Tania Anders hosts A SUSTAINABLE CAMPUS: Students Speak on the Impact of Sustainability Internships Episode 116

Sophia:

What I did was the Sustainability Internship Foundation. It's... What I leave is a tangible copy of a tour, a sustainability tour that maps the layout of sustainable operations at Mt. SAC. That's tangible so that we can keep on going but its institutional memory.

Leila:

I feel like this internship really provided me with that passion and that understanding that, I have my own passions. Everyone else has their own passions and they can definitely go forth and pursue those things for others to learn from as well. I also feel like it provided me a lot of confidence. I feel like there wasn't truly a skill that I walked away with.

Christina:

Hi, I'm Christina Barsi.

Sun:

And I'm Sun Ezzell, and you're listening to the Magic Mountie Podcast.

Christina:

Our mission is to find ways to keep your ear to the ground, so to speak- by bringing to you the activities and events you may not have time to attend, the resources on campus you might want to know more about, the interesting things your colleagues are creating, and the many ways we can continue to better help and guide our students.

Sun:

We bring to you the voices of Mt. SAC from the classroom to completion.

Speaker 1:

And I know I want to achieve my goals, and I know people here are going to help me to do it.

Speaker 2:

She is a sociology major and she's transferring to Cal Poly Pomona! Psychology major, English major...

Sun:

From transforming part-time into full-time.

Speaker 3:

I really liked the time that we spent with Julie about how to write a CV and a cover letter.

Christina:

Or just finding time to soak in the campus.

Speaker 4:

To think of the natural environment around us as a library.

Christina:

We want to keep you informed and connected to all things Mt. SAC. But most importantly, we want to keep you connected with each other. I'm Christina Barsi, Mt. SAC alumni, and producer of this podcast.

Sun:

And I'm Sun Ezzell, Learning Assistance Faculty and Professional Learning Academy Coordinator.

Christina:

And this is the Magic Mountie Podcast.

Christina:

Hi, welcome back. This is Christina. And if you can already tell by the voices you've just heard in the opening of this episode, you are in for a treat. Tania Anders, our Mt. SAC Sustainability Coordinator, catches up with students, Layla Casada and Sophia Ruiz, who recently participated in the sustainability internship programs and Raul Madrid, who's taking on a leadership role in guiding students towards these internships, and they share their amazing takeaways and heartfelt experiences with the program. You're going to really enjoy this one.

Tania:

Welcome back to the Magic Mountie Podcast mini series focused on Mt. San Antonio College and Sustainability. My name is Tania Anders, host of this mini series and our campus' Sustainability Coordinator. Today's episode focuses on student internships related to sustainability. I'm joined today by Raul Madrid, who has taking on a leadership role in securing internships for our students and guiding them in the process, and two of our outstanding students who just completed their six-week long internships. Thank you so much for joining me today. So if you could please be so kind and briefly introduce yourselves to our listeners.

Raul:

Thank you, Tania. My name is Raul Madrid. I'm a professor of Political Science. I received my PhD back in 2018. A lot of my studies are related to race and ethnicity. I teach intro to American government and Latino politics in the United States.

Tania:

Thank you so much. Layla?

Leila:

Hi everyone. My name is Layla Casada. I'm actually studying aerospace engineering, specifically astronautics, so like rocket propulsion and things like that. I'm in my second year of undergrad and I'm also a first generation college student. And thank you for having me.

Tania:

Thank you. And Sophia.

Sophia:

Hey everyone. I thank you for having me here. My name is Sophia Ruiz. This is my third year at Mt. SAC. I'm in environmental sciences, natural sciences, and looking to go into marine biology.

Tania:

So fun. All right. Well, thank you again for being here. And I'd like to start our conversation by asking you what, in general, got you interested in sustainability and which areas of sustainability are you most excited about? Who would like to start us off? Layla?

Leila:

All right. So for myself, I've always been the type of person that always wanted to learn more about the world around me because that's a very important part to having knowledge about the people that you interact with, the cultures you interact with, the environments as well. So sustainability kind of came up as this thing. As I saw Dr. Madrid emailed us, I was taking Latino politics in my first semester in the fall and I was like, "Oh, cool. What a cool opportunity." I mean, I don't know too much about sustainability so I think that I would just give it a shot, join on, and see what would happen.

Leila:

And sure enough, I ended up landing the internship and I originally go, went into it thinking that sustainability was going to be like recycling and things like that. And it turned out to be so much more than what I had personally expected. And I think now after having this experience, the part of sustainability that I'm extremely passionate about is when it comes to community impact and how, where it basically, planning and leading in those types of ways where we can have a sustainable type of environment but we're also making sure that we're putting our communities first, especially our underprivileged communities and overall boosting the morale and quality of life for other people as well.

Tania:

Thank you so much for sharing. What about you, Raul?

Raul:

I, I'm so glad that Layla mentioned that because that is really... The community component is really what got me into sustainability. I mentioned that I teach Latino politics. My work revolves around race and ethnicity, and equity and social justice are really what have inspired my career. We know, based on the research, a lot of which has done out of political science, that climate change disproportionately impacts communities of color. We know that racial and ethnic minorities tend to bear the brunt of the impacts of climate change. It impacts their health and impacts their economic livelihoods. And so, in studying politics and studying how these things impact various communities of color, that's what really got me involved, right? How can we make the world better for not just those of us living right now, but for communities in the future?

Tania:

Thank you so much. And so what about you, Sophia? What got you interested in sustainability?

Sophia:

I have the... Beautiful work from Layla and Raul, Dr. Raul. Sustainability is intersectional. It's not only environmental, but it's economic and societal. What got me into marine biology was going to SeaWorld as a young kid with my family and then as I grew older, came resurfaced, Blackfish surfaced areas of concern with animals. And to be honest, I got along with the understanding science and animals more because I felt like school was my escape away from home, and going into school and education and going to try to further the better things in the world. It gave me more hope and something to push for everyday.

Sophia:

So then when I went to Mt. SAC, I got involved in community service with PTK, the club Phi Theta Kappa, went to community service events and gave back to the community. I wanted to do more so I pursued student governance. I became the Environmental Senator and then, I was in a whirlwind to understand how much work went into initiating compost on campus. You got to scale it off, scale what kind of trash we're having at Mt. SAC. You got to understand how big Mt. SAC, where does this trash go? Sustainability to me then meant going full circle, understanding where something's coming from and where it's going to go when it's done. And I think that just reflects how it can be sustained in society and the environments and in our budget. It goes round.

Tania:

Thank you all so much for sharing that. Raul, you've taking on the task of securing the internships for our students and so I want to kind of move our conversation that direction now. Where have you been able to place our students and what were maybe some of your criteria for selecting these specific internships?

Raul:

Yeah. So let me just say at the top here that these internships have been just a whole lot of fun on my part and I hope that's the case for our students as well. Really what I wanted to do when I was given this opportunity was to provide internships at really well-regarded companies in the Southern California region, so that students have the opportunity to get real-world experience in sustainability and connect with well-networked folks in the area. And so, we worked with HMC Architects and I think Layla can talk more about that. We worked with USGBC-LA, it's the US Green Building Council-Los Angeles division. We, on both sides of things, both at HMC and at USGBC-LA, we were able to work with folks who have years and years of experience in sustainability and they were able to guide our students on their path to really help develop their career.

Raul:

I was also able to work with Sophia to develop a sustainability tour on campus with the idea that this is something that we, that will benefit students in the future, that we can pass down and build upon for our students or our faculty and our staff long into the future, and they can learn about just how far we've come as a campus to promote sustainability. What are these different LEED-certified buildings? What are we doing in terms of sustainability on our gardens? What have we done in terms of making an imprint with solar? And Sophia has done a wonderful job with that and I'm sure she'll have more to say about that. But really, it's the experience, it's working with well-networked people, and it's making sure that our Mt. SAC community, which is quite large, benefits from the work that our students have done.

Tania:

Thank you. Yeah. And I think it's beautiful that you've placed students externally, of course, where they can engage with professionals in Southern California. But that also, you had some internships here on our campus. We are a large campus, and it's kind of nice to give back to our own community also. And so now, I'd like to ask Sophia and Layla. It sounds like Layla, you completed your internship with HMC Architects and Sophia on campus. So can you, maybe, share with us what some of the highlights of your internships were, and maybe if the internship changed in any way, how you think about your future career, how its impacted you, and maybe also some skillsets that you'll learn that you're excited about to take with you?

Sophia:

So I'm so, so glad that Professor Raul came in and really stuck with the students to provide this layout for internships. It pushes students beyond the classroom. It's more than a research project. It's a paid student internship project. It's helped, helped me suffice. Let's acknowledge the timeline here through a pandemic. We were entering these internships, planning for to be in person, and then the pandemic hit. But nonetheless, thank you Dr. Madrid for sustaining the internships and pulling through and throughout this whole year, it went through. And so it gave me hope in management and having an idol to look up to and mentorship, because I would hear the path of becoming a doctor possibly and in my education career at its possible because it wasn't easy holding an internship. There was a lot of, a lot of challenges. I went through a move. I went through other jobs and then the COVID, family, balancing school.

Sophia:

But my favorite thing was harnessing the connection and network that was with Mt. SAC and the community around itself because this, despite being online, everything was still there. Everyone was still open to connect and to get this institutional memory of sustainability in line. And that was beautiful and something I would carry on for my future work. Not only that, but learning to apply policies and changes and understanding that sustainability is literally, it's underneath Mt. SAC. We got a chilled water system. We got wifi building underneath our grounds, drought-tolerant plants, and not only that but our ancestral roots, everything's encompassed in Mt. SAC and the beautiful community around itself and for the future too.

Tania:

What are some of the things that came out of your internship then? So you... What is the product that you will leave as a legacy?

Sophia:

What I did was the Sustainability Internship Foundation. It's... What I leave is a tangible copy of a tour, a sustainability tour that maps the layout of sustainable operations at Mount SAC. That's tangible so that we can keep on going but its institutional memory.

Tania:

It's really, I'm so happy about that because as the Sustainability Coordinator and seeing students are with us for only so long, and you guys put so much energy into doing beautiful things and it's then a shame if it's not passed on, right?

Sophia:

Exactly. Yeah. The worst thing is turnover rate because as college students, we come in and we can have these goals and aspirations but sometimes it's too soon, too late, and then someone else has to carry the next torch to, so to have a foundation. It's imperative.

Tania:

Right. So we're very excited about that and when we finally, hopefully all soon come back to campus, then I can't wait for folks to, actually in-person, do the sustainability tour. So Layla, tell us a little bit about your internship, where you did your, and with which firm you did your internship, and all the beautiful things that you took away from it.

Leila:

Okay. So for myself, I entered at HMC Architects which is a local firm based out of Ontario, and I believe they have other locations around Southern California as well. So the whole point of that internship with them, Eric and Eera, who were my advisors along with my co-intern, Jared, what our aim was to create a white paper which is a published paper for the architectural industry that basically presents information in regards to how sustainable designs have actually affected the communities that they were meant for 10 years, 15 years onward. So essentially, what we did was Jared and I framed out questions that kind of bit like models that have seen with UN, and other very notable organizations that try to focus community and sustainability, and base our questions that we were then going to turn around and ask the occupants of the buildings, the designers, community members, and things of such about these projects and what they've actually done for them.

Leila:

And all of these projects worth were within a HMCs portfolio and most of them had been constructed about 10 to 15 years ago so it's been a decent timeframe. So we went back and we asked questions and we then gathered all the data and we tried to select main themes. And we're now in the midst of writing this paper, I know Eric and Eera have now taken over and have done that. We've basically passed the torch since the internship is now over, but we're expected to publish it and hopefully do some presentations on it as well, kind of towards the end of the pandemic and once things started opening up and stuff like that. So I was blessed with the great opportunity to do so.

Leila:

And in addition to that, I should also mention that last year, my first year of college, I attended an institution in Florida and it was very highly respected for my field of aerospace and aviation. And I know, I remember I was talking to Dr. Madrid about this, but if I would have continued attending that school, I would not have gotten such a beautiful opportunity to be a part of something so important. And I really feel like that's so unique about Mt. SAC, as being here for about a semester or two now is that there's so many presentable opportunities that I personally feel I would not have gotten at a four-year institution in comparison to being here at a two-year community college where the dynamic is so different. I feel very welcomed here. So that's the very beautiful part about it.

Leila:

But that being said, because of this internship, I've met extremely passionate people, not only just my mentors, but the people that we went out and interviewed, they were very highly respected in their communities. They obviously loved what they did every single day. In fact, I think my favorite people that I interviewed were two gentlemen from Sonia Sotomayor Magnet School and Glassell Park. And these gentlemen were both cousins and they did so much for their community. They had an agroscience program there at school so they taught kids how to cultivate, farm, and cook their food that they've been able to grow over the past three years. And the other cousin taught them to express themselves through art, how to use their art to also promote activism because there's rampant gentrification in the community. So kind of combining the two and in turn, I mean, that inspired me, seeing all these people that were so passionate about the things that they love, and they only wanted to share their knowledge. They didn't want to hide it from anyone, was absolutely beautiful to me.

Leila:

So in all, I feel like this internship really provided me with that passion and that understanding that I have my own passions. Everyone else has their own passions and they can definitely go forth and pursue those things for others to learn from as well. And in addition to that, I also feel like it provided me a lot of confidence. I feel like there wasn't truly a skill that I walked away with because I've done so much over my educational career that some of the stuff was very typical like, "Okay, I've written a paper before. I've interviewed people before."

Leila:

But I feel like having Eric and Eera, they're professionals in their profession, very well-networked college graduates because my parents didn't go. It was almost showing me, okay, this is who you are, who you're going to become and you have wonderful people right in front of you that are willing to help you and guide you. So it almost provided me a set of confidence where it's like, "Okay, I can definitely go out and do the things that I want to do." That there's people that are willing to support me. There's other people out there doing similar things. And it's totally, totally a goal that I can take care of. So absolutely beautiful program. I'm so grateful that I had the opportunity to take part in it.

Tania:

Thank you, well, Sophia and Layla for sharing. Raul, you must be so proud right now, right?

Raul:

Yeah. I'm so proud of just listening to Sophia and Layla. And one of the things that Layla just mentioned stuck out to me the most is really, you can be it if you can see it. And that is really what these internships were designed to do, to help these young professionals get their feet wet, to work alongside these well-networked individuals who really demonstrate what it is to be a professional on the field. And I have, I just have no doubt that all of our interns, including Layla and Sophia, just have such great things ahead of them and their future. It's been so great working with all of our interns.

Tania:

Yeah. And I think one thing that you mentioned also Layla was, and it made me think back when I was an undergrad, I did my education overseas in Germany. And part of the requirements for us to actually get our diploma was that we had to do a two-month long internship. So I worked for the Alfred Wegener Institute of Polar Research at the time and I was in the lab and I was crushing samples and doing carbonate measurements and all kinds of stuff. If you do the same stuff in a lab in college, you don't see the connection yet. But then when you're actually doing it, for an actual, in a research lab, or you were working for a company, you're out there. You see that this really has an application. What we're learning in college has an application, and you may not just want to see it at first when you're standing in a college lab classroom but it really does have an application. And so I'm so glad you were able to see that.

Tania:

And Sophia, you had already shared that you are obviously leaving a beautiful product with us for Mt. SAC. When you move on... Layla, have you, you mentioned that you may do a presentation or something. Is, are you thinking about some way or form that you're going to share your experience of the internship with the Mt. SAC community?

Leila:

So I know the four of us in our own little internship or a little pod, if you will. We talked about, obviously I mentioned publishing a white paper and we also talked about hints of a possible presentation. So in that terms, I know that was Eric and Eera wanting us to kind of get out into the world and be comfortable with these life skills that are going to be very important to us. So in regards to the white paper itself, I know that they were looking at several sustainability journals and I believe one architectural journal. So essentially, just like a scientific journal. And then in regards to the presentation, they were also looking at well-known sustainability and architectural programs and presentations that they hold throughout the year.

Leila:

I don't know if we want to absolutely plan something for Mt. SAC but if the opportunity does arise, I know Jared and I would be more than happy to do something like that because the things that we learned was so... They're were so knowledgeable and I feel like it's really important to share with other people especially if we have students that are coming through that are our future senators and congressmen and women, people that are going to be future designers and architects, people that are going to be out in our communities, working with people. So it's, it would be a good idea to do so because this is such knowledgeable information that can be applied anywhere. So honestly, I probably going to reach out to Jared and ask if he's willing to do such a thing because I think that would be very beneficial for our Mt. SAC community.

Tania:

Yeah. And we, of course, it's all about sustainability here, right? We want these internships to be sustainable. And I want to ask Raul now, are there other sustainability-related internship opportunities that you're hoping to explore in the future for our students and branch out more and hopefully sustain the ones that we have?

Raul:

Yeah. We're hoping to continue to grow this program, to continue to develop the relationships that we have with our existing partners. At the end of the day, the hope is that we can continue something like this. It's in the best interest of the Mt. SAC community, the Mt. SAC students, to develop these internships, to promote sustainability on and off campus. Again, remember our campus is comprised of roughly 83% of students from racial and ethnic minority backgrounds. And so these are the communities that tend to get hit hardest the most by climate change, they have the most to lose. They are the students who are at the forefront of promoting sustainability and I think it's critically important that we continue to develop these internships into the future and to work with our partners like HMC architects, like USGBC-LA, and our Green Building Council to foster sustainability in our communities and in Southern California.

Tania:

Absolutely. And I feel like we should use this opportunity and tell our listeners if you have ideas for internships that you can connect us with, please reach out to Raul, reach out to myself, reach out to the CCEJC, our Climate Commitment Environmental Justice Committee, because it would be so fantastic to just grow this program even more.

Tania:

So I'd like to ask Sophia and Layla, what would be some advice that you maybe have to give to other students who hope to get involved more with sustainability on our campus, and maybe with also how to connect with Raul to get an internship, or what are some advice you may have for the other students?

Sophia:

My advice would be to take risks, to not doubt yourself, believe in yourself first, see the support that's surrounding you, and to take those risks, to be selfish at times, and to understand your goals. You've got to take those risks and to better understand yourself. I think number one, take risks. That's a big one.

Tania:

Thank you. What about you, Layla?

Leila:

I must definitely agree with Sophia. I think there's this huge mental blockage that a lot of us sometimes have, especially as we're grinding our selves through community college and through school and becoming adults. And sometimes, I feel like it's really hard to understand that it's really easy to let an opportunity pass by and regret it. So honestly, trying to take every single opportunity that arises in front of you and just running with it, regardless if you feel like you're qualified or not, is so important because kind of like Sophia said, it teaches you so much about yourself and it gives you places that you would never have gotten if you never took the step outside of your comfort zone and told yourself, "Oh, I'm just going to go do this." Because that's essentially what I did in this situation. And it landed me here talking with all of you. So, I mean, it works, it works. You just kind of have to set aside that mindset or that subconscious that's telling you, "No, you're not good enough." You kind of just have to kick it to the side.

Leila:

And but in regards to, if any students have any questions about the internship or have any concepts or ideas, I highly suggest taking a look in your own community, the town that you live in, the community that you're a part of how you identify ethnically and things like that, to try and find problems that need to be solved or things that should be studied that fall within this realm because our experiences are so important. Mt. SAC is I know, like one of you had mentioned, is so diverse and we all have our own unique experiences, our own unique cultures, and we can all definitely learn from one another. So if any of you find one of these things within your daily life, go ahead and bring them up. I know someone on the sustainability committee will be happy to hear from you and hopefully trying to develop this into something that we can all be proud of as a Mt. SAC community.

Tania:

Yeah, absolutely. And what advice may you have? We just talked about for students, but for our faculty and staff, the broader Mt. SAC Community, how can we best support you?

Sophia:

So for faculty, modeling after Raul, is to challenge the students but also understand and be patient where we're coming from, to be aware of different students learning different ways. Actually this year, I just got diagnosed with ADHD and that helped me learn and understand how I learn so I can better learn. Before, Layla also mentioned journaling throughout this internship. I've been journaling a lot and also through the pandemic to just journaling and I've, I think I have a little napkin poetry, and I hope that someday, hopefully after this semester, it would be a dream to release an album like a music, telling a story of the culture at Mt. SAC, the sustainability history of Mt. SAC, the importance of that. But in music, making it relatable, listenable, and also to carry that message.

Tania:

That was like we have a lot to look forward to. I'm excited.

Sophia:

Oh Dr. Anders, one more thing I also want to add. I'm majoring in marine biology and it's not very common here because we're... Mt. SAC is kind of inland, but it's just so diverse. I think maybe there's a way we can build more emphasis to the inland community on the marine ecosystem, especially because we're not too far from the beach but some people that I've lived with, or like friends, they've at Mount SAC, they've never been to the beach. They said that they've never just had the opportunity because we come from these small cities and then we never really have the chance to get out there. We do have those opportunities in classes sometimes, but I think it would be amazing if we can extend that to internships too. I know I would, or another marine science student would appreciate that too.

Tania:

And I will-

Sophia:

I also want to add that anyone can be a community scientist.

Tania:

Very nice. And well, of course I love what you're saying because I'm a marine geoscientist, right? So you spoke right to my heart and so I will keep that in mind. So yeah, I need to reach out to Raul and say, I actually know a couple of nonprofits that are on the coast and maybe we can find some internships there for students-

Sophia:

Wow. I'm so glad that I brought it up then. Wow.

Tania:

See, there we go. Raul, you want it to also maybe add...

Raul:

You know, I just also wanted to say that, I'm piggybacking off of what Sophia was saying, all of our students at Mt. SAC are gifted. They all have passions, and I think it's finding a way to, to take their gifts, to take their passions and apply it to sustainability. Sustainability is all around us. It's in every discipline, it's in every field. And it's trying to spark that gift within all students that I think is really what we're trying to do with our internships. It's really what we try to do within the CCEJ Committee. It's part of, I think the core of Mt. SAC.

Raul:

And I'm just so glad, I mean, Layla was talking about the experiences that she had, what kind of student is able to potentially get a published paper in a peer-reviewed academic journal? What kind of student is able to... Undergraduate student is able to present at conferences? What kind of student is able to show that they put together something that will deeply affect our Mt. SAC community for perhaps generations like Sophia, what she did with our sustainability tour, who is able to do that? Our students have done that here at Mt. SAC. And I think it's just a testament to who they are and what we're able to bring out of them as faculty members.

Tania:

So nicely said, Raul. I feel like that's just a lovely closing appeared to our little conversation, but I'd love to give Sophia and Layla still the opportunity also, maybe to add anything that you would still like to share before we close out our conversation today.

Sophia:

Thank you Professor Raul for seeing the students. Also Dr. Anders for recognizing us, because sometimes we would, we would carry this small drive in us but it means a lot when someone else sees that and pushes us and nudges us and provides us the opportunity and just is there to support us and see us through us too, like the good in us too. Because it means the world, that goes a long, long way. Thank you so much.

Tania:

Thank you, Sophia. And Layla, you will get the closing words.

Leila:

Oh, thanks. I just wanted to say thank you guys first off for giving us, students, a place for us to grow. I mean, that's so important for us right now, especially as we're very young and professional adults providing us with role models that obviously I'm going to keep in touch with and connect with and I've even met some of their colleagues and those people that they've networked too. So, I mean, it's like an endless channel of communication going on here but I honestly feel like I've been introduced to mentors and almost like a quote unquote, new set of parents. And what I mean by that is that we have now adults in our lives that are trying to guide us in the best way they know how, and they're now taking over for a part that maybe our parents can't do because maybe your parents, like I said, didn't go to school or simply did not go back down the same path that we did. And just simply doesn't have the same knowledge as someone else in our life.

Leila:

So it's been such a beautiful opportunity to be blessed with almost like a library of knowledge by each person that I've interacted with in this internship and I know Sophia can say the same. I also want to thank you Dr. Anders for giving us a platform as well, to share about our very unique and beautiful experience, and how Mt. SAC has provided that opportunity for students such as Sophia and myself. I mean, this is a huge thing. And I know when I look back on this and when this is put on my resume, years down the road when I'm probably retired from aerospace and probably doing like public service or something, this is something that's going to stick with me forever. And I am so grateful that it's giving me the opportunity to open my eyes to something that I would never have understood until much later in my life. So thank you guys for that.

Tania:

Well, we are certainly also very, very proud of you. You bring out the best in all of us. You are the among those students that we see as the bright lights that we can find later years down the road. We will hear about you, I am sure. And like Raul said earlier, we just have the best students. What can we say? We're blessed. So thank you all again, so very much for joining me today, we look forward to hearing about you in the future.

Sophia:

Thank you.

Raul:

Thank you, Dr. Tania Anders.

Leila:

Thank you.

Christina:

Thank you for listening to the Magic Mountie Podcast. Remember to subscribe on Apple podcasts, Spotify, or wherever you like to get your podcasts so you can listen in the car, in your office, or however you like to listen. Once you subscribe, we'd love to hear what you think by leaving us a review, and don't forget to share your favorite episodes.