



PORT



1
00:00:06,309 --> 00:00:02,710
station this is wcaa tv how do you hear

2
00:00:09,830 --> 00:00:08,150
we heard you we hear you loud and clear

3
00:00:13,430 --> 00:00:09,840
welcome aboard iss and we're ready for

4
00:00:16,630 --> 00:00:14,789
first of all thank you so much for

5
00:00:18,710 --> 00:00:16,640
talking to us today it's so good to see

6
00:00:19,670 --> 00:00:18,720
you guys

7
00:00:25,429 --> 00:00:19,680
um

8
00:00:30,310 --> 00:00:28,550
uh for mike uh there uh tell me a little

9
00:00:31,669 --> 00:00:30,320
bit about what is the the best thing for

10
00:00:37,910 --> 00:00:31,679
you about being there and also the

11
00:00:41,590 --> 00:00:39,750
wow so that's uh the best thing about

12
00:00:43,430 --> 00:00:41,600
being up here

13
00:00:45,110 --> 00:00:43,440

you know is actually getting to do what

14

00:00:47,110 --> 00:00:45,120

you've been trained to do so we actually

15

00:00:48,310 --> 00:00:47,120

spend quite a bit of time

16

00:00:51,029 --> 00:00:48,320

in training before you get the

17

00:00:52,389 --> 00:00:51,039

opportunity to fly into space and and so

18

00:00:54,229 --> 00:00:52,399

that's actually two and a half years

19

00:00:55,430 --> 00:00:54,239

long once you've been assigned before

20

00:00:57,110 --> 00:00:55,440

you fly

21

00:00:59,910 --> 00:00:57,120

and finally getting to execute that

22

00:01:01,510 --> 00:00:59,920

mission is is absolutely fantastic and

23

00:01:03,189 --> 00:01:01,520

of course the other part of it is being

24

00:01:05,509 --> 00:01:03,199

up here with your crewmates there's just

25

00:01:06,950 --> 00:01:05,519

great people to work with up here great

26
00:01:07,670 --> 00:01:06,960
people on the ground that are supporting

27
00:01:09,750 --> 00:01:07,680
you

28
00:01:11,190 --> 00:01:09,760
what's the hardest thing to to get used

29
00:01:12,870 --> 00:01:11,200
to up here

30
00:01:14,550 --> 00:01:12,880
you keep pinching yourself it's hard to

31
00:01:16,149 --> 00:01:14,560
believe that you're actually here

32
00:01:18,469 --> 00:01:16,159
it's it's uh

33
00:01:20,149 --> 00:01:18,479
it's a dream that many of us had and and

34
00:01:23,910 --> 00:01:20,159
sometimes it's it's just hard to believe

35
00:01:28,870 --> 00:01:25,749
okay uh mike i know you're you guys are

36
00:01:30,469 --> 00:01:28,880
really far from home uh is that hard and

37
00:01:35,429 --> 00:01:30,479
what can you do to kind of stay

38
00:01:38,789 --> 00:01:36,710

yeah actually

39

00:01:41,109 --> 00:01:38,799

they do a fantastic job of keeping us

40

00:01:43,270 --> 00:01:41,119

connected with our families we have what

41

00:01:45,510 --> 00:01:43,280

we call iphone up here so we're actually

42

00:01:48,389 --> 00:01:45,520

able to just make phone calls

43

00:01:49,749 --> 00:01:48,399

really anytime that the com is there and

44

00:01:52,069 --> 00:01:49,759

for the most part it's there all the

45

00:01:53,190 --> 00:01:52,079

time so if we have a free moment we

46

00:01:55,590 --> 00:01:53,200

usually have opportunity to call

47

00:01:57,350 --> 00:01:55,600

somebody family friends whoever that may

48

00:01:59,030 --> 00:01:57,360

be and then in addition with our

49

00:02:01,190 --> 00:01:59,040

families we get once a week we have a

50

00:02:02,630 --> 00:02:01,200

video conference and that's always nice

51
00:02:05,590 --> 00:02:02,640
on the weekends to be able to see their

52
00:02:10,949 --> 00:02:08,150
okay uh rick i know you've been in space

53
00:02:13,110 --> 00:02:10,959
before um is it does it ever get old is

54
00:02:13,990 --> 00:02:13,120
it different this time or how how is it

55
00:02:18,309 --> 00:02:14,000
for you

56
00:02:21,910 --> 00:02:20,309
well of course it never gets old this is

57
00:02:23,589 --> 00:02:21,920
my fourth time to the international

58
00:02:25,830 --> 00:02:23,599
space station but my first three

59
00:02:27,430 --> 00:02:25,840
missions were only two weeks long

60
00:02:28,949 --> 00:02:27,440
so kind of like mike said i keep

61
00:02:31,030 --> 00:02:28,959
pinching myself thinking wow i'm gonna

62
00:02:32,949 --> 00:02:31,040
be here for six months it's uh and i'm

63
00:02:35,589 --> 00:02:32,959

still just getting settled in so i look

64

00:02:39,509 --> 00:02:35,599

forward to a a great mission and doing

65

00:02:43,910 --> 00:02:42,070

okay uh mike i know uh your your twitter

66

00:02:45,589 --> 00:02:43,920

handle is astro illini so i feel like

67

00:02:47,190 --> 00:02:45,599

you still kind of have that connection

68

00:02:49,190 --> 00:02:47,200

to the u of i can you talk a little bit

69

00:02:51,350 --> 00:02:49,200

about that and how you you know how what

70

00:02:55,910 --> 00:02:51,360

you did here in champaign kind of helps

71

00:02:59,750 --> 00:02:57,830

yeah well i'm certainly an illini at

72

00:03:01,670 --> 00:02:59,760

heart and i certainly wouldn't be here

73

00:03:04,630 --> 00:03:01,680

without the university of illinois and

74

00:03:06,229 --> 00:03:04,640

my time spent in champaign and that that

75

00:03:08,790 --> 00:03:06,239

goes across the board from the

76

00:03:11,589 --> 00:03:08,800

engineering department to the fraternity

77

00:03:13,430 --> 00:03:11,599

that was a member of pi kappa alpha to

78

00:03:16,149 --> 00:03:13,440

being a member of rotc and of course

79

00:03:19,430 --> 00:03:16,159

being able to play football all of those

80

00:03:24,789 --> 00:03:19,440

contributed to to making me or giving me

81

00:03:28,869 --> 00:03:26,789

okay what do you remember most about

82

00:03:30,869 --> 00:03:28,879

being here or what do you miss about you

83

00:03:35,509 --> 00:03:30,879

know champagne or what are your fondest

84

00:03:38,789 --> 00:03:36,869

well there's uh there's a lot of

85

00:03:41,670 --> 00:03:38,799

fondness uh fond memories and of course

86

00:03:43,910 --> 00:03:41,680

i have to say the the best memory that i

87

00:03:47,509 --> 00:03:43,920

took with me was my wife she was also

88

00:03:49,830 --> 00:03:47,519

from the university of illinois but

89

00:03:51,190 --> 00:03:49,840

you know it's a whole package and and

90

00:03:54,470 --> 00:03:51,200

there's a lot of fond memories and it's

91

00:03:56,630 --> 00:03:54,480

hard to pick out just one and certainly

92

00:03:58,470 --> 00:03:56,640

school was was a lot of work but it was

93

00:04:00,630 --> 00:03:58,480

also a lot of fun playing football was

94

00:04:02,149 --> 00:04:00,640

an incredible opportunity but also all

95

00:04:03,509 --> 00:04:02,159

the great friends that i had both in

96

00:04:06,149 --> 00:04:03,519

school on the football team and the

97

00:04:07,830 --> 00:04:06,159

fraternity and in rotc those those are

98

00:04:10,470 --> 00:04:07,840

all absolutely fantastic and great

99

00:04:14,149 --> 00:04:12,390

okay um rick talk to me a little bit

100

00:04:16,390 --> 00:04:14,159

about what it's like kind of as you're

101
00:04:18,150 --> 00:04:16,400
adjusting to to being on the space

102
00:04:23,270 --> 00:04:18,160
station now you know you've just been

103
00:04:27,270 --> 00:04:25,270
yeah when you uh when you first arrive

104
00:04:29,270 --> 00:04:27,280
it takes a few days for your body to

105
00:04:31,030 --> 00:04:29,280
adjust you know the fluid shifts to your

106
00:04:32,469 --> 00:04:31,040
head your upper body because of the lack

107
00:04:33,990 --> 00:04:32,479
of gravity

108
00:04:36,070 --> 00:04:34,000
it just takes time for you to get used

109
00:04:37,670 --> 00:04:36,080
to the weightless environment

110
00:04:39,909 --> 00:04:37,680
probably one of the biggest adjustments

111
00:04:41,430 --> 00:04:39,919
is just finding everything you need to

112
00:04:42,950 --> 00:04:41,440
function on a daily basis you have to

113
00:04:44,950 --> 00:04:42,960

find your clothes your food your

114

00:04:46,629 --> 00:04:44,960

toothbrush and just get settled in how

115

00:04:49,030 --> 00:04:46,639

to log on to the computers and things

116

00:04:50,550 --> 00:04:49,040

like that so houston and the other

117

00:04:51,990 --> 00:04:50,560

mission control centers have given us

118

00:04:53,590 --> 00:04:52,000

extra time in the day just to get

119

00:04:55,430 --> 00:04:53,600

settled in just to get

120

00:04:56,950 --> 00:04:55,440

used to living up here and getting all

121

00:04:58,950 --> 00:04:56,960

our things organized

122

00:05:00,870 --> 00:04:58,960

but uh you know we're ready to start

123

00:05:02,469 --> 00:05:00,880

working i'm up here with koichi wakata

124

00:05:05,110 --> 00:05:02,479

also and we're ready to start working

125

00:05:06,790 --> 00:05:05,120

and we've already started doing uh some

126

00:05:08,390 --> 00:05:06,800

some experiments and things like that so

127

00:05:11,350 --> 00:05:08,400

it takes a few days but not very long to

128

00:05:13,350 --> 00:05:11,360

get settled in

129

00:05:15,189 --> 00:05:13,360

okay so how was the experiment or the

130

00:05:16,710 --> 00:05:15,199

experience with the olympic torch for

131

00:05:19,029 --> 00:05:16,720

either of you you know get bringing that

132

00:05:24,230 --> 00:05:19,039

on board and seeing that kind of go on

133

00:05:27,270 --> 00:05:25,909

yeah well you know a lot of times you

134

00:05:28,870 --> 00:05:27,280

hear people say they dream of being an

135

00:05:31,590 --> 00:05:28,880

astronaut and of course one of my dreams

136

00:05:33,430 --> 00:05:31,600

uh was to be in the olympics and so i

137

00:05:35,350 --> 00:05:33,440

didn't make that dream but uh getting to

138

00:05:37,749 --> 00:05:35,360

hold on to the torch for even just a

139

00:05:39,270 --> 00:05:37,759

short moment was was a great experience

140

00:05:42,469 --> 00:05:39,280

a memorable one that i'll certainly

141

00:05:47,110 --> 00:05:44,310

okay mike can you talk to me a little

142

00:05:49,029 --> 00:05:47,120

bit about train like an astronaut and

143

00:05:50,310 --> 00:05:49,039

some of the things that

144

00:05:53,830 --> 00:05:50,320

you've been involved in up there like

145

00:05:57,189 --> 00:05:55,189

yeah you bet

146

00:05:59,749 --> 00:05:57,199

it all really started i mean athletics

147

00:06:01,430 --> 00:05:59,759

and and fitness has been very important

148

00:06:02,950 --> 00:06:01,440

in my life

149

00:06:03,990 --> 00:06:02,960

going all the way back to when i was a

150

00:06:06,150 --> 00:06:04,000

little kid

151
00:06:08,390 --> 00:06:06,160
and i just thought this would be a great

152
00:06:10,550 --> 00:06:08,400
opportunity to emphasize how important

153
00:06:12,790 --> 00:06:10,560
that is in your life certainly it is for

154
00:06:14,790 --> 00:06:12,800
us up here in in space because in the

155
00:06:16,950 --> 00:06:14,800
microgravity environment our muscles get

156
00:06:18,390 --> 00:06:16,960
weaker and our bones get weaker and we

157
00:06:21,430 --> 00:06:18,400
need to try and counteract that and one

158
00:06:23,110 --> 00:06:21,440
way we do that is with exercise both

159
00:06:25,189 --> 00:06:23,120
weight lifting and riding bikes and

160
00:06:26,550 --> 00:06:25,199
running and but it's also important for

161
00:06:28,790 --> 00:06:26,560
people on the ground and so i just

162
00:06:30,390 --> 00:06:28,800
thought that this was an opportunity to

163
00:06:31,990 --> 00:06:30,400

not only get people excited about

164

00:06:35,270 --> 00:06:32,000

fitness but also give an opportunity to

165

00:06:36,870 --> 00:06:35,280

get excited about space

166

00:06:38,309 --> 00:06:36,880

that's cool and i've noticed you guys

167

00:06:40,469 --> 00:06:38,319

some of you have been tweeting and stuff

168

00:06:41,670 --> 00:06:40,479

like that um how has that experience

169

00:06:47,189 --> 00:06:41,680

been like you know obviously those

170

00:06:50,390 --> 00:06:49,350

yeah it's it's it's neat to to be able

171

00:06:51,589 --> 00:06:50,400

to share

172

00:06:53,029 --> 00:06:51,599

just a little bit of what we're

173

00:06:55,589 --> 00:06:53,039

experiencing up here and the views are

174

00:06:57,110 --> 00:06:55,599

absolutely stunning uh you know it's one

175

00:06:58,950 --> 00:06:57,120

of those things that you never quite get

176
00:07:00,629 --> 00:06:58,960
used to as looking down on the earth and

177
00:07:02,629 --> 00:07:00,639
all its glory from up here and so if you

178
00:07:04,070 --> 00:07:02,639
can just uh share a little bit of that

179
00:07:05,909 --> 00:07:04,080
with people around the world that's

180
00:07:09,189 --> 00:07:05,919
that's a that's a great experience it's

181
00:07:12,550 --> 00:07:11,270
that's great mike i've seen a few um of

182
00:07:13,990 --> 00:07:12,560
your interviews that you've done since

183
00:07:15,189 --> 00:07:14,000
being up there and i don't know if this

184
00:07:17,909 --> 00:07:15,199
is just your personality but you are

185
00:07:22,710 --> 00:07:17,919
always just smiling you must just love

186
00:07:27,589 --> 00:07:25,189
well yeah it's hard not to smile up here

187
00:07:29,270 --> 00:07:27,599
and it's it's fun to talk about this too

188
00:07:31,430 --> 00:07:29,280

because it is such a neat experience and

189

00:07:32,870 --> 00:07:31,440

it's something that uh boy you wish you

190

00:07:34,150 --> 00:07:32,880

could just share with everybody and

191

00:07:35,990 --> 00:07:34,160

everybody had the opportunity to

192

00:07:38,390 --> 00:07:36,000

experience this because

193

00:07:40,150 --> 00:07:38,400

i mean it is it is amazing uh being able

194

00:07:41,909 --> 00:07:40,160

to float around up here being able to do

195

00:07:43,270 --> 00:07:41,919

all the the exciting science that's

196

00:07:45,510 --> 00:07:43,280

going on

197

00:07:48,230 --> 00:07:45,520

to live here

198

00:07:52,869 --> 00:07:48,240

every moment of it is is fun is exciting

199

00:07:59,670 --> 00:07:54,550

okay well thank you so much for talking

200

00:08:05,670 --> 00:08:01,909

that was great talking to you and hello

201

00:08:05,680 --> 00:08:10,070

thank you