

#AskNASA



HOW DO

ASTRONAUTS USE THE

POTTY IN SPACE?

1
00:00:00,200 --> 00:00:00,967
>> HELLO!

2
00:00:00,967 --> 00:00:02,235
I'M NASA ASTRONAUT

3
00:00:02,235 --> 00:00:03,436
JESSICA MEIR.

4
00:00:03,436 --> 00:00:06,239
I RECENTLY SPENT 205 DAYS

5
00:00:06,239 --> 00:00:07,640
ONBOARD THE INTERNATIONAL

6
00:00:07,640 --> 00:00:08,808
SPACE STATION.

7
00:00:08,808 --> 00:00:11,044
THIS IS #AskNASA.

8
00:00:12,045 --> 00:00:17,417
[MUSIC]

9
00:00:17,417 --> 00:00:19,452
>> HELLO, MY NAME IS SANA.

10
00:00:19,452 --> 00:00:21,187
WHEN PEOPLE PRACTICE

11
00:00:21,187 --> 00:00:22,789
TO BE ASTRONAUTS,

12
00:00:22,789 --> 00:00:24,057
HOW DO THEY PRACTICE?

13
00:00:24,057 --> 00:00:25,692

YOU CAN'T JUST PULL AWAY,

14

00:00:25,692 --> 00:00:27,927

UM, GRAVITY FROM A PLACE.

15

00:00:27,927 --> 00:00:28,495

NO, YOU CAN'T,

16

00:00:28,495 --> 00:00:30,029

BECAUSE IT'S INVISIBLE.

17

00:00:30,029 --> 00:00:31,564

YOU CAN'T SEE IT,

18

00:00:31,564 --> 00:00:33,166

SO HOW DO THEY PRACTICE?

19

00:00:33,166 --> 00:00:33,700

>> WELL, SANA,

20

00:00:33,700 --> 00:00:35,468

THAT IS A GREAT QUESTION.

21

00:00:35,468 --> 00:00:36,603

IT IS SOMETHING THAT

22

00:00:36,603 --> 00:00:38,471

ALL OF THE NASA ENGINEERS

23

00:00:38,471 --> 00:00:39,639

AND PERSONNEL HAVE BEEN

24

00:00:39,639 --> 00:00:41,274

PERFECTING ON THE GROUND

25

00:00:41,274 --> 00:00:43,243

FOR US IN ORDER TO TRAIN US

26
00:00:43,243 --> 00:00:44,878
EFFECTIVELY AS ASTRONAUTS.

27
00:00:44,878 --> 00:00:46,279
WE DO IT UNDER WATER

28
00:00:46,279 --> 00:00:48,081
IN A REALLY BIG POOL CALLED

29
00:00:48,081 --> 00:00:50,183
THE NEUTRAL BUOYANCY LAB.

30
00:00:50,183 --> 00:00:52,185
UNDER WATER, WE CAN MIMIC

31
00:00:52,185 --> 00:00:53,420
SOME OF THOSE EFFECTS.

32
00:00:53,420 --> 00:00:54,754
WE CAN MAINTAIN WHAT WE CALL

33
00:00:54,754 --> 00:00:55,989
NEUTRAL BUOYANCY,

34
00:00:55,989 --> 00:00:57,257
WHERE WE DON'T FLOAT UP

35
00:00:57,257 --> 00:00:58,992
AND WE DON'T SINK DOWN.

36
00:00:58,992 --> 00:01:00,627
AND WE ALSO HAVE AN ENTIRE

37
00:01:00,627 --> 00:01:02,295
REPLICA OF THE INTERNATIONAL

38
00:01:02,295 --> 00:01:03,797

SPACE STATION, WHERE WE CAN

39

00:01:03,797 --> 00:01:06,065

LEARN AND TRAIN IN THE INSIDE

40

00:01:06,065 --> 00:01:07,267

OF THE SPACE STATION.

41

00:01:10,203 --> 00:01:10,937

IT IS REALLY INTERESTING

42

00:01:10,937 --> 00:01:11,838

FOR A LAUNCH,

43

00:01:11,838 --> 00:01:13,673

BECAUSE WE HAVE SPENT

44

00:01:13,673 --> 00:01:15,375

SO MANY HOURS TRAINING

45

00:01:15,375 --> 00:01:16,209

AND LEARNING HOW TO

46

00:01:16,209 --> 00:01:17,377

FLY THE SPACECRAFT.

47

00:01:17,377 --> 00:01:19,946

I ACTUALLY HAD TO REMIND MYSELF,

48

00:01:19,946 --> 00:01:21,915

WOW, THIS IS REAL THIS TIME.

49

00:01:21,915 --> 00:01:23,683

SO IT WAS INCREDIBLY EXCITING

50

00:01:23,683 --> 00:01:24,451

TO FINALLY START

51
00:01:24,451 --> 00:01:26,019
FEELING THOSE THINGS.

52
00:01:26,019 --> 00:01:26,686
YOU COULD FEEL

53
00:01:26,686 --> 00:01:28,121
THE ENGINES IGNITE

54
00:01:28,121 --> 00:01:28,922
AND YOU CAN FEEL

55
00:01:28,922 --> 00:01:31,291
THE ACCELERATION ON YOUR BODY.

56
00:01:31,291 --> 00:01:32,592
AND THEN, AFTER ONLY

57
00:01:32,592 --> 00:01:33,793
ABOUT EIGHT MINUTES,

58
00:01:33,793 --> 00:01:35,795
YOU'RE SUDDENLY WEIGHTLESS.

59
00:01:35,795 --> 00:01:37,197
AND THEN YOU WOULD REALIZE,

60
00:01:37,197 --> 00:01:38,398
OKAY, THIS IS REAL.

61
00:01:38,398 --> 00:01:39,966
THIS ONE'S GOING TO ACTUALLY

62
00:01:39,966 --> 00:01:42,368
CARRY ME TO SPACE.

63
00:01:42,368 --> 00:01:43,570

WE ARE ABLE TO BRING

64

00:01:43,570 --> 00:01:45,104

A FEW ITEMS WITH US,

65

00:01:45,104 --> 00:01:46,606

SOME PERSONAL ITEMS THAT

66

00:01:46,606 --> 00:01:47,974

YOU WANT TO SUPPORT

67

00:01:47,974 --> 00:01:49,309

THROUGHOUT YOUR MISSION.

68

00:01:49,309 --> 00:01:50,176

ONE OF THE THINGS THAT

69

00:01:50,176 --> 00:01:51,945

I BROUGHT WAS MY PICCOLO.

70

00:01:51,945 --> 00:01:55,615

["STAR WARS" THEME SONG]

71

00:02:00,620 --> 00:02:03,223

I ALSO FLEW MY PANDA BEAR,

72

00:02:03,223 --> 00:02:04,691

PANDA MONIUM, WHO HAS BEEN WITH

73

00:02:04,691 --> 00:02:06,426

ME SINCE I WAS SIX YEARS OLD.

74

00:02:06,426 --> 00:02:07,994

HE'S BEEN IN THE ANTARCTIC,

75

00:02:07,994 --> 00:02:08,962

HE'S BEEN TRAVELING

76

00:02:08,962 --> 00:02:10,063

ALL AROUND THE PLANET,

77

00:02:10,063 --> 00:02:10,964

AND NOW HE'S ALSO

78

00:02:10,964 --> 00:02:12,665

BEEN TO SPACE.

79

00:02:12,665 --> 00:02:14,067

SO FOR ME, MY SCHEDULE,

80

00:02:14,067 --> 00:02:15,602

I WAS ABLE TO MAINTAIN

81

00:02:15,602 --> 00:02:16,836

ABOUT THE SAME NUMBER OF HOURS.

82

00:02:16,836 --> 00:02:17,737

SOME PEOPLE SLEEP

83

00:02:17,737 --> 00:02:19,138

MUCH BETTER IN SPACE

84

00:02:19,138 --> 00:02:20,173

THAN THEY DO ON EARTH,

85

00:02:20,173 --> 00:02:21,541

BECAUSE THEY DON'T HAVE

86

00:02:21,541 --> 00:02:23,076

THINGS LIKE SORE KNEES

87

00:02:23,076 --> 00:02:25,411

OR BACKS WITHOUT GRAVITY

88

00:02:25,411 --> 00:02:26,613

PUSHING DOWN ON YOU.

89

00:02:29,315 --> 00:02:29,949

WHAT WE HAVE IS

90

00:02:29,949 --> 00:02:31,150

A SLEEPING BAG,

91

00:02:31,150 --> 00:02:31,818

AND WE HAVE THAT UP

92

00:02:31,818 --> 00:02:33,152

AGAINST ONE OF THE WALLS,

93

00:02:33,152 --> 00:02:34,153

AND IT'S STRAPPED TO

94

00:02:34,153 --> 00:02:35,154

ONE OF THE WALLS SO THAT

95

00:02:35,154 --> 00:02:35,889

YOU CAN KIND OF KEEP

96

00:02:35,889 --> 00:02:37,290

YOURSELF IN POSITION.

97

00:02:37,290 --> 00:02:38,525

I WOULD ZIP MYSELF IN

98

00:02:38,525 --> 00:02:39,792

THE SLEEPING BAG AND I ALSO

99

00:02:39,792 --> 00:02:40,827

HAD A LITTLE BELT THAT

100

00:02:40,827 --> 00:02:42,095

I WRAPPED AROUND THE MIDDLE

101
00:02:42,095 --> 00:02:43,162
AND I COULD PUT MY ARMS DOWN

102
00:02:43,162 --> 00:02:43,997
AND TRY TO KEEP THEM

103
00:02:43,997 --> 00:02:45,331
DOWN SOMETIMES.

104
00:02:45,331 --> 00:02:46,366
SOMETIMES I ACTUALLY SLEPT

105
00:02:46,366 --> 00:02:48,034
WITH MY ARMS UP OVER MY HEAD

106
00:02:48,034 --> 00:02:48,968
LIKE THAT.

107
00:02:48,968 --> 00:02:50,169
USUALLY PEOPLE LIKE TO

108
00:02:50,169 --> 00:02:51,738
SECURE THEMSELVES A LITTLE BIT

109
00:02:51,738 --> 00:02:52,839
SO YOU'RE NOT JUST KINDA

110
00:02:52,839 --> 00:02:54,173
FREE-FLOATING EVERYWHERE

111
00:02:54,173 --> 00:02:54,674
AND THEN KINDA

112
00:02:54,674 --> 00:02:57,176
WAKING YOURSELF UP.

113
00:02:57,176 --> 00:02:58,611

JUST LIKE EVERYTHING ELSE,

114

00:02:58,611 --> 00:02:59,913

GOING TO THE BATHROOM IN SPACE

115

00:02:59,913 --> 00:03:01,047

IS SOMETHING THAT YOU

116

00:03:01,047 --> 00:03:02,315

HAVE TO GET USED TO.

117

00:03:02,315 --> 00:03:03,182

ONE OF THE BEST THINGS IS

118

00:03:03,182 --> 00:03:04,183

TO GET TRAINING FROM

119

00:03:04,183 --> 00:03:05,285

ALL OF YOUR CREW MATES

120

00:03:05,285 --> 00:03:06,486

THAT HAVE ALREADY BEEN UP THERE

121

00:03:06,486 --> 00:03:07,787

AND ALREADY USED TO USING

122

00:03:07,787 --> 00:03:09,722

EVERYTHING, LIKE THE TOILET.

123

00:03:09,722 --> 00:03:10,924

AND HOW THAT WORKS,

124

00:03:10,924 --> 00:03:12,492

WE ACTUALLY USE, LIKE,

125

00:03:12,492 --> 00:03:13,459

A VACUUM SYSTEM.

126
00:03:13,459 --> 00:03:14,561
SO IMAGINE IF YOU HAVE

127
00:03:14,561 --> 00:03:15,562
A VACUUM CLEANER AND YOU'RE

128
00:03:15,562 --> 00:03:17,330
SUCKING THINGS DOWN.

129
00:03:17,330 --> 00:03:18,731
WE TURN ON A BIG FAN,

130
00:03:18,731 --> 00:03:19,999
AND SO THAT'S PULLING EVERYTHING

131
00:03:19,999 --> 00:03:21,801
DOWN INTO THE TOILET.

132
00:03:21,801 --> 00:03:22,802
WE HAVE A LONG FUNNEL

133
00:03:22,802 --> 00:03:24,003
THAT WE USE TO COLLECT

134
00:03:24,003 --> 00:03:25,338
ALL OF THE URINE.

135
00:03:25,338 --> 00:03:27,273
AND THEN THERE'S ANOTHER SEAT

136
00:03:27,273 --> 00:03:28,241
THAT YOU CAN SIT ON,

137
00:03:28,241 --> 00:03:30,243
AGAIN, WITH THAT FAN

138
00:03:30,243 --> 00:03:31,244

PULLING THINGS THROUGH

139

00:03:31,244 --> 00:03:32,178
TO COLLECT EVERYTHING

140

00:03:32,178 --> 00:03:33,446
AND KEEP IT CONTAINED,

141

00:03:33,446 --> 00:03:34,147
WHICH OF COURSE,

142

00:03:34,147 --> 00:03:35,248
IS THE MOST IMPORTANT

143

00:03:35,248 --> 00:03:36,482
PART ON THE SPACE STATION.

144

00:03:36,482 --> 00:03:37,684
YOU DON'T WANNA HAVE

145

00:03:37,684 --> 00:03:39,619
EVERYTHING FLOATING AROUND.

146

00:03:39,619 --> 00:03:40,520
[REWINDING]

147

00:03:40,520 --> 00:03:41,821
...FLOATING AROUND.

148

00:03:41,821 --> 00:03:42,889
AND IT WAS REALLY INTERESTING

149

00:03:42,889 --> 00:03:43,890
FOR ME IN THE BEGINNING

150

00:03:43,890 --> 00:03:45,258
IN THOSE FIRST FEW DAYS,

151
00:03:45,258 --> 00:03:46,759
YOUR BODY IS SENSING THINGS

152
00:03:46,759 --> 00:03:47,594
DIFFERENTLY, TOO,

153
00:03:47,594 --> 00:03:48,494
WITHOUT GRAVITY.

154
00:03:48,494 --> 00:03:49,329
YOU KNOW, EVERYTHING--

155
00:03:49,329 --> 00:03:50,730
INCLUDING YOUR INTERNAL ORGANS,

156
00:03:50,730 --> 00:03:51,331
EVERYTHING IS

157
00:03:51,331 --> 00:03:52,999
KIND OF LIFTED UP.

158
00:03:52,999 --> 00:03:54,534
AND SO SOME OF THOSE

159
00:03:54,534 --> 00:03:56,636
PRESSURE SENSORS THAT

160
00:03:56,636 --> 00:03:57,837
GIVE YOU THAT FEELING THAT

161
00:03:57,837 --> 00:03:58,972
YOU NEED TO GO TO THE BATHROOM,

162
00:03:58,972 --> 00:04:00,239
THAT FEELING OF FULLNESS

163
00:04:00,239 --> 00:04:01,307

IN YOU BLADDER,

164

00:04:01,307 --> 00:04:02,775

THAT TAKES A LITTLE BIT OF TIME

165

00:04:02,775 --> 00:04:04,444

TO ADJUST TO SPACE AS WELL.

166

00:04:04,444 --> 00:04:05,144

WE'RE ACTUALLY GETTING

167

00:04:05,144 --> 00:04:06,412

A NEW TOILET ONBOARD

168

00:04:06,412 --> 00:04:08,081

THE INTERNATIONAL SPACE STATION.

169

00:04:08,081 --> 00:04:09,449

THIS NEW TOILET IS GOING TO BE

170

00:04:09,449 --> 00:04:10,850

A LITTLE BIT EASIER TO USE

171

00:04:10,850 --> 00:04:12,585

FOR BOTH MEN AND WOMEN.

172

00:04:12,585 --> 00:04:13,519

OF COURSE, THERE ARE SOME

173

00:04:13,519 --> 00:04:14,887

ANATOMICAL DIFFERENCE,

174

00:04:14,887 --> 00:04:15,922

AND SOME OF THE EARLIER

175

00:04:15,922 --> 00:04:16,990

VERSIONS DIDN'T

176

00:04:16,990 --> 00:04:18,024

TAKE INTO ACCOUNT

177

00:04:18,024 --> 00:04:19,759

EVERYTHING EQUALLY KIND OF

178

00:04:19,759 --> 00:04:21,294

FOR BOTH MEN AND WOMEN,

179

00:04:21,294 --> 00:04:21,961

SO THIS ONE SHOULD BE

180

00:04:21,961 --> 00:04:23,329

A LITTLE BIT EASIER TO USE

181

00:04:23,329 --> 00:04:24,564

FOR EVERYBODY.

182

00:04:24,564 --> 00:04:25,398

IT'LL ALSO INCREASE

183

00:04:25,398 --> 00:04:26,199

THE CAPACITY.

184

00:04:26,199 --> 00:04:27,233

WE'LL HAVE ANOTHER TOILET

185

00:04:27,233 --> 00:04:28,468

ONBOARD THE SPACE STATION.

186

00:04:28,468 --> 00:04:30,003

WE CAN CONTINUE TO TEST

187

00:04:30,003 --> 00:04:31,738

AND REFINE THESE TECHNOLOGIES

188

00:04:31,738 --> 00:04:33,373

THAT WILL BE USED ON THE FUTURE

189

00:04:33,373 --> 00:04:34,874
IN THE ORION SPACECRAFT

190

00:04:34,874 --> 00:04:36,509
WHEN ASTRONAUTS RETURN

191

00:04:36,509 --> 00:04:39,479
TO THE MOON.

192

00:04:39,479 --> 00:04:40,747
MOST FEMALE ASTRONAUTS

193

00:04:40,747 --> 00:04:42,181
ACTUALLY SUPPRESS THEIR

194

00:04:42,181 --> 00:04:44,017
MENSTRUAL CYCLE WHEN WE GO

195

00:04:44,017 --> 00:04:45,251
ON OUR SPACE MISSIONS,

196

00:04:45,251 --> 00:04:46,085
JUST TO MAKE THINGS

197

00:04:46,085 --> 00:04:47,954
A LITTLE BIT MORE CONVENIENT.

198

00:04:47,954 --> 00:04:48,888
IT CERTAINLY IS NOT

199

00:04:48,888 --> 00:04:49,956
A REQUIREMENT.

200

00:04:49,956 --> 00:04:51,090
ALL OF THOSE FUNCTIONS

201
00:04:51,090 --> 00:04:53,126
CAN GO EXACTLY AS THEY DO

202
00:04:53,126 --> 00:04:54,093
DOWN ON EARTH.

203
00:04:54,093 --> 00:04:55,228
WE HAVE SUPPLIES UP THERE

204
00:04:55,228 --> 00:04:56,729
AS NEEDED AND WE CAN

205
00:04:56,729 --> 00:04:57,864
ACCOMMODATE IT WITH ALL

206
00:04:57,864 --> 00:04:58,698
OF THE HARDWARE THAT WE

207
00:04:58,698 --> 00:05:00,333
HAVE FOR THE TOILET.

208
00:05:00,333 --> 00:05:01,501
TO WASH OUR HAIR,

209
00:05:01,501 --> 00:05:02,635
WE TAKE A DRINK BAG,

210
00:05:02,635 --> 00:05:03,369
JUST LIKE THE NORMAL

211
00:05:03,369 --> 00:05:04,671
DRINK BAGS WE USE,

212
00:05:04,671 --> 00:05:05,938
SO I'LL GET MY HAIR

213
00:05:05,938 --> 00:05:07,140

NICE AND WET,

214

00:05:07,140 --> 00:05:07,840

AND YOU HAVE TO JUST

215

00:05:07,840 --> 00:05:09,575

TAKE THAT WATER AND GET IT--

216

00:05:09,575 --> 00:05:11,010

TOUCH RIGHT UP TO YOUR HAIR

217

00:05:11,010 --> 00:05:11,577

SO THAT IT STICKS

218

00:05:11,577 --> 00:05:12,745

ONTO YOUR HAIR,

219

00:05:12,745 --> 00:05:13,713

AND THEN YOU'LL

220

00:05:13,713 --> 00:05:15,415

RINSE IT ALL AROUND,

221

00:05:15,415 --> 00:05:16,716

APPLY YOUR SHAMPOO,

222

00:05:16,716 --> 00:05:18,017

RINSE IT AGAIN,

223

00:05:18,017 --> 00:05:19,652

AND THEN TOWEL IT OFF.

224

00:05:19,652 --> 00:05:20,420

IT'S PRETTY SIMILAR

225

00:05:20,420 --> 00:05:21,220

TO WASHING YOUR HAIR

226

00:05:21,220 --> 00:05:23,122
ON THE GROUND.

227

00:05:23,122 --> 00:05:24,223
THE FOOD THAT WE EAT ON

228

00:05:24,223 --> 00:05:25,658
THE INTERNATIONAL SPACE STATION

229

00:05:25,658 --> 00:05:27,493
IS DELICIOUS THESE DAYS.

230

00:05:27,493 --> 00:05:29,028
IT'S REALLY NOT THAT KIND OF

231

00:05:29,028 --> 00:05:30,563
FREEZE-DRIED ICE CREAM THING

232

00:05:30,563 --> 00:05:31,964
THAT PEOPLE HAVE THIS

233

00:05:31,964 --> 00:05:33,633
IDEA THAT WE EAT.

234

00:05:33,633 --> 00:05:35,501
WE HAVE AN ENTIRE LAB AT

235

00:05:35,501 --> 00:05:37,437
THE NASA JOHNSON SPACE CENTER

236

00:05:37,437 --> 00:05:38,705
THAT IS ALWAYS DEVELOPING

237

00:05:38,705 --> 00:05:40,606
NEW AND DELICIOUS FOODS,

238

00:05:40,606 --> 00:05:42,141

AND I WAS EVEN A SUBJECT

239

00:05:42,141 --> 00:05:43,676

FOR AN EXPERIMENT UP THERE

240

00:05:43,676 --> 00:05:45,712

CALLED FOOD PHYSIOLOGY

241

00:05:45,712 --> 00:05:46,979

WHERE I HAD A WHOLE DIFFERENT

242

00:05:46,979 --> 00:05:47,947

KIND OF MENU.

243

00:05:47,947 --> 00:05:49,882

THINGS LIKE MORE FISHES,

244

00:05:49,882 --> 00:05:51,350

HIGHER OMEGA-3s,

245

00:05:51,350 --> 00:05:52,085

MORE LYCOPENE,

246

00:05:52,085 --> 00:05:53,319

MORE VEGETABLES.

247

00:05:53,319 --> 00:05:54,253

I WOULD SAY THE ONLY THING

248

00:05:54,253 --> 00:05:56,022

THAT IS LACKING AS SORT OF

249

00:05:56,022 --> 00:05:57,523

A FOODIE HERE ON EARTH

250

00:05:57,523 --> 00:06:00,226

IS THE PRESENTATION.

251
00:06:00,226 --> 00:06:01,627
YOU NEVER FORGET THAT FIRST

252
00:06:01,627 --> 00:06:03,496
MOMENT WHEN THE HATCH OPENS

253
00:06:03,496 --> 00:06:04,564
AND YOU TAKE YOUR

254
00:06:04,564 --> 00:06:05,998
FIRST MOVEMENTS OUT OF

255
00:06:05,998 --> 00:06:06,999
THE SPACE STATION

256
00:06:06,999 --> 00:06:08,968
AND INTO THE VOID OF SPACE.

257
00:06:08,968 --> 00:06:10,436
NOTHING ELSE BETWEEN

258
00:06:10,436 --> 00:06:13,272
MY BOOTS AND THE EARTH BELOW.

259
00:06:13,272 --> 00:06:14,373
AND YOU GET MUCH MORE OF

260
00:06:14,373 --> 00:06:15,308
A SENSE OF MOTION

261
00:06:15,308 --> 00:06:16,809
WHEN YOU'RE ON SPACEWALK

262
00:06:16,809 --> 00:06:18,778
OF HOW QUICKLY WE'RE MOVING,

263
00:06:18,778 --> 00:06:19,912

PASSING OVER THE EARTH

264

00:06:19,912 --> 00:06:23,082

17,500 MILES PER HOUR,

265

00:06:23,082 --> 00:06:24,917

GOING AROUND THE ENTIRE PLANET

266

00:06:24,917 --> 00:06:26,552

EVERY 90 MINUTES.

267

00:06:26,552 --> 00:06:28,221

YOU'RE IN THE SPACE SUIT

268

00:06:28,221 --> 00:06:29,489

AND YOUR BODY IS KIND OF

269

00:06:29,489 --> 00:06:31,090

AT A STRANGE ANGLE

270

00:06:31,090 --> 00:06:34,026

AND IT'S 450 POUNDS OF MASS

271

00:06:34,026 --> 00:06:35,561

THAT YOU NEED TO MOVE AROUND,

272

00:06:35,561 --> 00:06:36,662

AND EVERY MOVEMENT IS

273

00:06:36,662 --> 00:06:38,464

PRESSURIZED WITH YOUR HANDS.

274

00:06:38,464 --> 00:06:40,032

EVERY ONCE IN A WHILE, THOUGH,

275

00:06:40,032 --> 00:06:41,801

YOU DO NEED TO REMIND YOURSELF

276

00:06:41,801 --> 00:06:43,302

JUST TO TAKE A MOMENT

277

00:06:43,302 --> 00:06:44,771

AND ENJOY WHAT YOU'RE DOING.

278

00:06:44,771 --> 00:06:45,872

APPRECIATE IT.

279

00:06:49,642 --> 00:06:50,510

CHRISTINA AND I BOTH

280

00:06:50,510 --> 00:06:51,811

FELT SO PRIVILEGED

281

00:06:51,811 --> 00:06:54,447

TO HAVE HAD ANY TYPE OF ROLE

282

00:06:54,447 --> 00:06:55,815

IN THAT HISTORIC EVENT.

283

00:06:55,815 --> 00:06:57,383

AND FOR US, I THINK IT WAS

284

00:06:57,383 --> 00:06:58,151

THE MOST IMPORTANT,

285

00:06:58,151 --> 00:06:58,951

NOT FOR OUR

286

00:06:58,951 --> 00:07:00,486

PERSONAL ACHIEVEMENTS,

287

00:07:00,486 --> 00:07:01,888

BUT REALLY FOR THE GENERATIONS

288

00:07:01,888 --> 00:07:03,656

OF WOMEN AND MINORITIES

289

00:07:03,656 --> 00:07:05,158

THAT WERE PUSHING THE ENVELOPE

290

00:07:05,158 --> 00:07:05,958

WHEN WE DIDN'T HAVE

291

00:07:05,958 --> 00:07:07,360

A SEAT AT THE TABLE.

292

00:07:07,360 --> 00:07:08,261

BUT THAT DAY,

293

00:07:08,261 --> 00:07:09,896

SO MANY PEOPLE WERE WATCHING

294

00:07:09,896 --> 00:07:12,131

AND SO MANY PEOPLE WERE EXCITED.

295

00:07:12,131 --> 00:07:13,366

PEOPLE OF ALL AGES.

296

00:07:13,366 --> 00:07:15,968

YOUNG GIRLS, YOUNG BOYS, TOO,

297

00:07:15,968 --> 00:07:16,769

AND ONE OF THE THINGS

298

00:07:16,769 --> 00:07:18,271

THAT IT BROUGHT TO MIND

299

00:07:18,271 --> 00:07:20,139

WAS THAT ANYBODY CAN

300

00:07:20,139 --> 00:07:21,374

ACCOMPLISH THEIR DREAM,

301

00:07:21,374 --> 00:07:22,708

NO MATTER WHO WE ARE,

302

00:07:22,708 --> 00:07:23,643

WHAT WE LOOK LIKE,

303

00:07:23,643 --> 00:07:25,344

OR WHAT OUR BACKGROUND IS,

304

00:07:25,344 --> 00:07:26,879

THOSE POSSIBILITIES ARE

305

00:07:26,879 --> 00:07:29,448

OPEN TO EVERYBODY.

306

00:07:29,448 --> 00:07:29,882

>> DO YOU HAVE

307

00:07:29,882 --> 00:07:31,717

A QUESTION FOR NASA?