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Speaker 2: This is the ORISE Featurecast. Join host Michael Holtz for conversations with ORISE, experts on STEM workforce development, scientific and technical reviews, and the evaluation of radiation exposure and environmental contamination. You'll also hear from ORISE research program participants and their mentors as they talk about their experiences and how they are helping shape the future of science. Welcome to the ORISE Featurecast.

Speaker 3: Welcome to the ORISE Featurecast. As ever, I'm your host, Michael Holtz from the communications and Marketing Department at the Oak Ridge Institute for Science and Education. And today I'm excited to once again be talking about one of my favorite programs with one of my favorite people and a fellow of that program, Jill Latchana and Lachanda Garrison. Welcome to the ORISE Featurecast where we're talking about the Albert Einstein Distinguished Educator Fellowship, which is a program I truly adore. I love this program. The background for that is when I first started working for ORISE, it was one of the first programs I got to work on. I got to meet Jill and work with Jill and we became fast friends and here we are, [inaudible 00:01:37] these several years later working together to promote this program and I love it. So Jill and Lachanda, welcome to the ORISE Featurecast.

Speaker 4: Thank you for having us.

Speaker 1: Thank you, Michael. It's a pleasure to be here with both of you tonight.

Speaker 3: We're so glad to have you. So Jill, I'm going to have you start with just a little bit of background because we have talked about the AEF before, but what is the Albert Einstein Fellowship and how does it work?

Speaker 4: Yeah, I would love to walk you through it, Michael, though you know it probably just as well as I do, but the Department of Energy has actually been generous enough to run this program for 33 years, and so they've been very committed to classroom teachers, K-12 teachers. They bring classroom teachers here all across the country. For STEM teachers, this program is dedicated and these teachers come in to Washington DC for 11 months and they dedicate themselves to being in federal agencies. And right now we have agreements for partner agencies for seven different agencies and on Capitol Hill and Lachanda's going to tell you a little bit about her time on Capitol Hill and what they do on Capitol Hill and on these agencies is they really affect federal policy. They put their expertise and they have their classroom expertise, but they also have a wide variety of different talents that they bring.

They also do all kinds of professional development. And that's where I come in. I was a former classroom teacher and they do this classroom policy combined with professional development and they do a wonderful meld of time during this 11 months and really dive deep into this world of Washington DC and get a rich experience. And they go back to their communities and during that time with their communities, they pour back into it. So they have this classroom experience, they have this student experience, and then they have this rich experience of policy. It's a great opportunity that the Department of Energy provides.

Speaker 3: Awesome. And Lachanda, you are one of the AEF fellows this year. Tell me a little bit about who you are, where you are an educator, where you come from, all the things, all the who is Lachanda Garrison?

Speaker 1: Wow, okay. I was like, how much time do we have? Who is Lachanda Garrison? Well, to start, I have been teaching with the Department of Defense Education Activity, also known as DoDEA. The government likes their acronyms.

Speaker 3: Of course, yes.

Speaker 1: And I have been teaching for over 15 years. I have a hard time with keeping track because I'm having so much fun. Recently, last year I taught in Bahrain. I taught a fourth grade class and I was teaching there for three and a half years. Before that, I was in southern Spain for 14 years. Part of that was teaching, but my husband's also an educator and an Air Force reservist. So we come from this military family background, we get the honor and the pleasure of teaching military connected children and they serve their country alongside their service members. So that's what I have had the pleasure of doing.

Speaker 3: That's amazing. First of all, thank you for your service to our service members and to your husband for his service as well. What an amazing experience and the cultures that you've had to have experienced has to have been amazing. Talk a little bit about that, if you don't mind.

Speaker 1: Yes. Honestly, it's so interesting that we've had this opportunity to explore and learn from different people and different cultures. And I think that for me anyways, it makes me very proud to be an American and be an ambassador for America as we go out and serve in these different locations and duty stations. I think it's been interesting because you totally go into these different communities, different countries, and you have to learn that our way is not always the best way and that there are multiple ways. And then how do you navigate that? How do you navigate not being able to speak the language? How do you navigate when you have to sit and not understand the culture? And you have these lessons that kind of teach you how you maneuver in these spaces. So although it's been challenging at times, it's also been such an amazing education just to live in these different countries, to be able to meet people from all over the world.

Some of the things that I didn't share about myself that I'll share now is that I'm a product of this DoDEA school system. So yes, I grew up in Okinawa, Japan. I graduated from a DoDEA school. I've been able to teach, my children are graduates of DoDEA schools and so is my husband. So this has been our lives for so many years. And to be able to share that with the rest of whoever listens to this podcast, just to know that there's a whole different type of living experience, especially as an American citizen. And that's what the interesting part is. We are American citizens who serve our country in this way so that we can continue to have this way of life. There are people who sacrifice being away from family and friends to be able to not only do what they love but to also serve. And I think that's one of the beautifulest things about this role that we've been doing.

And recently, my son, he joined the Air Force and I was talking to him when he was at tech school and he said, "Mama, you would be so proud. The people, the airmen who are here, they truly want to serve their country, and you would just be so proud." And it almost made him a little bit emotional just to see how much people love this country and are willing to serve in different ways. It's beautiful.

Speaker 3: Yeah, make the sacrifice of being away from home and potentially putting their lives on the line. What an amazing, amazing experience. And for you now, it's like this full circle. You're a product of the DoDEA system and now you're helping impact that system as well in your role as a fellow. So talk a little bit about that.

Speaker 1: So it's interesting as a congressional fellow and my background is coming from a federally run school system and to know that the work that you can do in a senator or Congress person's office could influence the very system that you grew up in and that you've taught in and that it's a part of your family's historical background, it is powerful. But I also don't take it lightly because as we're thinking about different things that impact the educators and the students and military connected families, it's heavy, but in a good way. I feel like I have the honor and privilege because of my background to hopefully make a difference for the communities that I serve and the demographics that I belong to.

Speaker 3: And representation matters. I mean-

Speaker 1: Yes. Representation is almost everything When you see yourself and hey, our people is in this space. Representation matters so much for me in many different ways too. Not just my background growing up and the communities that I teach, but also just my cultural background, being biracial, having a mother who immigrated to the United States. There's so many things that make me, me and just to be in a space like this is very, it's interesting because I often thought as a child and growing up, this was not the space for me. This is not a space that I belong in, but the work that happens here impacts the people that I love and care about and the work that I do.

So this has to be the space that I'm in, even though it may not sometimes feel like or in my mind or that younger Lachanda who thinks that I would never be in that type of space. So that's been interesting too, because representation does matter. Even if you don't feel confident all the time with being in those spaces, it's needed because all the people who are walking alongside this path with you don't have this opportunity.

Speaker 3: And Jill, Lachanda is like the quintessential American story. Immigrant parents, military background, biracial, I mean, all the things. But here she is working on Capitol Hill making a difference. From a program director's perspective, where are you-

Speaker 4: She's all the things. And Lachanda could probably tell this story much better than I can, but Capitol Hill fellows come to us twice. So they interview the first time with all the semi-finalists, and then they come to us a second time in June and interview a second time and so it's quite a process. They have that second round of interviews in which they can have anywhere from five to sometimes eight interviews, and they're back to back to back, so it's pretty strenuous. And Lachanda would come to me after each interview and just, we would play off of each other and she would ask me, "What do you think?" And we had a really great dialogue from the very, very beginning.

And Lachanda had quite a selection because she interviews extremely well and so she had quite a selection to choose from. But it was interesting, the great and honest dialogue that we had from the very beginning, she was really honest with me. And that imposter syndrome is very real and whether or not you belong at the table is very, very real. And even through our orientation and whether or not you belong at the table and having those conversations, honest and real conversations and whether or not you belong at the table and your chair at the table is real, and knowing your place very much at that table, it's a real thing.

Speaker 3: And not to get political, but things are weird. I mean, things are harder, let's be real. So things are hard. But I know because I have friends who work in some legislative offices, it's like the staff is earnest about getting the work done that needs to get done. Whatever we see in the media sphere and the staff works their butts off to make sure that stuff is happening. So Lachanda, speak to that in terms of what are working on, if you can, whose office you're in and what kind of work are you doing?

Speaker 1: Well, first I want to acknowledge something that you shared just a moment ago about the staff in the office. I have so much hope as an American having this opportunity to, even just by my experience working in this office, these are some of the most hardworking, dedicated, brilliant, extremely intelligent people I've ever interacted with. And it has been such an experience to be able to see behind the curtain. And that's kind of what I wanted. I wanted to see what really happens there. What really happens in this space?

It's easy to not be close to it and see all these things that are happening and to make judgements, but we have people here, public servants serving our country and wanting to do good things for their communities and for their districts. I remember when we were doing the interviews and one of the questions that I would ask every office is, are you inspired by being here? Are you inspired by the leadership? There wasn't one office truly that did not say they weren't inspired and that says a lot. And hearing their stories of, I wanted to give back, I want to serve my community, I want to make things better. Even if it seems like it could take a long time, just the heart that's in this work is unbelievable.

Speaker 3: I know just the relationships that I have with Tennessee's senator's office staff, I adore those people because they are working. They're working their tails off. As you said, they're committed to making the country a better place. Excuse me. So Lachanda, talk about what you're doing specifically, what's your work focused on?

Speaker 1: So there's a lot. Every day is different and there are a lot of different things that you do that you're learning how to juggle from meeting with constituents, which is one of the, I'm trying to think how to describe it, meeting with constituents is one of the most honoring things I think I get to do. And I think it's because I was thinking about this recently and I talked to one of my best friends about it yesterday. Storytelling is a huge part of my platform as an educator and having the privilege to hear the stories of the people who walk through that door and who share their hurts and their heartaches and just the things that they have experienced, it breaks my heart on one side. But on the other side, I just cannot help but to have this overwhelming sense of compassion and admiration for the work that they're doing.

Even because part of the team that I'm on, we deal with health and I didn't know that that was going to be a part of my work. And I'm thinking, okay, I'm going to go do education work, I'm only going to do education and I got this, this is kind of my thing. But these offices, they're doing a lot of things and they're interacting with so many different issues that you can't just always just take one path. You have to go and fill in the gap where the gap is causing a need. So I do a lot of health and I'm grateful for that. In the beginning I realized I had a lot of discomfort in that because I can't even pull teeth. Let's be honest, my children, when they were growing up, they would have to go to their dad. I'm like, "Go talk to daddy." Because I can't do it. I don't like watching people fall. I don't like the idea of someone getting hurt, like it does something to me.

Speaker 3: Band-aids and boo-boos and all.

Speaker 1: Yeah, it's just not my thing. So to be able to do health and having to listen to people's stories, that is a huge part of my job. And then I get the opportunity and the privilege to communicate that story to the senator that I work for and I just feel like, oh my gosh, okay, I need to make sure I do my due diligence and I need to make sure that I fully understand what they're communicating and I need to make sure that I understand what their asks are so that I can communicate this as effectively and as clearly and as explicitly as possible. So that's a huge part of my job, Michael, is getting the privilege to talk and sit with people and listen to their stories and communicating with them and building rapport and relationships.

Another part of my job, we do a lot of writing. So we do a lot of writing memos and different type of memos and hopefully eventually as I learn more, get to delve into some deeper legislation like writing a bill or two maybe, let's see. It takes a long time to get this type of stuff worked on and passed.

Speaker 3: That's right.

Speaker 1: But that is a big part of my job. It's building and sustaining authentic relationships with people and opening your heart and being compassionate and allowing these things that sit with you and to labor with people. To be able to labor with someone in the things that they're going through is a powerful experience. And it can also be draining too, so I have to make sure I'm taking care of myself and that I'm always able to try to stay in a right head space because there's a lot of things going on in this world and people are hurting and suffering, but they're also so resilient too. You get both sides. You get to see this unbelievable resilience and empowerment and also an extreme sense of compassion and empathy for people.

Speaker 3: I love hearing you talk about relaying stories from constituents to your legislator. Jill knows I'm a cancer advocate and I work in the policy space. So I've been to Capitol Hill many, many times and talked to staff members on the health staff about my cancer experience. And people ask, "Why do you keep doing this? They're not paying attention to you, they're not listening." And you have just proven, my point about why I do this is because there are Lachanda Garrisons in the offices of our senators and our representatives who are listening to those stories and taking them to the lawmakers to say, this is why we need to support this legislation, because you've got this constituent in the community that you represent who has this issue. So I love that.

Speaker 4: Well, there's one thing Lachanda will tell you that. I tell them, the first things I teach them is their elevator pitch, which is the first three minutes when you introduce yourself is you tell them your story. It's the first thing I teach my Capitol Hill fellows is your elevator pitch, which is your story in just the three minutes because then people will then ask on the Hill, you have to be able to tell people your story about what it is that you're here for. And as a teacher, that's something that you have to have at all times. And teachers do this innately, the story, but what they tell normally is the story of their student. What's really hard for teachers is telling the story of them. And so Lachanda will tell you, it was really hard for her to start turning a camera on herself. She would tell the story of her students, her students, her students, but very difficult for all of the fellows to tell the story of them.

Speaker 3: Right.

Speaker 1: Yes, most definitely. It is. We're in this helping profession and we never really want to make it about us, and you're not in the teaching profession to really elevate yourself. This is not the kind of work that you're doing here. You're really saying and choosing to serve these children and teach them, and you're not doing it to get famous. You're not doing it to get rich, you're doing it because it's a heart type of work. So it is hard to talk about yourself and to connect in that way.

But it's so essential and it's so important that Jill did teach us that and grounded us in that because when they see me, we think people know I'm a teacher, I have these students, I do this work, but what they see is Lachanda Garrison. What they're going to connect with is Lachanda Garrison. So what is it about me that I can communicate to them like I'm deserving of... And I'm trying to create a space where you feel safe to share your story. So how can I communicate to them in that short amount of time that I can be a safe place for you? Because that's not the case in many spaces that people feel safe in sharing their stories.

Speaker 3: And it's a gift. It's a gift for the people that you're meeting to make them feel like it is a safe place to share their stories. Because as you said, particularly around health issues, they're sharing really hard things that they're going through. And in order for their message to get across, they have to feel like they can share the good, bad, and the ugly. And I'm sure the ugly crying and the tears of those experiences, and as you said, it can be hard to hear those stories on an ongoing basis.

Speaker 1: Yes, it is. But I'm telling you, just that courage that people take to go in there, we have to show up for that. We have to show up.

Speaker 4: And Lachanda is one of the five fellows that hears these stories that are on the help committee that they are the voice of the congressman or the senator that take these stories back, which is once again why our fellows are so important, because they are sitting right beside these members and this policy work that they do, these stories they carry, they carry these stories back to these members, and these are the stories that you will hear then turned into these stories that you hear said through the voice of the senator, said through the voice of the congressmen. When you hear these pitches back, this is the policy work that is turned into other work. And so you talk about our fellowship that's being placed. These are the voices of our fellows, these are these teachers that, I can't think of more important work that our teachers are doing. I can't think of more important people to carry these stories. They're not jaded. They really do take their work very, very seriously.

Speaker 1: Most definitely.

Speaker 3: And want to make a difference.

Speaker 4: Very much so.

Speaker 3: You want to make a difference and you're seeing that happen on a daily basis. Lachanda, as we're talking, and I'm wondering, you mentioned this briefly, but in terms of what does self care look like for you when you're hearing all of these hard stories? And I know you've talked about resilience and I love resilience stories too, but when you hear hard stories over and over and over, your heart gets a little heavy.

Speaker 1: Your heart breaks.

Speaker 3: What does Lachanda need to do to help lighten that burden?

Speaker 1: Honestly, there are a number of things. I think the first thing, one of the things that when I went back into the classroom, I was a mathematics coach for seven years. I had taught in the classroom before that and then I was a coach, and then I went back into the classroom after that when I moved to Bahrain. And for me being back in the classroom, I saw things in my students that I didn't feel fully equipped with... I didn't have the tools to navigate. And I started looking for some training and resources and I ended up becoming trauma-informed certified. I also partner with a nonprofit and do a lot of trauma-informed work. And the reason why I'm mentioning that because I have to utilize those informed tools that I use to help be that first line of defense for my students, I've had to use those tools on myself.

So they became tools for me and to use those tools whenever I'm sitting in some hard moments or in hard circumstances. So I'm so grateful that I had that opportunity. And I'm also grateful that I allowed the students in my classroom to, I have this phrase, "If you let them, they will change you." And I allowed them to change me and kind of rethink and reframe some of the things that I was doing and holding onto because I was fearful, because I didn't know what that new thing, what the outcome that new thing could be.

So if it's not working for a child, I change it. If it's not working for one, it's probably not working for many. I need to make these shifts in my classroom. So that trauma-informed, resilience focused practices has been huge with helping me navigate the space, navigate whenever I recognize trauma, making sure that I'm able to go to my safe place and to learn how to sit in those spaces, my certain breathing techniques. And then the other part of this is also my faith. Just being a person of faith, I wouldn't have gotten very far at all without prayer. I pray to pray all the time.

So between the body work and my body scans and the breathing, in between all of that, there's all types of prayers going on to help me sit in that discomfort or in that pain or in that hurt. And also something else that I've learned over the years as just different things and family dynamics change and your kids grow up and you're experiencing these changes that can be painful sometimes is time. Time does heal and sometimes I don't know how long that time will be, but just giving myself space and grace to have time has been very powerful. And walking, I think walking has been one of my biggest things that I've been able to use to help relieve stress. So that's kind of my version of that. We can get into some debate sometimes. I think self care can be a bad word or a bad phrase as I think we often associate it with a bubble bath or-

Speaker 3: A spa day and a glass of wine.

Speaker 1: Yes. And I think that there's a lot more work that has to be done with doing self care. And some of it can be very messy. And so I think sometimes we don't do the work because it is painful. But I've had to learn how to do the work by sitting in that space and sitting in that discomfort and using these tools that I know work on myself.

Speaker 3: And I think what you were saying a second ago, we can trivialize self care to be that spa day and a glass of wine. Not that there's anything wrong to that.

Speaker 1: There's nothing wrong with that. I love a good spa day.

Speaker 3: Self care when it's hard does involve being able to sit with the difficulty and process and let it move through you. You do have to do the work. I mean, as I said, I spend a lot of time in the cancer space. I hear a lot of painful stories, so I have to do the same thing. I understand that completely.

Speaker 1: Thank you, Michael, what do you think for self care as you're in this space? I like learning about what other people do too.

Speaker 3: Really a lot of the same thing. I work out, I'll go and climb on the elliptical and lose my mind in a book and just let my brain go. Or like you said, I had a conversation today that was a little challenging and I just had to shut everything off and just sit and just marinate in the conversation that I had so that I could, not let it go, but not let it derail the rest of my day and say, okay, I'm going to leave it here because I got to come back and pick this up later so I can process it deeper. Because it's the middle of the day, you can't can't always have a come apart in the middle of the day all the time.

Speaker 1: Most definitely. Thank you for sharing that, Michael. I really appreciate it.

Speaker 3: Absolutely. So Jill, while we're on the topic, how about for you?

Speaker 4: Well, given that I have five children all from foster care, I also understand the trauma work. Yes, walking in the woods has always been my go-to, so that is my go-to always has to be a quiet space. And I understand the trauma work whenever you're talking about that completely.

Speaker 1: There's something about nature.

Speaker 4: I'm sorry?

Speaker 1: I was going to say, there's something about nature, right, Jill?

Speaker 4: Yes. I have to get grounded in something that is completely earthbound and quiet.

Speaker 3: Sunshine and yeah, just quiet and a good breeze.

Speaker 4: Get grounded.

Speaker 3: Even just sitting on the back porch and just listening to the wind sometimes, the wind blow through the trees. It's like, I'm just going to do that for a few minutes.

Speaker 4: Whether you can smell something, you can hear something, you can see. When all my kids are spiraling, that's what I do with that. Lachanda, I actually thought you were going to tell him about your reupholstering old furniture. We can go on many tangents with that, I know. But I thought that's where you were going to go with, the picking up the trash and reupholstering it.

Speaker 1: What's so sad is I have been so busy these past few years that I have not been able to do any of those things, like my hobbies. My hobbies have kind of gone-

Speaker 4: The trash to treasure things.

Speaker 1: By the wayside. It's so sad.

Speaker 4: It's a whole new podcast.

Speaker 1: I love it.

Speaker 3: It's a [inaudible 00:35:23]. Exactly.

Speaker 1: My dream is to be able to make furniture one day, along with flower arrangements, but we'll get there. We'll get there.

Speaker 3: One day.

Speaker 4: The other side of Lachanda you didn't know, that's a whole other podcast. This is [inaudible 00:35:35]. This is about Lachanda.

Speaker 3: As we said at the beginning, ORISE Featurecast after dark.

Speaker 1: And growing kombucha.

Speaker 3: You never know what you're going to learn.

Speaker 4: She knows how to do... She actually... The woman of many talents, she actually knows how to reupholster furniture too.

Speaker 3: I love that, I do. Reuse, reduce, and recycle. I dig it. So Lachanda, to get back on track, not that this hasn't been glorious. When your fellowship is over, what do you hope to take away from your time as a Capital Hill fellow?

Speaker 1: Wow. There are a number of things I think personally and professionally. I think personally that at the end of this, I'm going to be just proud that I rose to this challenge. For me, this is, and I know many fellows, they have to make sacrifices in different ways, but my husband and I were geographically separated, we're commuting back and forth and going to visit him, he's coming to visit me. And then also just different changes in life. Our kids are grown up and trying to make sure that we find the time to coordinate and spend time with them. And then being here in a whole new city, doing a whole new different type of work. At the end of this, I think I'm going to be like, wow, that was amazing. And what I'm going to take away is that something that my son reminded me the other day when I was talking to him. He said, "Mama, remember you always told us we're Garrisons, we do hard things."

And this is a hard thing. It's a beautiful thing, but it is a hard thing and I'm going to be like, Shaun and Jas are my children. Like your mama did it, she did that hard thing with your support and with your encouragement. And my husband also, he's my biggest cheerleader and my biggest fan. So just to know that we were able to navigate this as a family, even though we're not together in one location, we did it. Garrisons do hard things.

And I think professionally, just knowing that I am capable of learning a whole new skill, working in a whole new profession, that's possible, and that I can do it and that I have this learner mindset that is often hard and challenging when you're learning new things. But I can learn these new things, I can do these things and bring it into whatever work environment, space, passion project I end up doing. We got this, we can do this. So I think those are just some of the broader things that I am excited about, taking back wherever I'm at later and no matter what type of challenges come my way, we can do this.

Speaker 3: I love that. Jill, Lachanda, we've been talking for a while. As much as we could have this conversation all evening long, is there anything that I haven't asked you that we want to make sure that we cover before we wrap things up?

Speaker 1: I just want to share, even though I've only been in this fellowship, I think less than three months, I think it's maybe 11 weeks now, I lose track of time, that even just in this short bit of time, has been one of the most amazing things that I have chosen to do for myself, both personally and professionally. The quality is excellent. The things that we're exposed to, the spaces that we get to be in is out of this world. And I was talking to my sister and she was like, "You're going to miss this when this is over." And I said, "You know what? I am." This has been such an amazing experience, and although we still have many months to go, I just have this inkling it's going to go by so fast.

So I'm just having a blast. I am having a blast. I'm not saying it hasn't been challenging and it hasn't had its moments because doing new things, learning new things, you have lots of highs and lows and there are a lot of emotions that go with that. But overall, this is a spectacular experience and I hope that other people get this opportunity to have this and to be able to just experience the professional learning. We had our professional learning at the Library of Congress, who gets to do that? At the end of the day, I was telling my family and friends like, "Oh my gosh, guess where I did my professional learning today? It was out of this world." That was the phrase I kept using. "It's out of this world." So I just cannot rave enough about the opportunities and experiences that this fellowship has so far provided and so looking forward to what's to come, but also a little sad for when it ends.

Speaker 3: I understand that Lachanda, I'm going to be in DC in March.

Speaker 1: Okay.

Speaker 3: I'll be on Capitol Hill, so I'll come find you.

Speaker 1: Please do. I would be delighted to see you in person, Michael.

Speaker 3: Absolutely. Right back at you. Jill, anything we haven't covered?

Speaker 4: I just want to say thank you as always to our educators, because they are such a gift. Every year I get a new crop of educators, and they are such a gift to our nation. I don't think they get enough shine, I don't. They sacrifice day in and day out, and they are just such a gift to our nation. And I am lucky enough to be the project manager of the Einstein Fellowship and it's a gift. It is a gift to our company every year that the Einstein Fellowship is managed and the Department of Energy allows me this gift, but they serve our country so well in the Einstein Fellowship, they just really do. And thank you Lachanda for doing this podcast. Thank you, Michael, for the opportunity. I appreciate it. I really do.

Speaker 3: Absolutely. My pleasure. We will absolutely do this again.

Speaker 4: Good.

Speaker 1: Please, lets.

Speaker 3: One more question for both of you. Lachanda Garrison, what brings you joy?

Speaker 1: Oh gosh. What brings me joy? Family brings me joy.

Speaker 3: Awesome, awesome. Jill?

Speaker 4: Today what has brought me joy has been the sweet, sweet hugs this morning from my kids, as well as the fact that the candy from Halloween is given out at my booth and not to my children. Yippee, it's gone out of my house. Joy, it's not [inaudible 00:43:29].

Speaker 1: That's a smart cookie right there.

Speaker 4: This ain't my first rodeo. I pay the dental bills.

Speaker 3: That's right.

Speaker 1: I love it.

Speaker 3: Well, Jill Latchana and Lachanda Garrison, thank you so much for spending this time with me. I have thoroughly enjoyed this conversation and I can't wait to see you both in person at some in the next few months, but until then, thank you so much for this time.

Speaker 1: Thank you, Michael.

Speaker 4: Thank you, Michael.

Speaker 2: Thank you for listening to the ORISE Featurecast. To learn more about the Oak Ridge Institute for Science and Education, visit orise.orau.gov or find us on Facebook, Twitter, and Instagram @ORISEconnect. If you like the ORISE Featurecast, give us a review wherever you listen to podcasts. The Oak Ridge Institute for Science and Education is managed by ORAU for the US Department of Energy.