station this is Houston are you ready for the UN. I am ready for the event sweetness KSTP TV this is Mission Control Houston police call station for a voice check station this is tim sirna with kstp TV how do you hear me hello Tim I have you loud and clear welcome to the International Space Station hi Karen Minnesota says hello hello everybody in Minnesota what are your responsibilities what's the job up there that you're doing this time around we have a lot going on there's a of
course right now the space station is mostly built and all of us like to spend as much time as possible on science so that's one of our major jobs but of course we have the daily activities of maintenance keeping the station up and running just like you have maintenance in your home and we also have visiting vehicles we've had a number of vehicles come and visit us and bring us cargo and supplies and so we have spent a lot of time unloading the cargo and loading those vehicles with trash and there's during our increment we had a couple
spacewalks where my crewmates went out to repair some things and change out components outside so we've had a lot going on I have to say nice hair what's life like in in zero gravity is it fun it is a blast and actually after being here as long as I've been here now it it becomes a little commonplace the way everything behaves in space and the way you move around and it is fun it's it's awfully fun to start at one end of the space station and try and get going as fast as you can and swing around the corners using handrails and you can have
a lot of fun so you guys actually do get

44 00:02:01,950 --> 00:02:07,500
but between the schedules of work

45 00:02:08,789 --> 00:02:14,439
we do get some off time we have a we

46 00:02:12,129 --> 00:02:15,759
usually work day times about seven in

47 00:02:14,439 --> 00:02:17,530
the morning till seven at night or

48 00:02:15,759 --> 00:02:19,750
during the weekdays and then we have

49 00:02:17,530 --> 00:02:22,240
weekends mostly off we do some

50 00:02:19,750 --> 00:02:24,610
housekeeping on Saturdays to keep the

51 00:02:22,240 --> 00:02:28,180
the filters clean and the walls clean

52 00:02:24,610 --> 00:02:29,950
and but Saturday afternoon and all of

53 00:02:28,180 --> 00:02:34,450
sunday usually is free time where we can

54 00:02:29,949 --> 00:02:36,609
do we do whatever we want I went and

55 00:02:34,449 --> 00:02:38,829
looked at your tweets you've said some

56 00:02:36,610 --> 00:02:43,300
amazing pictures back down to us here at

57 00:02:38,830 --> 00:02:44,950
earth on earth do you ever get tired of
the view out the window up there what are some of your favorite things you've seen you never do get tired of it you know I actually every time I'm working out on our resistive exercise device it's right below the cupola and my workouts generally take a little longer than they need to because I'm constantly going up to take a peek and there's so many beautiful things I love to see the mountains white snow capped mountains are just incredible to see the depth of that you can see from this from this
altitude and the it's amazing the earth

really is a lot of water you start

traveling over oceans and you just

wonder if you're ever going to get to

land sunrises and sunsets are absolutely

incredible i could watch those over and

over there's just a lot of spectacular

things to see I looked at your current

orbit and it appears to me the year

between South America and Africa right

now when you're flying over North

America if you do over home do you look

down and the folks here in Minnesota the

folks back home and vining
I do like to we actually haven't been over a day time pass of the United States in a while but I think our orbit is going to start taking us there again the first time I was able to see my hometown area in central Minnesota was pretty special and that was a couple months ago now I believe and I actually got a picture of the lakes area where I grew up and that was pretty neat to see I have to ask you a legend has that you can see the mall of America from space is that possible gosh that's a good question I don't
know perhaps with binoculars or a zoom lens on your camera I'm not sure about.

with the naked eye you know clearly

you're an inspiration to so many young men and women around the world but here at home and what would you say to the boys and girls here back home in Minnesota and who are students what message would you have for them is there in school and trying to figure out what they can do and what their potential is.

well first just it's important that every every kid knows that they have a lot of potential everybody but everybody has different skills and talents and
everybody has different interests and

there are so many opportunities and so

many things that these kids could be doing and all you need to do is figure

out what it is you like and work really hard at it and it's going to take you far especially in school when you work hard even if you're not a straight-a student if you work hard your teachers and others can tell that you're working hard and if you're getting the best grades you can you're going to go far and you're going to be able to do a lot of different things with your life
when you think back to your childhood in Minnesota and vining is there a Minnesota memory anything you can think of that that was at the beginning of the inspiration that helped you get where you are right now I don't know I decided that I wanted to be an astronaut when I was pretty young and I don't honestly know exactly where that thought came from and how I decided that that's what I wanted to do but certainly the education I got I went to a very small high school and I think that was very
good for me you know academic wise we didn't have a lot of the classes that the students that i started in college with had in other schools but i was able to catch up very easily with that but being from a small town and going to a small school i participated in everything that i could i played on all the sports teams and i was in saying in the choir and played in the band and i think if i had been in a large school i probably didn't have the abilities to do all of that and so i think for me it was it was very advantageous and it taught
me teamwork being on teams playing

158
00:06:39,910 --> 00:06:45,939
playing along in groups so I think I

159
00:06:43,779 --> 00:06:48,849
think that part of it was very very

160
00:06:45,939 --> 00:06:50,709
beneficial for me next time you're

161
00:06:48,850 --> 00:06:54,000
you're back in Minnesota back of the

162
00:06:50,709 --> 00:06:54,000
state with the wanted

163
00:06:55,029 --> 00:07:00,099
I'm sorry you were broken up can you ask

164
00:06:56,980 --> 00:07:03,009
one more time next time you're back in

165
00:07:00,100 --> 00:07:04,420
Minnesota going back home the family or

166
00:07:03,009 --> 00:07:07,949
what's the first thing you want to do

167
00:07:04,420 --> 00:07:07,949
when you back here to Minnesota

168
00:07:08,899 --> 00:07:13,679
well I always look forward to going back

169
00:07:11,490 --> 00:07:16,079
I grew up on a lake east battle lake and

170
00:07:13,680 --> 00:07:18,930
my parents still live in that same house

171
00:07:16,079 --> 00:07:21,120
and I don't know the last time I was
swimming in that Lake and that was

obviously something that I did every

single summer day in and day out and so

I'd love to do that again of course have
to time it the two months out of the

year or whatever it is that that's a

possibility but and I'd like to be able
to take my son and and have him go

fishing like I used to do off the dock

and and that sort of thing we can't see

your feet right now what's holding you

in place

I'm hanging on to a handrail with my
toes as we speak and if I let go I will
float away so you actually use your feet

a lot for translating in fact I'm

developing calluses on the tops of my

feet but that's just kind of a

difference of living in space if I could

ask you for a little visual treat for

zero gravity just spin your microphone

or something that just shows us some of

the magic of where you are right now

do you have it by myself do you have any

idea how cool that is it is cool and

like I said it after you're here while

it kind of becomes commonplace and you

almost forget just how neat it is so
wish everybody could experience it we

have a minute left in that minute if you
could tell us what do you look forward
to when you go back to earth as far as
like for example do you miss gravity
what's something that's that that you
miss when you're up there I think
gravity is going to be my enemy for a
few days or a few weeks or maybe even a
couple months when I get back but I miss
my family my husband and my son I miss
them dearly so I'm really looking
forward to getting back to them into my
home well you can't see me but I'm
...
waving goodbye it was a great thrill to

00:09:17,629 --> 00:09:20,980
talk to you thank you so much

00:09:21,129 --> 00:09:25,019
it was great to talk to you

00:09:26,779 --> 00:09:34,949
station this is Houston ACR Karen that

00:09:30,149 --> 00:09:37,769
concludes the kst be kstp TV portion of

00:09:34,950 --> 00:09:39,720
the event thank you Mike please stand by

00:09:37,769 --> 00:09:41,750
for a voice check from the Big Ten

00:09:39,720 --> 00:09:41,750

00:09:48,419 --> 00:09:56,169
station this is rick pisa with the Big

00:09:50,679 --> 00:09:58,028
Ten Network how do you hear me and Rick

00:09:56,169 --> 00:09:59,078
I hear you loud and clear this is my cop

00:09:58,028 --> 00:10:03,429
guns from the International Space

00:10:03,429 --> 00:10:10,649
Station great Mike we’re just about to

00:10:16,528 --> 00:10:21,059
get started perfect

00:10:10,649 --> 00:10:10,649

00:10:16,528 --> 00:10:21,059
and Mike this is Houston ACR if you
could please turn your microphone off

after you aren't happy to be joined by

Howard Griffith one of Mike's former teammates at the University of Illinois

and Howard since Mike is now at the International Space Station let's not waste any more time let's welcome in Mike Hopkins from the International Space Station Mike let's give the folks a little bit of background I know you left from a cosmodrome in Kazakhstan about a month or so ago you're supposed to be at the ISS until spring of 2014 what is life like for someone when
you're aboard the International Space Station well it's absolutely incredible and I even today I've been here for about three weeks I guess now and I still have to pinch myself because sometimes it's hard to believe that I'm here and it's it takes a little while to get into a normal routine up here you know we're working from about seven to seven every day Monday through Friday and and so on the weekends as well we have to clean up and then we get a little bit of free time usually on sundays maybe to watch a little bit of...
football but you know what's really

amazing about up here is you're just

floating around and that's an incredible

experience incredible feeling Mike what

was it like when you first entered

International Space Station well

actually it was it was a little bit

overwhelming and to be honest my gyros

were still spending a little bit from

the launch when I first got up into into

microgravity into the space environment

I felt like I was falling and like I was

sitting on the ceiling and falling and

when I first got into the space station

...
and we had our chance to talk with the
families I actually felt like I was leaning on my side like that and so it took probably about 18 hours before that feeling started to go away but absolutely incredible feeling so talk to me about some of the experiments and some of the science that you're working on why you're there yeah actually there's quite a bit of science going on on the space station right now and some of it were very involved in because we're the guinea pig so in fact this morning I was drawing some blood just to see how the
the immune system in the body changes in

microgravity other experiments I was

also working on this morning was a
capillary flow experiment which is
looking at how water flows up the walls

of different vessels and maybe you can
use that to move liquids around in
space and also separate it from from
gases and so those are just a couple of
the hundreds of experiments that we're
doing or that are going on up here on a

on a daily weekly basis now Mike your
job obviously makes you very unique in
terms of former Big Ten football players

and what they're now doing with their
life but I know you stay in touch with
the Illinois football program. I know
from your Twitter handle at Astor Illini
you sometimes send out messages to
current and former Illinois players. How
much do you actually get to still follow
your alma mater when you're up in space
I'm actually very fortunate. Not in fact
all the astronauts are very fortunate up
here is because we have a large support
organization on the ground that helps us
stay in touch with our families and stay
in touch with the organizations that
are important to us and so I actually
get the Illinois football games or sent
up to me every week so I don't get to
see them live but while I'm working out
i usually get to watch them I love it
the faculties in space and he's still
working out regret that's incredible
what are some of the things you do
during the off time when you're down on
the Saturdays and Sundays beside
watching Illinois football is there
anything else I know actually that's a
good chance for us to catch up on it's a
good chance for us to catch up on emails
we can take a lot of photos or more

00:14:20,519 --> 00:14:24,000
opportunity to take photos that we may

00:14:22,049 --> 00:14:26,099
not have during the week because we are

00:14:24,000 --> 00:14:27,990
busy inside with experiments and just

00:14:26,100 --> 00:14:30,360
taking care of the station and then it's

00:14:27,990 --> 00:14:32,730
and also it's a good chance we get to

00:14:30,360 --> 00:14:34,470
talk to the family and so once a week I

00:14:32,730 --> 00:14:36,360
get to talk to Julie and the boys and

00:14:34,470 --> 00:14:37,800
it's it's very special because it's

00:14:36,360 --> 00:14:39,860
actually video conference so you get to

00:14:37,799 --> 00:14:41,849
see their face

00:14:39,860 --> 00:14:43,470
well how much fun has it been

00:14:41,850 --> 00:14:45,839
particularly for your boys that are a

00:14:43,470 --> 00:14:48,089
young growing up seeing their dad on the

00:14:45,839 --> 00:14:49,649
International Space Station and having a
chance to communicate with my guests are the most popular kids in school well I like to think through the most popular kids in school because of themselves and not and not their dad I mean as you can imagine the kids are the kids are very busy right now I've got one in high school and one in junior high and so they keep pretty busy with school and sports and church and and so you know sometimes the days go by and we don't have a chance to talk and so it's very nice to catch up with them on the weekend Mike when did you know that this
something that you wanted to pursue

not just aerospace engineering in your studies at Illinois but when did you actually know and feel like you had the possibility to be part of an astronaut class that was going to spend time in space well actually decided or knew that I wanted to try and be an astronaut back in high school even before I went to the University of Illinois but you never know if you're going to have that opportunity you have to get a little bit lucky things have to fallen into into line for you and and it just happened so
happened that it did for me and I feel very blessed very fortunate to have this opportunity to be here you know you had a very interesting defensive back coach coach Bernstein are there any lessons that he taught you that you were able to use going through life to get you to where you are now absolutely in fact the coaches coach Bernstein coach temper coach Mac vick all of them had a big influence on us and with coach Bernstein i think was was certainly you know he had a certain fire about him a certain drive about him and that's contagious
and that certainly helps when you're trying to pursue something that sometimes can be tough to reach you.

know Mike I always think back to our times at Illinois particular when we were on the practice squad and we were getting banged around we were kind of practice dummies for the guys that were starting and one thing that always took out two about you is that you continue to go out and play as hard as you could and we knew then that you were a special player and would be special to the University of Illinois but had no idea that you'd...
be able to really accomplish what you have now and I just want to tell you that you truly been an inspiration to all of us including you know people around the world you inspire a lot of us we appreciate everything that you're doing for the country well Howard I'm not sure if I remember you ever being on the practice squad but yeah it was you know it's fun just to be a part of it it's fun just to be a part of a team like that and an organization like that and around guys like you I mean you know one of the things I always wanted to be
when I grew up was a professional football player and so you know hats off to you and the other guys that made it to the big leagues and that's that's you know very positive influence to be around you guys Colonel Mike Hopkins joining us from the International Space Station Colonel Hopkins thanks so much for the time and enjoy the rest of your time on the ISS okay thank you very much and you know I just want to let you guys know that there's still a little orange and blue up here if you can see if you can see that we love it obvi we love it
station this is Houston ACR thank you

that concludes the event

thank you kstp TV and Big Ten Network

station we are now resuming operational

audio communications