



1
00:00:03,750 --> 00:00:01,670
houston chronicle this is mission

2
00:00:05,110 --> 00:00:03,760
control houston please call station for

3
00:00:06,710 --> 00:00:05,120
a voice check

4
00:00:10,470 --> 00:00:06,720
station this is the houston chronicle

5
00:00:14,230 --> 00:00:12,230
hello houston chronicle space station

6
00:00:15,829 --> 00:00:14,240
hears you loud and clear

7
00:00:19,590 --> 00:00:15,839
that's great good morning guys how y'all

8
00:00:22,950 --> 00:00:21,590
hey uh good morning down there it's uh

9
00:00:23,990 --> 00:00:22,960
we're doing good up here it's been a

10
00:00:24,950 --> 00:00:24,000
great day

11
00:00:26,630 --> 00:00:24,960
great

12
00:00:28,150 --> 00:00:26,640
i wanted to ask you what it was like to

13
00:00:29,910 --> 00:00:28,160

conduct those two spacewalks right

14

00:00:34,790 --> 00:00:29,920

before christmas so were you guys happy

15

00:00:38,630 --> 00:00:36,630

well you know it was a very busy time

16

00:00:40,630 --> 00:00:38,640

after the failure occurred and we

17

00:00:42,790 --> 00:00:40,640

started preparing for those space walks

18

00:00:44,150 --> 00:00:42,800

we were very very busy so

19

00:00:47,029 --> 00:00:44,160

we really didn't have much time to

20

00:00:48,950 --> 00:00:47,039

celebrate the holidays but we were very

21

00:00:50,630 --> 00:00:48,960

happy to do these space walks they were

22

00:00:52,709 --> 00:00:50,640

very challenging very difficult to

23

00:00:55,029 --> 00:00:52,719

prepare for but of course they're also

24

00:00:57,189 --> 00:00:55,039

very exciting and and we enjoy doing

25

00:00:59,349 --> 00:00:57,199

doing them because we train so hard to

26

00:01:02,150 --> 00:00:59,359

prepare for them so we always like to

27

00:01:03,590 --> 00:01:02,160

execute what we train for

28

00:01:05,189 --> 00:01:03,600

so it did take a little bit away from

29

00:01:06,870 --> 00:01:05,199

our holidays but i think it was worth

30

00:01:08,469 --> 00:01:06,880

the trade

31

00:01:10,789 --> 00:01:08,479

were you still were you still able to

32

00:01:14,870 --> 00:01:10,799

celebrate uh christmas day with uh with

33

00:01:18,950 --> 00:01:17,030

uh yes yes we were actually it worked

34

00:01:20,710 --> 00:01:18,960

out fantastic in that regard uh you know

35

00:01:22,789 --> 00:01:20,720

we got everything done on christmas eve

36

00:01:24,310 --> 00:01:22,799

and on christmas day we were able to

37

00:01:25,990 --> 00:01:24,320

relax a little bit have a little bit of

38

00:01:28,149 --> 00:01:26,000

time off and and we did in fact

39

00:01:29,830 --> 00:01:28,159

celebrate uh here on station and and had

40

00:01:31,429 --> 00:01:29,840

the chance to call family and friends as

41

00:01:32,789 --> 00:01:31,439

well

42

00:01:34,630 --> 00:01:32,799

that that's great

43

00:01:36,149 --> 00:01:34,640

now i know that some of the science labs

44

00:01:37,749 --> 00:01:36,159

were taken offline when there was a

45

00:01:39,749 --> 00:01:37,759

cooling issue is everything back and

46

00:01:43,030 --> 00:01:39,759

running at full capacity in terms of

47

00:01:47,350 --> 00:01:45,190

yeah absolutely uh we are back at full

48

00:01:49,030 --> 00:01:47,360

capacity science is going uh strong in

49

00:01:51,030 --> 00:01:49,040

fact we've had a lot of science going on

50

00:01:53,350 --> 00:01:51,040

today and a lot came up with the cygnus

51
00:01:54,469 --> 00:01:53,360
vehicle that just uh docked on

52
00:01:58,870 --> 00:01:54,479
on sunday

53
00:02:00,149 --> 00:01:58,880
so yeah science is full go right now

54
00:02:02,149 --> 00:02:00,159
that's great to hear about how many

55
00:02:08,070 --> 00:02:02,159
hours do you guys get to spend say in a

56
00:02:12,550 --> 00:02:10,309
oh that's a difficult number to say you

57
00:02:14,470 --> 00:02:12,560
know the uh the nasa folks on the ground

58
00:02:16,949 --> 00:02:14,480
track it uh i think

59
00:02:19,350 --> 00:02:16,959
35 or 40 hours something like that but

60
00:02:20,869 --> 00:02:19,360
uh you know there's uh those that's a

61
00:02:22,470 --> 00:02:20,879
pure research number i think there's a

62
00:02:23,830 --> 00:02:22,480
little bit more time that we spend

63
00:02:25,430 --> 00:02:23,840

preparing uh for the different

64

00:02:28,550 --> 00:02:25,440

experiments and tearing them down so i'm

65

00:02:31,350 --> 00:02:28,560

not exactly how it's measured

66

00:02:33,270 --> 00:02:31,360

speaking of the uh the station itself um

67

00:02:35,430 --> 00:02:33,280

i know obviously it's fully completed

68

00:02:36,949 --> 00:02:35,440

but you know you're living up there now

69

00:02:38,390 --> 00:02:36,959

if you there could be one improvement on

70

00:02:40,390 --> 00:02:38,400

the station what would you like to see

71

00:02:41,589 --> 00:02:40,400

it would it be more space to to live and

72

00:02:44,790 --> 00:02:41,599

work

73

00:02:47,270 --> 00:02:44,800

more people better food

74

00:02:48,470 --> 00:02:47,280

a laundromat i mean what would uh

75

00:02:52,070 --> 00:02:48,480

what would be one thing that would

76

00:02:56,070 --> 00:02:54,309

yeah those are all good suggestions i

77

00:02:58,309 --> 00:02:56,080

would say the best way to improve the

78

00:03:00,390 --> 00:02:58,319

space station would be to have a have

79

00:03:02,630 --> 00:03:00,400

more manned vehicles flying back and

80

00:03:04,149 --> 00:03:02,640

forth between the station that would

81

00:03:05,990 --> 00:03:04,159

bring about the most improvements i

82

00:03:10,470 --> 00:03:06,000

guess after that it would be uh probably

83

00:03:12,470 --> 00:03:10,480

uh uh the food and maybe a shower

84

00:03:13,670 --> 00:03:12,480

why why would more man why would more

85

00:03:15,350 --> 00:03:13,680

vehicles help just to have some

86

00:03:16,949 --> 00:03:15,360

redundancy in the system or you could

87

00:03:19,589 --> 00:03:16,959

get people up and down more frequently

88

00:03:21,350 --> 00:03:19,599

or what

89

00:03:23,990 --> 00:03:21,360

i think all of the above yeah you could

90

00:03:25,589 --> 00:03:24,000

be bringing more folks up and down you'd

91

00:03:27,670 --> 00:03:25,599

have more opportunities to take science

92

00:03:28,789 --> 00:03:27,680

back down too i mean we we collect a lot

93

00:03:34,390 --> 00:03:28,799

of

94

00:03:35,350 --> 00:03:34,400

experiments they they get stored until

95

00:03:36,789 --> 00:03:35,360

there's an opportunity to bring them

96

00:03:39,910 --> 00:03:36,799

down to the ground so again if you had

97

00:03:41,270 --> 00:03:39,920

those more frequent manned trips up here

98

00:03:44,869 --> 00:03:41,280

you'd have a lot of opportunities to

99

00:03:46,390 --> 00:03:44,879

bring science back down as well i see

100

00:03:48,229 --> 00:03:46,400

now you guys do a lot of these you talk

101
00:03:51,030 --> 00:03:48,239
to the media you talk to kids you talk

102
00:03:52,710 --> 00:03:51,040
to dignitaries what's one question that

103
00:03:59,589 --> 00:03:52,720
you guys wish people would ask but they

104
00:04:03,589 --> 00:04:01,190
i don't know we've we've heard quite a

105
00:04:05,270 --> 00:04:03,599
few of them um i did have one question

106
00:04:07,350 --> 00:04:05,280
that was asked to me and i've only heard

107
00:04:09,589 --> 00:04:07,360
it once and i really liked it and it was

108
00:04:11,589 --> 00:04:09,599
uh tell us one thing about the space

109
00:04:13,030 --> 00:04:11,599
station that you wouldn't know about it

110
00:04:14,309 --> 00:04:13,040
unless you've actually been there and i

111
00:04:15,990 --> 00:04:14,319
thought that was just an absolutely

112
00:04:21,270 --> 00:04:16,000
fantastic question

113
00:04:25,430 --> 00:04:22,629

i thought you were going to ask me that

114

00:04:26,870 --> 00:04:25,440

so uh the the answer i i felt like was

115

00:04:28,950 --> 00:04:26,880

when when you first get up here and you

116

00:04:31,030 --> 00:04:28,960

start to live on station

117

00:04:33,590 --> 00:04:31,040

you realize what what an absolutely

118

00:04:35,749 --> 00:04:33,600

fantastic machine it is and and actually

119

00:04:38,310 --> 00:04:35,759

it has a sense of of almost as if it's

120

00:04:40,629 --> 00:04:38,320

alive there's always something happening

121

00:04:42,310 --> 00:04:40,639

it's it's constantly going 24 hours a

122

00:04:44,710 --> 00:04:42,320

day even when we're resting you can

123

00:04:46,390 --> 00:04:44,720

still hear the station as it does all

124

00:04:48,550 --> 00:04:46,400

the life support systems and everything

125

00:04:49,909 --> 00:04:48,560

just keep working and so you kind of get

126
00:04:51,670 --> 00:04:49,919
that sense of the heartbeat of the

127
00:04:53,110 --> 00:04:51,680
station and and that i don't think you

128
00:04:53,909 --> 00:04:53,120
can really appreciate unless you've been

129
00:04:55,189 --> 00:04:53,919
here

130
00:04:57,670 --> 00:04:55,199
i see

131
00:04:59,909 --> 00:04:57,680
now mike i wanted to ask you um how are

132
00:05:01,590 --> 00:04:59,919
your workouts going in space what are

133
00:05:04,310 --> 00:05:01,600
you able to do up there what are you not

134
00:05:05,670 --> 00:05:04,320
able to do and what do you miss

135
00:05:08,629 --> 00:05:05,680
in terms of being able to work out here

136
00:05:13,270 --> 00:05:10,790
yeah actually the the workouts up here

137
00:05:15,670 --> 00:05:13,280
are very very very good i'm very pleased

138
00:05:17,510 --> 00:05:15,680

with what we're able to do up here um if

139

00:05:19,510 --> 00:05:17,520

i missed anything it would be just being

140

00:05:21,350 --> 00:05:19,520

able to go for a long run outside and

141

00:05:23,350 --> 00:05:21,360

and have a little bit of the change of

142

00:05:24,950 --> 00:05:23,360

scenery as opposed to just running on a

143

00:05:26,390 --> 00:05:24,960

treadmill but uh we've got the weight

144

00:05:27,830 --> 00:05:26,400

machine up here and we're able to do

145

00:05:29,990 --> 00:05:27,840

just about everything that we can do

146

00:05:31,909 --> 00:05:30,000

down on earth in terms of squats and and

147

00:05:33,990 --> 00:05:31,919

deadlifts and bench press so a lot of

148

00:05:35,830 --> 00:05:34,000

that core lifting a lot a lot of those

149

00:05:38,469 --> 00:05:35,840

type of activities we're able to do the

150

00:05:40,790 --> 00:05:38,479

uh the exercise bike and the the t2

151

00:05:42,550 --> 00:05:40,800

which is our which is our treadmill uh

152

00:05:44,550 --> 00:05:42,560

both of those are absolutely fantastic

153

00:05:46,469 --> 00:05:44,560

for the cardio side of things as well so

154

00:05:48,230 --> 00:05:46,479

uh very pleased with the workouts and we

155

00:05:51,029 --> 00:05:48,240

do about an hour and a half to two hours

156

00:05:52,469 --> 00:05:51,039

a day so we spend a lot of time on them

157

00:05:54,870 --> 00:05:52,479

you're obviously well in tune with your

158

00:05:56,790 --> 00:05:54,880

body i mean you know just just from that

159

00:05:59,749 --> 00:05:56,800

standpoint and not from

160

00:06:01,990 --> 00:05:59,759

metrics or measurements do you feel like

161

00:06:04,790 --> 00:06:02,000

in terms of your ability to lift weights

162

00:06:06,469 --> 00:06:04,800

you're losing muscle mass or do you feel

163

00:06:08,870 --> 00:06:06,479

like you're you're able to maintain it

164

00:06:11,990 --> 00:06:08,880

how does it feel when you sort of test

165

00:06:15,189 --> 00:06:14,150

yeah actually i feel i feel fantastic i

166

00:06:17,510 --> 00:06:15,199

feel like i'm probably in some of the

167

00:06:19,189 --> 00:06:17,520

best shape i've ever been because

168

00:06:21,749 --> 00:06:19,199

on the earth i don't have the

169

00:06:23,909 --> 00:06:21,759

opportunity on my schedule guaranteed

170

00:06:25,909 --> 00:06:23,919

two hours every day to to work out so

171

00:06:28,390 --> 00:06:25,919

i've been very pleased with that

172

00:06:30,309 --> 00:06:28,400

and and so i do feel uh pretty good

173

00:06:32,070 --> 00:06:30,319

about where i stand on my weight lifting

174

00:06:34,469 --> 00:06:32,080

where i stand uh with being able to run

175

00:06:37,189 --> 00:06:34,479

and ride the bike as well i think

176

00:06:38,550 --> 00:06:37,199

i think it's it's a great system up here

177

00:06:40,309 --> 00:06:38,560

well it's too bad you guys aren't down

178

00:06:41,830 --> 00:06:40,319

here this week obviously we don't have a

179

00:06:44,230 --> 00:06:41,840

great view but the weather the weather

180

00:06:45,670 --> 00:06:44,240

here in houston has been been fantastic

181

00:06:48,710 --> 00:06:45,680

you're missing out some good months to

182

00:06:50,550 --> 00:06:48,720

be out to be working out outside

183

00:06:51,909 --> 00:06:50,560

um

184

00:06:53,510 --> 00:06:51,919

here's a question i got from reader that

185

00:06:55,270 --> 00:06:53,520

i thought was interesting if you had to

186

00:06:56,550 --> 00:06:55,280

choose a partner in case of an emergency

187

00:07:03,350 --> 00:06:56,560

up there would you rather have george

188

00:07:08,469 --> 00:07:07,189

well i guess it depends on the emergency

189

00:07:09,909 --> 00:07:08,479

but uh

190

00:07:12,070 --> 00:07:09,919

not really knowing either one of their

191

00:07:14,070 --> 00:07:12,080

skills uh we'd have to lean towards

192

00:07:15,830 --> 00:07:14,080

sandra bullock

193

00:07:17,909 --> 00:07:15,840

very good see you guys have been on

194

00:07:19,990 --> 00:07:17,919

station for a few months now as as you

195

00:07:22,870 --> 00:07:20,000

sort of look to your ultimate goal as

196

00:07:24,950 --> 00:07:22,880

astronauts or career missions um

197

00:07:27,350 --> 00:07:24,960

you know is this it or do you guys look

198

00:07:28,629 --> 00:07:27,360

to what nasa is planning 5 10 or 15

199

00:07:31,029 --> 00:07:28,639

years down the road and hope to be

200

00:07:34,790 --> 00:07:31,039

involved in you know some deep space

201

00:07:37,589 --> 00:07:36,230

okay well this is rick i'll try to

202

00:07:39,830 --> 00:07:37,599

answer first and then we'll let mike

203

00:07:43,990 --> 00:07:39,840

answer you know i've been doing this for

204

00:07:46,230 --> 00:07:44,000

i don't know 15 years 16 years or so uh

205

00:07:48,469 --> 00:07:46,240

so it's been a while and this is my

206

00:07:50,309 --> 00:07:48,479

fourth mission i do hope to get involved

207

00:07:52,150 --> 00:07:50,319

after this mission's over get involved

208

00:07:53,510 --> 00:07:52,160

with future spacecraft like orion or

209

00:07:55,510 --> 00:07:53,520

some of these commercial vehicles in

210

00:07:58,469 --> 00:07:55,520

some way either to help design them and

211

00:08:00,070 --> 00:07:58,479

even maybe to fly them if i'm able to so

212

00:08:01,270 --> 00:08:00,080

we'll have to just wait and see but i'm

213

00:08:04,550 --> 00:08:01,280

interested in hearing what mike has to

214

00:08:09,350 --> 00:08:06,629

yeah actually i'm having the time of my

215

00:08:10,869 --> 00:08:09,360

life this is absolutely fantastic

216

00:08:12,550 --> 00:08:10,879

it's it's everything i would hoped it

217

00:08:14,950 --> 00:08:12,560

would be and so i would love to be able

218

00:08:16,869 --> 00:08:14,960

to fly again i feel very blessed to have

219

00:08:18,070 --> 00:08:16,879

this opportunity to fly

220

00:08:19,909 --> 00:08:18,080

but of course we're going to wait and

221

00:08:21,830 --> 00:08:19,919

see there's a lot of other people that

222

00:08:24,790 --> 00:08:21,840

are in line to to get up here as well

223

00:08:27,430 --> 00:08:24,800

and to fly any future vehicles so

224

00:08:29,430 --> 00:08:27,440

if i get that opportunity i'll certainly

225

00:08:31,110 --> 00:08:29,440

seize on it but if it doesn't happen as

226

00:08:32,949 --> 00:08:31,120

well i'm very pleased with with the

227

00:08:34,469 --> 00:08:32,959

opportunity i have had

228

00:08:35,909 --> 00:08:34,479

well guys uh

229

00:08:37,990 --> 00:08:35,919

we all watched you did the great work

230

00:08:39,909 --> 00:08:38,000

over the holidays and and appreciate you

231

00:08:43,350 --> 00:08:39,919

doing it so uh and thank you for the

232

00:08:49,269 --> 00:08:44,710

yeah thank you very much it was great

233

00:08:52,870 --> 00:08:51,110

station this is houston acr that

234

00:08:55,430 --> 00:08:52,880

concludes the houston chronicle portion

235

00:08:58,389 --> 00:08:55,440

of the event please stand by for a voice

236

00:09:01,350 --> 00:08:58,399

check from sirius xm radios politics of

237

00:09:05,030 --> 00:09:02,790

we have a window of opportunity we

238

00:09:05,990 --> 00:09:05,040

wanted to take advantage of it and we

239

00:09:07,350 --> 00:09:06,000

are going to take you aboard the

240

00:09:09,350 --> 00:09:07,360

international space station it's

241

00:09:12,630 --> 00:09:09,360

expedition 38 flight engineers michael

242

00:09:14,630 --> 00:09:12,640

hopkins and rick mastracchio of nasa are

243

00:09:16,470 --> 00:09:14,640

joining us here on potus so yes you are

244

00:09:18,710 --> 00:09:16,480

talking to people who are

245

00:09:21,030 --> 00:09:18,720

up there if you will gentlemen thank you

246

00:09:24,070 --> 00:09:21,040

for uh being with us today and let me

247

00:09:25,990 --> 00:09:24,080

start with you michael hopkins uh what's

248

00:09:27,829 --> 00:09:26,000

it like first of all and how's your

249

00:09:28,949 --> 00:09:27,839

how's your mission going and tell us a

250

00:09:32,070 --> 00:09:28,959

little bit about what you're doing right

251

00:09:35,590 --> 00:09:34,150

yeah well thanks for having us and

252

00:09:38,150 --> 00:09:35,600

everything is going really well we're

253

00:09:40,470 --> 00:09:38,160

very excited about the opportunity to be

254

00:09:42,630 --> 00:09:40,480

up here of course and we've had a few

255

00:09:44,150 --> 00:09:42,640

exciting events in the mission so far of

256

00:09:47,190 --> 00:09:44,160

course we had a couple of evas in

257

00:09:49,750 --> 00:09:47,200

december and then we just recently had

258

00:09:51,910 --> 00:09:49,760

the arrival of the orbital one vehicle

259

00:09:53,350 --> 00:09:51,920

the gordon fullerton vehicle which

260

00:09:55,110 --> 00:09:53,360

brought a bunch of new science and

261

00:09:57,910 --> 00:09:55,120

supplies up so that was also very

262

00:10:00,470 --> 00:09:57,920

exciting so it's been very busy um here

263

00:10:03,509 --> 00:10:00,480

in the last couple months in particular

264

00:10:05,190 --> 00:10:03,519

and uh and our daily routine now is as

265

00:10:07,030 --> 00:10:05,200

we keep maintaining the station and

266

00:10:08,230 --> 00:10:07,040

we're doing a lot of science

267

00:10:09,750 --> 00:10:08,240

uh thank you i should have called you a

268

00:10:11,910 --> 00:10:09,760

colonel of course and i appreciate you

269

00:10:13,829 --> 00:10:11,920

joining us rick mastracchio uh this is i

270

00:10:15,990 --> 00:10:13,839

guess the fourth in outer space for you

271

00:10:17,990 --> 00:10:16,000

is that right and and does it ever

272

00:10:20,870 --> 00:10:18,000

change is the excitement still there for

273

00:10:24,550 --> 00:10:22,790

yeah this is my fourth mission up here

274

00:10:26,630 --> 00:10:24,560

but the first three were only two week

275

00:10:28,150 --> 00:10:26,640

missions on board the space shuttle so

276

00:10:29,590 --> 00:10:28,160

this time i'm actually living up here on

277

00:10:30,630 --> 00:10:29,600

the space station so it's quite a bit

278

00:10:32,949 --> 00:10:30,640

different

279

00:10:34,310 --> 00:10:32,959

and but i'm it's still very exciting for

280

00:10:39,350 --> 00:10:34,320

me

281

00:10:40,710 --> 00:10:39,360

got to ask you have either one of you

282

00:10:45,110 --> 00:10:40,720

and i'll ask you first rick have either

283

00:10:49,269 --> 00:10:47,350

uh yeah mike has not seen it but uh just

284

00:10:50,790 --> 00:10:49,279

before i launched in november i think it

285

00:10:52,790 --> 00:10:50,800

was sometime in october we were in

286

00:10:55,670 --> 00:10:52,800

moscow we went to a moscow theater and

287

00:10:59,590 --> 00:10:55,680

did watch the movie gravity

288

00:11:04,310 --> 00:11:01,670

well i'd have to say it was very

289

00:11:05,670 --> 00:11:04,320

entertaining it uh didn't always uh obey

290

00:11:07,829 --> 00:11:05,680

the laws of physics but it was

291

00:11:08,949 --> 00:11:07,839

absolutely uh entertaining movie and i

292

00:11:10,710 --> 00:11:08,959

enjoyed it

293

00:11:12,389 --> 00:11:10,720

i appreciate the the comment on that

294

00:11:13,990 --> 00:11:12,399

let's go back to you colonel hopkins

295

00:11:15,350 --> 00:11:14,000

once again we are talking live on the

296

00:11:17,670 --> 00:11:15,360

international space station here on

297

00:11:19,430 --> 00:11:17,680

potus and i'm wondering give us a sense

298

00:11:22,630 --> 00:11:19,440

of when you're out in and you've had to

299

00:11:23,910 --> 00:11:22,640

do some some missions outside of the uh

300

00:11:25,670 --> 00:11:23,920

space station

301

00:11:27,350 --> 00:11:25,680

and just i don't know if there's a way

302

00:11:29,030 --> 00:11:27,360

to put into words but for those of us

303

00:11:32,710 --> 00:11:29,040

who've never had that experience how can

304

00:11:36,630 --> 00:11:34,949

yeah i think uh one of the easiest ways

305

00:11:38,069 --> 00:11:36,640

to relate is the most intense thing i've

306

00:11:39,750 --> 00:11:38,079

i've ever done

307

00:11:41,750 --> 00:11:39,760

you're very excited but you're also very

308

00:11:43,269 --> 00:11:41,760

focused while you're doing it because

309

00:11:45,350 --> 00:11:43,279

obviously there's risks while you're out

310

00:11:47,269 --> 00:11:45,360

there you've got these incredible views

311

00:11:49,509 --> 00:11:47,279

of the planet that are unobstructed by

312

00:11:50,949 --> 00:11:49,519

any windows or anything like that

313

00:11:52,949 --> 00:11:50,959

so it's just breathtaking but at the

314

00:11:54,790 --> 00:11:52,959

same time you're constantly having to

315

00:11:56,150 --> 00:11:54,800

think about what you're doing

316

00:11:58,069 --> 00:11:56,160

making sure that you've got all your

317

00:11:59,829 --> 00:11:58,079

tools attached to you or attached to

318

00:12:02,550 --> 00:11:59,839

station that you're attached to station

319

00:12:04,710 --> 00:12:02,560

and so you constantly have that on your

320

00:12:06,710 --> 00:12:04,720

mind as well and so it's it's just an

321

00:12:08,310 --> 00:12:06,720

extremely intense time

322

00:12:10,710 --> 00:12:08,320

but it's also a very rewarding and very

323

00:12:12,310 --> 00:12:10,720

exciting time and i know that rick

324

00:12:15,030 --> 00:12:12,320

you're really a scientist can you give

325

00:12:16,550 --> 00:12:15,040

us a sense of how different it is uh

326

00:12:18,150 --> 00:12:16,560

doing things that are you know

327

00:12:21,190 --> 00:12:18,160

scientific either experiments or

328

00:12:23,430 --> 00:12:21,200

procedures in in outer space in a zero

329

00:12:24,949 --> 00:12:23,440

gravity and especially outside the the

330

00:12:26,710 --> 00:12:24,959

of the craft when it comes to you know

331

00:12:29,030 --> 00:12:26,720

the fact that you're working obviously

332

00:12:33,430 --> 00:12:29,040

in a vacuum just what's the nature of

333

00:12:35,750 --> 00:12:34,470

well there's a lot of different ways to

334

00:12:38,150 --> 00:12:35,760

answer that question first of all you

335

00:12:39,750 --> 00:12:38,160

know being up here in a in a micro g or

336

00:12:41,030 --> 00:12:39,760

a zero gravity environment if you will

337

00:12:42,949 --> 00:12:41,040

things are quite a bit different some of

338

00:12:44,550 --> 00:12:42,959

the things that are very hard on the

339

00:12:46,710 --> 00:12:44,560

planet earth you know lifting up at 800

340

00:12:48,389 --> 00:12:46,720

pound uh mass on the on the on the

341

00:12:50,470 --> 00:12:48,399

planet earth is obviously very difficult

342

00:12:51,910 --> 00:12:50,480

up here we could do that with one hand

343

00:12:53,990 --> 00:12:51,920

but then the simple things up here are

344

00:12:55,430 --> 00:12:54,000

very difficult like mike said just using

345

00:12:56,790 --> 00:12:55,440

a tool and you want to put that tool

346

00:12:59,030 --> 00:12:56,800

down somewhere you can't you have to

347

00:13:01,269 --> 00:12:59,040

attach it with a tether or you have to

348

00:13:02,710 --> 00:13:01,279

velcro it someplace so the little things

349

00:13:04,710 --> 00:13:02,720

become hard but the some of the

350

00:13:06,389 --> 00:13:04,720

impossible things become easy up here so

351

00:13:08,230 --> 00:13:06,399

it's it's kind of interesting how that

352

00:13:09,990 --> 00:13:08,240

works rick i know you're the first to

353

00:13:11,190 --> 00:13:10,000

come home uh you will be and i'm

354

00:13:15,350 --> 00:13:11,200

wondering what's the first thing you

355

00:13:18,150 --> 00:13:16,710

actually mike will be landing about

356

00:13:20,389 --> 00:13:18,160

eight weeks before me but the first

357

00:13:22,230 --> 00:13:20,399

thing of course i want to do is to see

358

00:13:22,949 --> 00:13:22,240

my family second thing of course will be

359

00:13:25,030 --> 00:13:22,959

to

360

00:13:28,069 --> 00:13:25,040

eat just about every food that i haven't

361

00:13:31,910 --> 00:13:30,550

and i'm sorry i mixed it up i thought

362

00:13:33,350 --> 00:13:31,920

colonel hopkins you're you're obviously

363

00:13:34,790 --> 00:13:33,360

coming back first but you'll be back i

364

00:13:38,389 --> 00:13:34,800

guess you're gonna be back in time for

365

00:13:41,910 --> 00:13:39,910

no actually i'll be up here for the

366

00:13:43,670 --> 00:13:41,920

olympics and then right after that uh

367

00:13:45,430 --> 00:13:43,680

early march the second week of march is

368

00:13:47,269 --> 00:13:45,440

when uh we're returning so only eight

369

00:13:48,629 --> 00:13:47,279

weeks to go and it's it's incredible how

370

00:13:50,470 --> 00:13:48,639

fast it's gone

371

00:13:52,550 --> 00:13:50,480

is that uh so i'm getting all my facts

372

00:13:55,110 --> 00:13:52,560

wrong so don't mind me if if at all if i

373

00:13:56,949 --> 00:13:55,120

just just just i'm i'm being crazy

374

00:13:58,310 --> 00:13:56,959

here but i would like to know though uh

375

00:13:59,910 --> 00:13:58,320

when it comes to the olympics obviously

376

00:14:01,670 --> 00:13:59,920

this is a joint project the united

377

00:14:03,670 --> 00:14:01,680

states and russia and i'm wondering if

378

00:14:08,069 --> 00:14:03,680

there's any kind of discussion anything

379

00:14:11,189 --> 00:14:09,509

yeah actually you know it's more than

380

00:14:12,870 --> 00:14:11,199

just uh it's more than just russia in

381

00:14:14,550 --> 00:14:12,880

the us we also have our european

382

00:14:16,790 --> 00:14:14,560

partners our canadian partners and our

383

00:14:18,230 --> 00:14:16,800

japanese partners and it's uh there's a

384

00:14:19,350 --> 00:14:18,240

lot of similarities between what's

385

00:14:20,870 --> 00:14:19,360

happening here on the international

386

00:14:22,150 --> 00:14:20,880

space station and the olympics it's a

387

00:14:24,150 --> 00:14:22,160

great opportunity and it really shows

388

00:14:26,629 --> 00:14:24,160

the world what can happen when uh you

389

00:14:28,949 --> 00:14:26,639

have such international cooperation uh

390

00:14:31,269 --> 00:14:28,959

in terms of rivalry well i think

391

00:14:33,030 --> 00:14:31,279

certainly if uh if the hockey teams

392

00:14:35,750 --> 00:14:33,040

should uh meet up there's there's going

393

00:14:37,750 --> 00:14:35,760

to be uh maybe a little side bet on that

394

00:14:39,110 --> 00:14:37,760

well as rick mentioned too maybe if you

395

00:14:40,310 --> 00:14:39,120

could lift the 800 pound weights from

396

00:14:41,350 --> 00:14:40,320

outer space that would help you out if

397

00:14:42,470 --> 00:14:41,360

you guys were able to compete but i

398

00:14:45,350 --> 00:14:42,480

don't think they're going to allow that

399

00:14:46,710 --> 00:14:45,360

so rick mastracchio and michael hopkins

400

00:14:48,389 --> 00:14:46,720

colonel michael hopkins colonel from the

401

00:14:50,389 --> 00:14:48,399

us air force i appreciate you spending

402

00:14:53,750 --> 00:14:50,399

time with us best of luck and godspeed

403

00:14:58,710 --> 00:14:56,710

thank you very much we appreciate it

404

00:15:00,470 --> 00:14:58,720

all right an opportunity to catch up

405

00:15:02,150 --> 00:15:00,480

return