,039

about your upbringing in west michigan

344

00:17:53,909 --> 00:17:51,200

and some encouragement for those kids

345

00:17:55,750 --> 00:17:53,919

absolutely i found that the spirit of

346

00:17:57,510 --> 00:17:55,760

hard work and taking care of each other

347

00:17:59,350 --> 00:17:57,520

and caring about each other that was you

348

00:18:00,870 --> 00:17:59,360

know given to me from the time i was

349

00:18:02,710 --> 00:18:00,880

very young from the people of west

350

00:18:05,590 --> 00:18:02,720

michigan and my family there that are

351
00:18:07,430 --> 00:18:05,600
farmers was completely instrumental in

352
00:18:08,950 --> 00:18:07,440
me getting to where i am today i worked

353
00:18:11,110 --> 00:18:08,960
in the fields with my grandparents and

354
00:18:12,950 --> 00:18:11,120
my uncles and you know some of the life

355
00:18:14,630 --> 00:18:12,960
lessons they taught me the grit that i

356
00:18:17,110 --> 00:18:14,640
learned from how hard that they worked

357
00:18:19,590 --> 00:18:17,120
and the idea of just constantly giving

358
00:18:21,990 --> 00:18:19,600
and you know looking at each day as an

359
00:18:23,190 --> 00:18:22,000
opportunity to do as much as you can for

360
00:18:25,110 --> 00:18:23,200
the people around you and for the

361
00:18:27,669 --> 00:18:25,120
community around you i think some of

362
00:18:29,590 --> 00:18:27,679
those kind of moral

363
00:18:31,750 --> 00:18:29,600

you know lighthouses that i learned from

364

00:18:33,190 --> 00:18:31,760

the time i was young in grand rapids and

365

00:18:34,950 --> 00:18:33,200

in you know north of grand rapids and

366

00:18:36,470 --> 00:18:34,960

some of the farming areas there will

367

00:18:39,190 --> 00:18:36,480

just stay with me forever and i

368

00:18:41,590 --> 00:18:39,200

constantly rely on them

369

00:18:46,549 --> 00:18:41,600

awesome thank you so much

370

00:18:49,590 --> 00:18:47,350

um

371

00:18:51,909 --> 00:18:49,600

scott kelly told us after his one-year

372

00:18:54,230 --> 00:18:51,919

mission that he he had aching muscles

373

00:18:56,230 --> 00:18:54,240

and joints burning skin sore feet and

374

00:18:57,510 --> 00:18:56,240

i'm wondering if you experienced any of

375

00:19:00,470 --> 00:18:57,520

that even

376
00:19:02,710 --> 00:19:00,480
fleetingly after a touchdown and then i

377
00:19:04,710 --> 00:19:02,720
had a follow-up

378
00:19:06,310 --> 00:19:04,720
well i have been lucky and that i

379
00:19:08,070 --> 00:19:06,320
haven't experienced all of those things

380
00:19:09,909 --> 00:19:08,080
you know a little bit of muscle aching

381
00:19:11,430 --> 00:19:09,919
is definitely going to be across the

382
00:19:12,789 --> 00:19:11,440
board something that you experience when

383
00:19:14,789 --> 00:19:12,799
you have to use new muscles that you

384
00:19:16,150 --> 00:19:14,799
haven't learned to use in you know

385
00:19:17,990 --> 00:19:16,160
however long you've been in microgravity

386
00:19:19,430 --> 00:19:18,000
whether in in some ways even just a

387
00:19:20,950 --> 00:19:19,440
normal duration

388
00:19:22,870 --> 00:19:20,960

iss mission

389

00:19:24,549 --> 00:19:22,880

we have great countermeasures so that we

390

00:19:26,150 --> 00:19:24,559

don't lose a lot of our bone and muscle

391

00:19:28,470 --> 00:19:26,160

mass like we may have done you know in

392

00:19:30,789 --> 00:19:28,480

decades past when we do long duration

393

00:19:32,549 --> 00:19:30,799

but some of those fine stabilization

394

00:19:34,630 --> 00:19:32,559

muscles that you use just to do simple

395

00:19:36,230 --> 00:19:34,640

things like walking we have lost so i do

396

00:19:37,669 --> 00:19:36,240

notice little you know discovering

397

00:19:39,190 --> 00:19:37,679

muscles i haven't felt in a while and

398

00:19:40,950 --> 00:19:39,200

things like that i haven't really had

399

00:19:42,870 --> 00:19:40,960

the sore feet but i did notice for about

400

00:19:44,630 --> 00:19:42,880

a day i had my neck with sore and i felt

401
00:19:46,390 --> 00:19:44,640
like a two week old that i you know was

402
00:19:47,590 --> 00:19:46,400
actually working hard to hold up my own

403
00:19:49,190 --> 00:19:47,600
head

404
00:19:51,270 --> 00:19:49,200
but no i've been very fortunate it's

405
00:19:52,870 --> 00:19:51,280
been a pretty easy transition back and i

406
00:19:54,950 --> 00:19:52,880
have great teams that make sure that

407
00:19:56,630 --> 00:19:54,960
that happens

408
00:19:58,950 --> 00:19:56,640
and i'm wondering what day did you

409
00:20:00,789 --> 00:19:58,960
finally get to the beach did you manage

410
00:20:02,710 --> 00:20:00,799
to take a swim or is that like not

411
00:20:04,390 --> 00:20:02,720
allowed yet and i'd like to hear more

412
00:20:05,990 --> 00:20:04,400
about your dog what kind of dog do you

413
00:20:08,789 --> 00:20:06,000

have and what's her name and she must

414

00:20:10,630 --> 00:20:08,799

have been really excited to see you

415

00:20:12,630 --> 00:20:10,640

i was able to make it to the beach on

416

00:20:14,070 --> 00:20:12,640

sunday and i think my athletic trainer

417

00:20:15,590 --> 00:20:14,080

knew that that was a big goal of mine

418

00:20:16,950 --> 00:20:15,600

because she kind of kept pushing me and

419

00:20:18,950 --> 00:20:16,960

saying i think if you can get this done

420

00:20:20,789 --> 00:20:18,960

i'll clear you to walk on the beach so

421

00:20:22,630 --> 00:20:20,799

she knew that was a big motivation for

422

00:20:25,190 --> 00:20:22,640

me

423

00:20:27,350 --> 00:20:25,200

my dog is we call her lbd little brown

424

00:20:29,270 --> 00:20:27,360

dog she's from the humane society and

425

00:20:31,190 --> 00:20:29,280

she couldn't be sweeter and yes she was

426

00:20:32,870 --> 00:20:31,200

very excited i was very excited i'm not

427

00:20:33,669 --> 00:20:32,880

sure who was more excited to see the

428

00:20:35,669 --> 00:20:33,679

other

429

00:20:37,430 --> 00:20:35,679

but luckily we have it all we have

430

00:20:38,710 --> 00:20:37,440

footage of the whole thing so i'm really

431

00:20:40,070 --> 00:20:38,720

happy that

432

00:20:41,990 --> 00:20:40,080

you know it's just a symbol of coming

433

00:20:46,630 --> 00:20:42,000

back to the the people and places that

434

00:20:46,640 --> 00:20:51,830

all right john cross

435

00:20:55,510 --> 00:20:53,909

uh jim breidenstein has said that the

436

00:20:58,470 --> 00:20:55,520

first woman on the moon is already in

437

00:21:00,149 --> 00:20:58,480

the astronaut office and will have had

438

00:21:02,870 --> 00:21:00,159

space flight spaceflight experience

439

00:21:05,029 --> 00:21:02,880

aboard the iss you spent more time there

440

00:21:06,789 --> 00:21:05,039

than any other female astronaut uh what

441

00:21:08,710 --> 00:21:06,799

are your thoughts about artemis and the

442

00:21:10,390 --> 00:21:08,720

possibility of becoming or at least

443

00:21:12,789 --> 00:21:10,400

walking on the moon or the possibility

444

00:21:15,110 --> 00:21:12,799

of being the first woman on the moon

445

00:21:16,870 --> 00:21:15,120

well it is certainly a very exciting

446

00:21:19,350 --> 00:21:16,880

time to be part of the

447

00:21:21,270 --> 00:21:19,360

nasa um you know family when we are

448

00:21:23,110 --> 00:21:21,280

looking to go back to the moon to go in

449

00:21:25,270 --> 00:21:23,120

a different way to go to stay to go you

450

00:21:27,110 --> 00:21:25,280

know for all and by all so it's a

451
00:21:29,350 --> 00:21:27,120
privilege to be here at this time of

452
00:21:31,110 --> 00:21:29,360
course me or anyone in our office would

453
00:21:33,190 --> 00:21:31,120
be honored beyond measure to be a part

454
00:21:35,190 --> 00:21:33,200
of that mission and to you know again

455
00:21:36,950 --> 00:21:35,200
carry people's dreams even farther into

456
00:21:39,430 --> 00:21:36,960
space exploration to contribute to

457
00:21:41,190 --> 00:21:39,440
future missions to go even deeper so i

458
00:21:43,510 --> 00:21:41,200
like to say that i'm just excited that

459
00:21:45,190 --> 00:21:43,520
i'll probably know the first woman and

460
00:21:47,510 --> 00:21:45,200
the next man to walk on the surface of

461
00:21:49,669 --> 00:21:47,520
the moon but any of us would be ready

462
00:21:52,870 --> 00:21:49,679
and honored to accept that mission if it

463
00:21:54,950 --> 00:21:52,880

were offered to us

464

00:21:58,070 --> 00:21:54,960

all right

465

00:22:00,390 --> 00:21:58,080

elizabeth howell

466

00:22:01,909 --> 00:22:00,400

gina congratulations i'm interested in

467

00:22:03,669 --> 00:22:01,919

learning about how you managed your

468

00:22:05,110 --> 00:22:03,679

mental health during your mission so as

469

00:22:06,789 --> 00:22:05,120

far as you feel comfortable speaking

470

00:22:08,070 --> 00:22:06,799

about it um how did you take care of

471

00:22:09,350 --> 00:22:08,080

yourself and what challenges did you

472

00:22:11,430 --> 00:22:09,360

face

473

00:22:13,669 --> 00:22:11,440

well for me it was really just about the

474

00:22:15,669 --> 00:22:13,679

kind of the the mental cheerleading that

475

00:22:17,270 --> 00:22:15,679

you do to yourself i use i always say

476

00:22:19,270 --> 00:22:17,280

like put something on repeat in your

477

00:22:20,950 --> 00:22:19,280

head that's going to be constructive so

478

00:22:22,310 --> 00:22:20,960

don't ever think over and over again

479

00:22:24,470 --> 00:22:22,320

about something that brings you down

480

00:22:26,390 --> 00:22:24,480

make sure to put something um you know

481

00:22:28,149 --> 00:22:26,400

in your mental space that that brings

482

00:22:29,830 --> 00:22:28,159

you up and for me that was always

483

00:22:31,830 --> 00:22:29,840

focusing on what i had and not the

484

00:22:33,990 --> 00:22:31,840

things i didn't have focusing on the

485

00:22:35,669 --> 00:22:34,000

unique aspects of my life that one day i

486

00:22:37,510 --> 00:22:35,679

would just wish i could have back for a

487

00:22:39,270 --> 00:22:37,520

second and every time you think about it

488

00:22:40,870 --> 00:22:39,280

from that perspective you're done

489

00:22:42,549 --> 00:22:40,880

feeling you know like you miss home

490

00:22:44,230 --> 00:22:42,559

you're just ready to take on the day

491

00:22:46,390 --> 00:22:44,240

you're ready to remember that because

492

00:22:49,190 --> 00:22:46,400

this is so so special you have to kind

493

00:22:51,350 --> 00:22:49,200

of meet that with an equally high level

494

00:22:53,430 --> 00:22:51,360

of engagement and you know your own

495

00:22:56,070 --> 00:22:53,440

personal best so really just thinking

496

00:22:58,390 --> 00:22:56,080

about it in that light i didn't have too

497

00:22:59,510 --> 00:22:58,400

much too many struggles thinking about

498

00:23:01,350 --> 00:22:59,520

you know the

499

00:23:03,510 --> 00:23:01,360

the months dragged on or anything like

500

00:23:07,029 --> 00:23:03,520

that i just made sure to appreciate

501
00:23:07,039 --> 00:23:11,590
all right russell pounds

502
00:23:15,110 --> 00:23:13,350
hi my name is russell pounds with

503
00:23:16,470 --> 00:23:15,120
pacific rim media in alaska hello

504
00:23:18,789 --> 00:23:16,480
christina

505
00:23:21,029 --> 00:23:18,799
hello great to be with you

506
00:23:22,870 --> 00:23:21,039
great say what experiment do you think

507
00:23:24,710 --> 00:23:22,880
those of us back on earth would be most

508
00:23:26,630 --> 00:23:24,720
surprised to learn about and the

509
00:23:29,590 --> 00:23:26,640
follow-up if if you were to design your

510
00:23:32,070 --> 00:23:29,600
own what would you explore

511
00:23:33,909 --> 00:23:32,080
both great questions i think that some

512
00:23:36,390 --> 00:23:33,919
people are interested to learn that one

513
00:23:37,909 --> 00:23:36,400

of the things that we study in space

514

00:23:39,590 --> 00:23:37,919

is actually something that's so

515

00:23:41,190 --> 00:23:39,600

applicable on earth that you almost

516

00:23:43,909 --> 00:23:41,200

wouldn't imagine it and that is

517

00:23:46,070 --> 00:23:43,919

pharmaceutical development there are you

518

00:23:48,070 --> 00:23:46,080

know how i like to think about it as to

519

00:23:49,990 --> 00:23:48,080

unlock some of these diseases that we

520

00:23:51,909 --> 00:23:50,000

all are looking for a cure for here on

521

00:23:53,990 --> 00:23:51,919

earth often we have to understand the

522

00:23:56,549 --> 00:23:54,000

structure of the proteins that actually

523

00:23:59,029 --> 00:23:56,559

are you know enable those those diseases

524

00:24:00,870 --> 00:23:59,039

and sometimes those protein crystals

525

00:24:02,710 --> 00:24:00,880

don't grow as well on earth so if we

526
00:24:04,630 --> 00:24:02,720
grow them in microgravity we have a leg

527
00:24:06,950 --> 00:24:04,640
up on understanding their structure and

528
00:24:08,710 --> 00:24:06,960
then a leg up on you know learning about

529
00:24:10,710 --> 00:24:08,720
the medications that we can develop to

530
00:24:12,789 --> 00:24:10,720
fight those things and so it's just an

531
00:24:15,350 --> 00:24:12,799
amazing thing that something that's so

532
00:24:17,269 --> 00:24:15,360
applicable so tangible in our lives can

533
00:24:18,870 --> 00:24:17,279
be best looked at and studied in

534
00:24:20,710 --> 00:24:18,880
microgravity

535
00:24:22,310 --> 00:24:20,720
honestly all the experiments that

536
00:24:24,390 --> 00:24:22,320
they're doing up there are kind of the

537
00:24:26,390 --> 00:24:24,400
things that i am naturally drawn to as

538
00:24:27,909 --> 00:24:26,400

well i'm a electrical engineer and

539

00:24:29,830 --> 00:24:27,919

physicist so i love that there's a lot

540

00:24:32,149 --> 00:24:29,840

of physical science things i also love

541

00:24:34,310 --> 00:24:32,159

computer programming so i like the idea

542

00:24:35,830 --> 00:24:34,320

that in microgravity we can study things

543

00:24:39,029 --> 00:24:35,840

without what we might consider the

544

00:24:41,190 --> 00:24:39,039

boundary conditions of my of 1g

545

00:24:42,950 --> 00:24:41,200

you know things like capillary action

546

00:24:44,549 --> 00:24:42,960

things that really allow us and the

547

00:24:47,029 --> 00:24:44,559

people investigating those things to

548

00:24:48,630 --> 00:24:47,039

kind of gain an edge in the industrial

549

00:24:50,950 --> 00:24:48,640

environment we're really pushing the

550

00:24:53,269 --> 00:24:50,960

limits of how we can be efficient in

551
00:24:56,870 --> 00:24:53,279
manufacturing and things like that so i

552
00:24:58,310 --> 00:24:56,880
kind of love those experiments as well

553
00:25:00,710 --> 00:24:58,320
that's great you look good with the

554
00:25:03,029 --> 00:25:00,720
cookies too can't complain about the

555
00:25:04,390 --> 00:25:03,039
cookies

556
00:25:07,909 --> 00:25:04,400
all right next

557
00:25:11,590 --> 00:25:09,669
uh yeah hi christina i'm calling from

558
00:25:13,830 --> 00:25:11,600
kalamazoo michigan so another west

559
00:25:15,750 --> 00:25:13,840
michigan native here i'm actually a

560
00:25:18,870 --> 00:25:15,760
meteorologist at one of the local

561
00:25:20,789 --> 00:25:18,880
stations here and you know i just was

562
00:25:23,350 --> 00:25:20,799
blown away by so many of the cool

563
00:25:25,029 --> 00:25:23,360

weather photos that you shared you know

564

00:25:27,510 --> 00:25:25,039

i think that come to mind hurricane

565

00:25:29,110 --> 00:25:27,520

dorian or the wildfires out in australia

566

00:25:31,990 --> 00:25:29,120

i'm just wondering if there was one

567

00:25:36,230 --> 00:25:32,000

specific type of weather that was the

568

00:25:38,870 --> 00:25:36,240

most jaw-dropping to view from space

569

00:25:40,710 --> 00:25:38,880

hands down it's got to be the clouds i

570

00:25:42,549 --> 00:25:40,720

always you know had seen clouds from the

571

00:25:45,269 --> 00:25:42,559

vantage of an airplane or something like

572

00:25:47,590 --> 00:25:45,279

that and had no idea that on a planetary

573

00:25:49,909 --> 00:25:47,600

scale there could be so many patterns so

574

00:25:51,590 --> 00:25:49,919

many things that you know you can see on

575

00:25:53,430 --> 00:25:51,600

literally

576

00:25:56,149 --> 00:25:53,440

a planetary scale

577

00:25:57,909 --> 00:25:56,159

one really neat thing was vortices that

578

00:26:00,870 --> 00:25:57,919

form and so you can actually see like a

579

00:26:03,190 --> 00:26:00,880

wave pattern in some of the clouds when

580

00:26:05,110 --> 00:26:03,200

the winds go over certain islands and

581

00:26:06,789 --> 00:26:05,120

things like that so recognizing that

582

00:26:08,630 --> 00:26:06,799

little things that we might be familiar

583

00:26:10,470 --> 00:26:08,640

with from say studying a wind tunnel or

584

00:26:13,029 --> 00:26:10,480

something like that also take place on

585

00:26:14,710 --> 00:26:13,039

these gigantic scales and then that in

586

00:26:16,549 --> 00:26:14,720

turn helps you understand that some of

587

00:26:17,909 --> 00:26:16,559

these planetary processes that we're

588

00:26:19,590 --> 00:26:17,919

learning to understand to try and

589

00:26:21,430 --> 00:26:19,600

understand and develop policies for

590

00:26:23,110 --> 00:26:21,440

things like climate change are so

591

00:26:25,110 --> 00:26:23,120

important because there really is a

592

00:26:26,710 --> 00:26:25,120

whole other scale that we don't see from

593

00:26:28,310 --> 00:26:26,720

our perspective down here that you do

594

00:26:30,310 --> 00:26:28,320

see from up there this is really

595

00:26:32,710 --> 00:26:30,320

phenomenal

596

00:26:37,190 --> 00:26:32,720

awesome thank you so much

597

00:26:41,590 --> 00:26:39,110

hi christina this is lindsay with wood

598

00:26:43,750 --> 00:26:41,600

tv also in west michigan based in grand

599

00:26:45,750 --> 00:26:43,760

rapids and in following your journey i

600

00:26:47,830 --> 00:26:45,760

saw that this isn't something you wanted

601
00:26:50,230 --> 00:26:47,840
to accomplish since you were five years

602
00:26:52,470 --> 00:26:50,240
old so one thing i'd love to know is if

603
00:26:54,870 --> 00:26:52,480
you could go back and talk to yourself

604
00:26:56,630 --> 00:26:54,880
as that five-year-old who was so

605
00:26:59,029 --> 00:26:56,640
confident in becoming an astronaut what

606
00:27:01,430 --> 00:26:59,039
would you have to say to her

607
00:27:03,269 --> 00:27:01,440
well i first of all the five-year-old me

608
00:27:05,029 --> 00:27:03,279
was not necessarily confident that i

609
00:27:07,269 --> 00:27:05,039
would become an astronaut but confident

610
00:27:08,390 --> 00:27:07,279
that i wanted to be an astronaut so

611
00:27:09,909 --> 00:27:08,400
knowing that that was what i was

612
00:27:11,750 --> 00:27:09,919
passionate about was what i was sure of

613
00:27:13,190 --> 00:27:11,760

but i also knew that the chances were

614

00:27:15,430 --> 00:27:13,200

really really low

615

00:27:17,269 --> 00:27:15,440

you know i pursued it as a single-minded

616

00:27:18,710 --> 00:27:17,279

goal for many many years and then

617

00:27:21,269 --> 00:27:18,720

actually something interesting happened

618

00:27:23,669 --> 00:27:21,279

i went away to space camp and in part of

619

00:27:25,430 --> 00:27:23,679

our space camp class we learned how to

620

00:27:27,510 --> 00:27:25,440

be an astronaut it was actually the name

621

00:27:29,350 --> 00:27:27,520

of one of the classes we attended and

622

00:27:30,549 --> 00:27:29,360

the instructor actually wrote a list up

623

00:27:31,590 --> 00:27:30,559

on the board of the things that you

624

00:27:33,590 --> 00:27:31,600

should do

625

00:27:35,830 --> 00:27:33,600

and you know everyone was flying writing

626
00:27:37,669 --> 00:27:35,840
notes and and i thought in that moment

627
00:27:39,510 --> 00:27:37,679
that i wasn't going to live my life

628
00:27:41,750 --> 00:27:39,520
according to a checklist i was going to

629
00:27:43,830 --> 00:27:41,760
live according to my own passions and if

630
00:27:45,750 --> 00:27:43,840
later in life i looked back and i

631
00:27:47,269 --> 00:27:45,760
reflected upon the fact that the

632
00:27:49,669 --> 00:27:47,279
experiences i had gained the skills i

633
00:27:51,909 --> 00:27:49,679
had gained would allow me to contribute

634
00:27:53,909 --> 00:27:51,919
in a in a great way to the space program

635
00:27:55,430 --> 00:27:53,919
that i held in such a high regard only

636
00:27:58,549 --> 00:27:55,440
then would i ever apply to be an

637
00:28:00,549 --> 00:27:58,559
astronaut and so i might tell myself a

638
00:28:02,310 --> 00:28:00,559

little earlier to sort of look at it

639

00:28:05,430 --> 00:28:02,320

that way because i think that breaking

640

00:28:07,669 --> 00:28:05,440

away from the single-mindedness of only

641

00:28:09,029 --> 00:28:07,679

astronaut really allowed me to excel and

642

00:28:10,870 --> 00:28:09,039

to find the things that i love and

643

00:28:12,310 --> 00:28:10,880

interestingly those things were the

644

00:28:14,149 --> 00:28:12,320

things that we talked about the most in

645

00:28:16,149 --> 00:28:14,159

my astronaut interviews things like rock

646

00:28:18,149 --> 00:28:16,159

climbing things like you know going to

647

00:28:19,669 --> 00:28:18,159

antarctica and

648

00:28:21,830 --> 00:28:19,679

i like to tell the story that i actually

649

00:28:23,510 --> 00:28:21,840

quit a perfectly good engineering job at

650

00:28:25,110 --> 00:28:23,520

nasa to pursue

651
00:28:26,149 --> 00:28:25,120
a work in the antarctic and that turned

652
00:28:28,070 --> 00:28:26,159
out to be one of the greatest

653
00:28:30,230 --> 00:28:28,080
experiences that i had going into that i

654
00:28:31,909 --> 00:28:30,240
continued to draw from so i would say

655
00:28:33,590 --> 00:28:31,919
live your according to your own passions

656
00:28:35,909 --> 00:28:33,600
and let those guide you and then kind of

657
00:28:38,470 --> 00:28:35,919
reflect back and see where you can

658
00:28:39,909 --> 00:28:38,480
contribute the most

659
00:28:41,909 --> 00:28:39,919
amazing and when you embarked on this

660
00:28:43,590 --> 00:28:41,919
did you know you'd be making history or

661
00:28:44,950 --> 00:28:43,600
did it have to be pointed out and then

662
00:28:46,310 --> 00:28:44,960
what went through your head when you

663
00:28:48,389 --> 00:28:46,320

realized that

664

00:28:50,389 --> 00:28:48,399

definitely had to be pointed out i i

665

00:28:52,549 --> 00:28:50,399

don't i'm not you know don't keep the

666

00:28:54,230 --> 00:28:52,559

stats on that stuff but luckily other

667

00:28:55,750 --> 00:28:54,240

people do and i think that pointing out

668

00:28:57,269 --> 00:28:55,760

those milestones

669

00:28:58,870 --> 00:28:57,279

you know as much as i might not like to

670

00:29:00,630 --> 00:28:58,880

be the center of attention i think it is

671

00:29:02,310 --> 00:29:00,640

important because it spreads the word on

672

00:29:03,909 --> 00:29:02,320

where we're at state of the art kind of

673

00:29:05,909 --> 00:29:03,919

in our human space exploration and i

674

00:29:07,830 --> 00:29:05,919

think milestones provide motivation for

675

00:29:10,070 --> 00:29:07,840

people so i think it's a good thing to

676
00:29:12,310 --> 00:29:10,080
recognize i'll never forget the moment

677
00:29:14,470 --> 00:29:12,320
that someone mentioned that there had

678
00:29:17,110 --> 00:29:14,480
not yet been an all-female spacewalk it

679
00:29:18,389 --> 00:29:17,120
was actually my very last spacewalk

680
00:29:21,669 --> 00:29:18,399
training event where i was getting

681
00:29:23,110 --> 00:29:21,679
qualified to do a spacewalk and after

682
00:29:24,230 --> 00:29:23,120
all the debriefs and being told

683
00:29:25,669 --> 00:29:24,240
everything that you know i should do

684
00:29:27,590 --> 00:29:25,679
better and the things i did okay and

685
00:29:30,070 --> 00:29:27,600
things like that someone you know were

686
00:29:31,350 --> 00:29:30,080
kind of all walking out and someone said

687
00:29:32,549 --> 00:29:31,360
has there ever been an all-female

688
00:29:33,990 --> 00:29:32,559

spacewalk and this person knew that

689

00:29:35,590 --> 00:29:34,000

there had not but they were bringing it

690

00:29:37,350 --> 00:29:35,600

up and that was the first time it had

691

00:29:38,710 --> 00:29:37,360

really occurred to me that there was a

692

00:29:40,070 --> 00:29:38,720

chance of that happening and it's really

693

00:29:42,230 --> 00:29:40,080

just because of the direction we're

694

00:29:44,230 --> 00:29:42,240

moving my class of astronauts being half

695

00:29:46,230 --> 00:29:44,240

men and half women and just you know

696

00:29:48,389 --> 00:29:46,240

having the population on board and it's

697

00:29:50,230 --> 00:29:48,399

it's just a matter of time before it was

698

00:29:51,350 --> 00:29:50,240

to happen so that was the first time i

699

00:29:53,350 --> 00:29:51,360

thought about it didn't really think

700

00:29:54,789 --> 00:29:53,360

about it again because you know our job

701

00:29:57,350 --> 00:29:54,799

is to do the mission that's in front of

702

00:29:58,950 --> 00:29:57,360

us and i'm just fortunate that that was

703

00:30:00,389 --> 00:29:58,960

part of the mission mainly just because

704

00:30:02,870 --> 00:30:00,399

i like that we're now beyond that point

705

00:30:04,710 --> 00:30:02,880

we can keep pushing

706

00:30:06,630 --> 00:30:04,720

all right we'll wrap up here with one

707

00:30:08,470 --> 00:30:06,640

question from social media from billy

708

00:30:10,070 --> 00:30:08,480

from arletta elementary

709

00:30:12,310 --> 00:30:10,080

how did you feel when you first looked

710

00:30:13,909 --> 00:30:12,320

back at our planet

711

00:30:15,430 --> 00:30:13,919

well i'll never forget that moment i

712

00:30:17,029 --> 00:30:15,440

hadn't even reached the international

713

00:30:19,350 --> 00:30:17,039

space station yet i was still on the

714

00:30:21,350 --> 00:30:19,360

soyuz spacecraft and we have little

715

00:30:23,669 --> 00:30:21,360

covers over our windows and of course we

716

00:30:25,029 --> 00:30:23,679

also go in and out of daylight and night

717

00:30:26,630 --> 00:30:25,039

and depending on what side of the earth

718

00:30:28,230 --> 00:30:26,640

we're on so we're on our way up to the

719

00:30:30,389 --> 00:30:28,240

space station it's about a six hour

720

00:30:32,310 --> 00:30:30,399

rendezvous and it first occurs to me

721

00:30:34,710 --> 00:30:32,320

that i should look out my window and i

722

00:30:37,350 --> 00:30:34,720

opened it up and wouldn't you know there

723

00:30:38,710 --> 00:30:37,360

was earth and it just looked exactly

724

00:30:41,190 --> 00:30:38,720

like you might see in the pictures

725

00:30:44,149 --> 00:30:41,200

except way more brighter way more real

726

00:30:45,830 --> 00:30:44,159

and i literally exclaimed i just said oh

727

00:30:47,510 --> 00:30:45,840

my goodness and of course that's not the

728

00:30:49,110 --> 00:30:47,520

right thing to say in a spacecraft when

729

00:30:51,029 --> 00:30:49,120

you know you could be noticing anything

730

00:30:52,789 --> 00:30:51,039

not going well so the very next thing

731

00:30:55,269 --> 00:30:52,799

out of my mouth what to nick and alexi

732

00:30:56,870 --> 00:30:55,279

was everything's okay it's just earth

733

00:30:59,110 --> 00:30:56,880

and um

734

00:31:01,190 --> 00:30:59,120

but it was it was phenomenal it was that

735

00:31:03,990 --> 00:31:01,200

moment where i realized that you know

736

00:31:06,230 --> 00:31:04,000

this was real and um that that i had

737

00:31:07,990 --> 00:31:06,240

left our planet

738

00:31:09,669 --> 00:31:08,000

that's amazing thank you so much for

739

00:31:10,630 --> 00:31:09,679

sharing your stories with us today

740

00:31:12,070 --> 00:31:10,640

that's all the time we have

741

00:31:13,190 --> 00:31:12,080

unfortunately i think we could listen to

742

00:31:14,950 --> 00:31:13,200

you for hours

743

00:31:17,990 --> 00:31:14,960

but you can learn much more about

744

00:31:37,990 --> 00:31:18,000

christina's mission on nasa.gov station