

# MAY 5TH



# SCHEDULE

May 5th was selected for this significant date in history in 1961 when Astronaut Alan Bartlett Shepard Jr. became the First American in Space, aboard the *Freedom 7* Space capsule. The brief suborbital flight, which lasted approximately 15 minutes and reached a height of 116 miles into the atmosphere, was a milestone achievement. This trailblazing example of heroic bravery and adventurous spirit is this essence of what National Astronaut Day is all about.

## WHY DO WE BELIEVE IN ASTRONAUTS ?

The incredible experience of traveling through space is something we all dream about at one time in our life. For a very select few, this dream has become a reality. The path for every Astronaut is different, but the things they all have in common is that they are all leaders in their chosen fields, are all pioneers of space and heroic trailblazers of the unknown and they share a common belief that their individual experience and knowledge as an Astronaut can help make the world a better place for ALL.

Please join us as we celebrate these amazing individuals, their unique experiences, and ultimately, to help spread the message that... no matter what our journey in life we are ALL Astronauts.



## THANK YOU & ENJOY!

9:34AM

(EDT)

## Astronaut Alan Shepard Historic Launch

[The Astronaut Channel YouTube](#)



May 5, 1961; Shepard's Freedom 7 Mercury capsule lifted off at 9:34 a.m. from Launch Complex 5 at Cape Canaveral Air Force Station, and flew a suborbital trajectory lasting 15 minutes and 22 seconds. He became the first American to fly into space.

[\(The Astronaut Channel YouTube\)](#)

10:00AM

(EDT)

## Astronaut Al Worden Tribute Video

[The Astronaut Channel YouTube](#)

This special tribute video, in honor of Astronaut Alfred "Al" Worden, features a touching tribute of Astronaut readings of his poem *Oceans*.

[\(The Astronaut Channel YouTube\)](#)



10:30AM

(EDT)

## Astronaut Wendy Lawrence

The Astronaut Channel YouTube



COLLABORATION: Celebrating STS-86, the Story of "Too Tall & Too Small" & Missions to Mir  
Join Astronaut Wendy Lawrence for the public premiere, first-hand Astronaut perspective and "behind the scenes" discussion of the STS-86 launch (9/25/1997) and the flight's Mission to the Russian Space Station Mir. This special virtual event will highlight the importance of collaboration as a critical part of any crew's success, as told through the EVA suit story of "Too Tall & Too Small".  
(The Astronaut Channel YouTube)

11:00AM

(EDT)

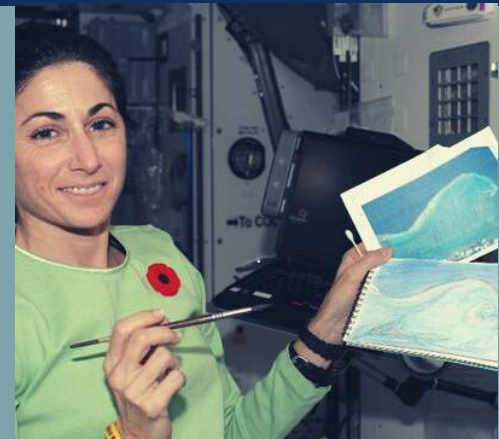
## Astronaut Nicole Stott & Emmanuel Jal

The Astronaut Channel YouTube

CREATIVITY & IMAGINATION:

Tune in to the A Little Spacey Podcast for an inspiring conversation with Astronaut Nicole Stott, and recording artist and activist Emmanuel Jal, about creativity, the importance of imagination and giving back to others as part of any journey.

(The Astronaut Channel YouTube)



12:00PM

(EDT)

## Astronaut Jack Fischer & Cedric Yarbrough

Instagram LIVE: [@astro2fish](#) & [@cedricyarbrough](#)



DEP. JONES

LEVITY & POV:

Join Astronaut Jack Fischer, and Actor Cedric Yarbrough, for an "off the cuff" Instagram LIVE conversation about the importance of levity (and humor) in both their worlds, and how a little change in POV can be a really big thing.

([Jack Fischer Insta](#) | [Cedric Yarbrough Insta](#))

12:30PM

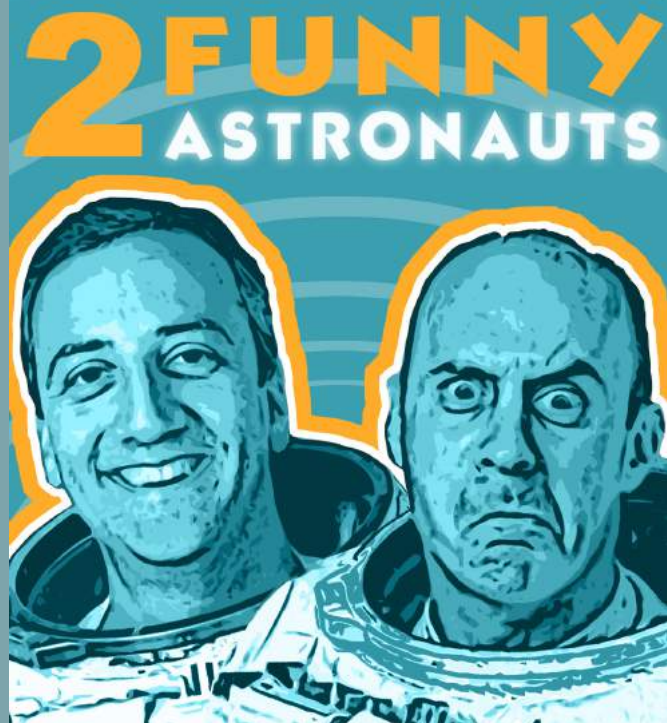
(EDT)

## Astronauts Garrett Reisman & Mike Massimino

Instagram LIVE TAKEOVER: [@TOPSIFY](#)

Join Astronauts Garrett Reisman & Mike Massimino for their Instagram LIVE takeover on Topsify, to celebrate the launch of their new podcast "Two Funny Astronauts" and the Topsify playlist "Astronaut Songs" launching on National Astronaut Day. They will also be doing a LIVE Q&A "on the fly", so don't miss your chance to come along for the ride!

([Topsify Instagram](#))



1:00PM

(EDT)

## Astronaut Dottie Metcalf-Lindenburger

The Astronaut Channel YouTube



Join Astronaut Dottie Metcalf-Lindenburger for the kid-friendly, public premiere, virtual event about Astronaut outfits and more. Astronaut costumes and imagination encouraged.



(The Astronaut Channel YouTube)

2:00PM

(EDT)

## Astronaut Dottie Metcalf-Lindenburger & Glen Phillips

The Astronaut Channel YouTube

### EDUCATION & EARTH:

Tune in to the A Little Spacey Podcast for an uplifting conversation with Astronaut Dottie Metcalf-Lindenburger, and musician/songwriter Glen Phillips (of Toad the Wet Sprocket), about the importance of education, protecting our Earth, and reveals about how Astronauts and Musicians have more in common than you (or they) may think.

(The Astronaut Channel YouTube)



2:30PM  
(EDT)

## Astronaut Clayton "AstroClay" Anderson

The Astronaut Channel YouTube



THE NEED TO READ: LETTERS FROM SPACE (KIDS EVENT)  
Join AstroClay for the public premiere and fun celebration and reading from his Children's Book "Letters From Space". This family-friendly "kids" virtual event is sure to entertain, educate, and inspire, and will encourage all to learn more about the importance of communication and keeping in touch with the important people in your life. (The Astronaut Channel YouTube)

3:00PM  
(EDT)

## GLEN PHILLIPS (of Toad the Wet Sprocket)

Glen Phillips Facebook Page

Tune in for a special LIVE music performance from Glen Phillips, as part of his weekly Facebook Live Music Series. Glen's solo EP Secrets of the New Explorers will be re-released on May 5th across all streaming platforms. In support of National Math & Science Initiative. (Glen Phillips Facebook Page)



3:00PM  
(EDT)

## Astronaut John "Danny" Olivas & TONIC

The Astronaut Channel YouTube



Tune in to the mind-blowing conversation between Astronaut Danny Olivas and Emerson, Jeff, and Dan of TONIC. In celebration of National Astronaut Day on May 5, the guys discuss everything from the vastness of the universe and the theory of relativity, to the pronouns of their favorite machines. Have a look, as well, at the new video celebrating 60 years of space travel and 25 years since the release of the debut TONIC album, *Lemon Parade*. ([The Astronaut Channel YouTube](#))

4:00PM  
(EDT)

TONIC

Tonic YouTube Channel



Don't miss the epic Astronaut & Space inspired music video world premiere of *If You Could Only See (25th Anniversary)* from the GRAMMY® Award-nominated multi-platinum trio TONIC, released specially for National Astronaut Day and to celebrate the 60th Anniversary of Human Space Exploration.

(Tonic YouTube Channel)

4:15PM  
(EDT)

## Astronaut Steve Smith & Olympian Casey Patterson

The Astronaut Channel YouTube



TEAMWORK AND PERSEVERANCE:  
Don't miss this inspirational conversation with Astronaut Steve Smith and Olympic Beach Volleyball player Casey Patterson as they discuss teamwork and perseverance in their respective careers. From leadership and family to nutrition and that 'first-time' feeling when they made it to the top, these two share a lot in common.  
(The Astronaut Channel YouTube)



4:30PM  
(EDT)

## Astronaut Steve Smith

The Astronaut Channel YouTube

TEAMWORK & COACHING: An Astronaut's Guide to Coaching at 17500 MPH  
Strong leadership is a cornerstone of the human space program where individuals and teams must operate effectively in a complex, dynamic, and dangerous environment. Astronaut Steve Smith will describe the parallels between his experience as a coach, elite champion athlete, and member of the Positive Coaching Alliance with those experiences as a veteran Astronaut and Spacewalker. (Public Premiere)  
(The Astronaut Channel YouTube)



5:00PM  
(EDT)

## Astronaut Leroy Chiao & Darryl "DMC" McDaniels

The Astronaut Channel YouTube



RESILIENCE & CULTURE:  
Tune into the A Little Spacey Podcast for a revealing conversation with Astronaut Leroy Chiao, and music icon Darryl "DMC" McDaniels about the importance of resilience in pursuing your dreams, honoring "where you came from" and surprising similarities about the challenges they both experienced on their journey to today.  
(The Astronaut Channel YouTube)



6:00PM

(EDT)

## Astronaut John "Danny" Olivas

The Astronaut Channel YouTube

Join Astronaut John "Danny" Olivas, and special guests, for the public premiere of; DIVERSITY: Embracing Our Past to Launch into the Future. The discussion will focus on the power of diversity, equity, and inclusion as the building blocks of our nation's space program and the foundation of our country.

(The Astronaut Channel YouTube)



7:00PM

(EDT)

## Astronaut Clayton "AstroClay" Anderson

AstroClay YouTube



Join "Astro Clay"® (The Ordinary Spaceman™ ) for a family-friendly bedtime story reading event of his award-winning children's book - Letters from Space. PJ's, stuffed animals, a glass of warm milk, and cozy blankets encouraged!

(Astro Clay YouTube Channel)

ANYTIME

## Reading Is Fundamental - Read a Book

Astronauts & Space Collection

In honor of National Astronaut Day, explore the outer limits and learn about the individuals that make Space travel possible with this collection of non-fiction and fiction in the Reading Is Fundamental (RIF) Astronauts & Space Collection.

**Reading**  
**Is Fundamental**

9:00PM  
(EDT)

BLKBOK - LIVE FROM LAS VEGAS

BLKBOK YOUTUBE CHANNEL



LIVE from Las Vegas, please join us for the debut of icons+giants/WMG recording artist piano prodigy, BLKBOK! BLKBOK will join us in celebration of National Astronaut Day with a performance of not only his neo-classical, hip hop inspired expressions, but also new pieces close to his heart. Please check out BLKBOK's classical remix of Saweetie ft. Doja Cat "Best Friend" [HERE](#) & Cardi B "Up" [HERE](#), both off the soon-to-be released CVRART mixtape.

Includes a very special introduction from Commander [Michael López-Alegría](#).

(BLKBOK YOUTUBE CHANNEL)



WE ARE GRATEFUL TO ALL FOR DONATING THEIR VALUABLE TIME AND PRICELESS TALENTS TO MAKE NATIONAL ASTRONAUT DAY COME ALIVE, AND BE ACCESSIBLE TO ALL.

TOGETHER WE RISE BY LIFTING OTHERS.

WITH GRATITUDE & RESPECT FOR ALL

# W e B e l i e v e I n A s t r o n a u t s