

## Women at Warp Episode 48: Trek for Girls

\*\*INTRO MUSIC\*\*

Jarrah: Hi and welcome to Women at Warp! Join us as our crew of four women Star Trek fans boldly go on a biweekly mission to explore our favorite franchise. My name's Jarrah, and thanks for tuning in. Today with us we have crew member Andi.

Andi: Hello!

Jarrah: And we also have two guests today. We have returning guest Anika.

Anika: Hello!

Jarrah: Anika do you want to tell the audience a little bit about yourself for people who may have missed your previous appearance in our book club episode about *Mosaic* [VOY book by Jeri Taylor].

Anika: Sure! I do recaps of Voyager, and I just started Next Generation on tumblr, and I also talk about fashion and pretty much anything to do with Star Trek and also Star Wars and a few other things. And I have two daughters one aged 20 and one aged 11.

Jarrah: And our second guest is Jennie. So Jennie, do you want to tell the audience a little bit about yourself and your connection to Star Trek?

Jennie: Sure. I am a long-time listener, first-time caller. First podcast ever, I am a long-time Star Trek fan and I have a little girl who is about to turn five, which is why I'm talking about episodes for girls today.

Jarrah: Awesome! Yeah we're thrilled to have you. So, as you both mentioned, our topic for today is episodes for girls. So, this originally came out of a listener comment and the listener was asking for recommendations for episodes to show her daughter who I believe was 9 years old. The letter was read in the Incoming Transmissions episode that we did a few months back, so take a listen to that, and we thought this was a really cool question, none of us have kids, so maybe we could balance the perspective a little bit, get you know, some different opinions by having people who have kids.

Andi: Are you saying that my cat ownership is not equivalent to having kids? I'm offended. How dare you.

Jarrah: I'm just saying that you and I maybe don't go through the same questions when we decide whether or not to put on an episode for our cats.

Andi: Yeah it's true! Although Jerry does really like "Catspaw" [TOS Season 2, Ep. 1] he enjoys seeing the cat looks exactly like him be up on the big screen. I have a really hilarious picture of him right next to the cat from "Catspaw," just lounging.

Jennie: I'm sure he appreciates seeing Spot, too.

Andi: Yes, although I think he likes the ninja cat from "Assignment Earth" [TOS Season 2, Ep. 26], I think it's called, the TOS episode I just call it "Space Bond and Ninja Cat." So, I always forget the name of the actual

episode. So I would like to suggest that in the future we do another episode for cat owners about Star Trek episodes to show to the cats.

Anika: And discuss how Neelix the cat is better than Neelix the Talaxian?

Jennie: He does like getting scratched behind his ears, that's all I'm saying.

Jarrah: Amazing. So, before we get started in the topic I just want to remind folks about the Women at Warp Patreon. If you are interested in supporting our work you can head over to <https://www.patreon.com/womenatwarp> and by pledging a small monthly donation you help us do things like Convention reporting, and equipment upgrades, and just generally making sure this podcast is available for you also. And that is how we get things done so thank you to all those who support us already and there is your reminder for the episode. Another cool thing that the that having Patreon support is helping us to do is that we will be launching a blog Starting in January 2017 which is super super exciting. It was something that we consulted Patreons about and people seem pretty excited about. So, we put out a call for writers if you're interested in writing check out our Web site <http://www.womenatwarp.com/> for the submission guidelines and we are super excited to get writing for you all. So, back to our main topic and I wanted to throw this question out to our guests first as people with children, what factors do you think makes an episode a good or a bad pick for kids and girls in particular?

Andi: Like when you're trying to decide what are we going to watch today, what movie are we going to go see what's the internal process you do for, will this be good for my daughter?

Jennie: Well, the number one thing, and this is partly from remembering when I was a little girl, I always appreciated shows that had other girls in them, like around my own age or other children in general. So, I tend to think of like Star Trek episodes that have well, not necessarily Alexander Rozhenko, but other kids you know like Naomi Wildman episodes are always really good.

Anika: Yeah, that was number one on my list is well as having sort of a self-insert character for the kid is as important as having a self-insert character for the adult. And even Wesley, who I know everyone hates...

Jennie: I don't! But my... I watched Next Generation with my little brother and he loved Wesley. He had posters of Wil Wheaton on his wall, he was like, 5. And my daughter, when we went to Star Trek: Mission New York she met Cirroc Lofton and got his autograph, because Jake is the character that she connects the most to. Even though there are great women characters in Deep Space Nine, she really likes Jake because he's a kid like her and he makes up stories, which is her favorite thing to do. So, I do think that having that perspective is really important.

Andi: Is there any red flags for you guys when you're like, say you're seeing a trailer and you're trying to decide whether or not to bring your kid to that movie. Is there something that you see that turns you off?

Jennie: Lots of violence and gunplay. I don't love my kids seeing that. Although sometimes like my son is really into Star Wars it's kind of hard to avoid with the Star Wars movies.

Anika: I mean you have to know your child. So, it's difficult for me to answer for anyone other than what I know my daughter is going to like and be able to appreciate. But, I agree with that the violence, and I'll tell a little story, normally when I, like when going to see an X-Men movie or now Star Wars, and now that she's older I don't do this as much anymore, but when she was like 8 I would go see the movie at midnight, and

then I would bring her, if I found it to be appropriate. But, I didn't do that with "X-Men: First Class" which was a terrible idea, because I had plans with friends and so we were going to go to a matinee and so I brought Aeris along. And in first like ten into that movie, Nazis murder Magneto's mother in front of him. And my child, has not gotten over it. This is years ago, and it's just absolutely, like, she will never watch X-Men because it was so horrifying and we left like we immediately. I was like I told people the people I was with, "we're going to the mall." So, there you know, that kind of thing because it is what I look out for. Is this going to be something that is really terrifying. And it does, and like you know obviously Nazis were terrible but also the fact that it was a murder of a parent was you know, that's something you avoid.

Jarrah: I think, I mean obviously a lot is dependent on us, like you're saying individual kids, but also the age of the kid. And I know a couple of episodes that terrified me of Star Trek when I was a kid. The first one, I had nightmares all summer about "The Best of Both Worlds, Part 1" [TNG Season 3, Ep. 26]. In retrospect and an adult, I'm still glad I saw it, but if I was a parent and I knew in advance what was there, I might have at least waited for part two to come out so that I could have closure.

Jennie: Picard turns into a BORG!!

Jarrah: And then the other one was the Voyager episode "Phage" [VOY Season 1, Ep 5] where the Vidiian are extracting Neelix's organs, and they look super gross, plus they like sneak up on him in a dark cave and like pull out that knife-y the organ harvester-y weapon thing... and yeah that still sticks with me today.

Anika: The TOS episode "Obsession" [TOS Season 2, Ep. 18] where the cloud comes in and kills people, like I'm still afraid of and I'm 40. Because I always thought, when I was a very small child, and it's like that sticks with you.

Andi: This is basically the reason why I think this topic is so important because the randomest things stay with you when you're a kid, and every bit of media that you can consume has such a deep impact on you. And you don't have the same critical thinking skills that you develop over time, stuff like that. So, like something that's scary, like is **scary** you know? And you can remember 20 years later that feeling because it gets so intense. I remember being terrified by "Home Alone." And I remember going to see "Home Alone," I was like it's PG, this the first PG movie I'm ever going to see, and I was like scared to see it because I was like, "Oh man, maybe it will be too scary"

Jarrah: Well, and there might be like some things to do that would just make it less terrifying, too, because something, like for instance, watching it alone at night in a dark room on a big screen might be scarier than watching it on a tablet in the middle of the afternoon when you're going to go do something fun after.

Andi: Yeah I ended up seeing *Aliens* by mistake and it was on TV and it was late at night and I still can't watch *Aliens*, it terrified me, and I kept changing the channel, and then be like "no, I have to know," and then changing back and being like, "no it's too scary" and changing it again.

Anika: Interesting, because I saw *Aliens* when I was like 9, and I loved that movie and I like, I point to that movie as this "this made me an action hero." I LOVED "*Aliens*, and *I Newt*. I was like this is about me.

Jennie: I don't remember being scarred by *Aliens* so much. I'll tell you which Star Trek episode scarred me for life though, was the one where, I don't remember the title but, Riker gets abducted by aliens and he just gradually remembers what has happened to him, and the clicking in the background.

Andi: Oh yeah.

Jennie: Oh my gosh look that one gave me nightmares.

Jarrah: "Frame of Mind" [TNG Season 6, Ep. 21] is that what it is?

Andi: I know which one you're talking about though no, because Worf also does, and then the barber like tries to cut his hair and he flips out, like gets triggered. And also that's an episode where Ensign her name should be "Rager" plays a big part, and I love her Ensign Rager.

[TRANSCRIBER'S NOTE: The episode they are trying to remember is "Schisms" TNG Season 6, Ep. 5, where several members of the crew were abducted, experimented on, and their memories modified. The part that sticks out to me the most is when Troi has several of them in the holodeck to recreate the lab that they were starting to remember.]

Jarrah: Another one which I would say falls into that same category, I mean obviously you want to spend most of this episode talking about good episodes for girls, but I would say "Retrospect" [VOY Season 4, Ep. 17] would be one that I would hesitate before showing girls, which is the episode where similar happens to Seven of Nine, and I think for me, in addition to like trying to find a character that the girl can relate to, but it's also just considering what messages is this episode sending, because I think Star Trek has the potential to challenge a lot of the really problematic messages girls get in society, but not every episode does that. So, to be like to what extent is this helpful for the the way that they view the world.

Anika: Yeah, I wanted to say one thing about how you know I think in specific to Star Trek I would look for episodes that where the awesome women characters get to be awesome, which there are a lot of options for that both with characters and episodes. Though, you also have to avoid the episodes that feature the awesome women characters being assaulted.

Jennie: Yes

Anika: There are unfortunately more than I would like of those.

Jennie: Unfortunately that is a plot device that they return to.

Anika: Yes, over and over.

Jennie: And you know it's not like you can't tell a good assault story, or a good story where an assault happens. But, I would say that more often than not Star Trek does not do it the way that I would give the five stars to.

Andi: They do not handle it with sensitivity. From what I have seen so far, and it's disappointing. I have a question for you two. So, say you have, like you had the example with "X-Men: First Class" where it wasn't, like you had to leave. Have you ever seen something that you know messed with your kids, and you had to talk it out afterwards, or like you saw some like message that you didn't agree with and you wanted to talk it out and talk about the good messages like did you ever have anything like that happen?

Jennie: You know my husband watches cartoons with the kids a lot. And one of the things he watches with them is *The Simpsons*, which I think is a great show, but it's it's not a kid's show. So, we've had to talk

through some of the things from that show like, “Okay, you really can't climb out your bedroom window and sneak out of the house” and like, “You really can't talk that way to your teacher” or, “these are words that you really shouldn't say outside of the house,” that kind of thing.

Andi: Yeah, I just think that there's an opportunity sometimes for media that we give kids to teach messages and like be a starting point to teach them lessons, and talk that through, and I was just curious if you ever had a moment like that.

Anika: I mean I would say that my daughter and I talk about these things with whatever we watch. I mean I over-analyze everything, and my kids are part me and have been raised by me, so that they over analyze everything, too, and we that's something we can do together. My older daughter and I are watching “Star Wars: The Clone Wars” and doing like, we're dueling recaps on tumblr that we can you know this is what I saw and this is what I saw and now we can talk about it. So, it's I don't have a specific example so much of it.

There is my my younger daughter really loves this anime called *Soul Eater*, which I also, it's amazing the the extent, every character in it is sort of, speaking of trauma, so it's sort of traumatized or we're dealing with some kind of mental incapacity in some way. But they're all done, it's very true to life and very respectful. And they all sort of deal with it as they as the enemy goes on. And that's something that I really appreciate.

Aeris, you know, has written essays about this you know, 11 year old essays, but, about you know different mental illnesses, like obsessive compulsive disorder, which she like did her own little research on and trying to decide if it was something that she saw in herself or her relatives, and she did another one that was on, the there's a genderqueer character, and it was basically four paragraphs about why you shouldn't force this character to have a gender. I was just amazed at, and so those are the things I point to when people say you know you can't learn anything from Star Trek, or you know this random Japanese cartoon, it's like, “Of course you can, especially if you take the time to talk it out.”

Andi: Art is always telling us something. It's always got a message. Whether it's super obvious or super not obvious and under the waters as we might say it doesn't matter it always, always has a message and it's kind of our job to figure out what that message is, and whether we agree with it. It's just harder for kids to see that so they take everything so completely without you know taking the time to think through that all of the time. But, this is why I think this sort of stuff that we talk about with the representation and the way that the messages we're teaching through media is so important because it influences the way society thinks about certain issues.

Jarrah: Yeah. Like you were talking about, about having conversations with your kids. We had a listener comment from Brandon, the host of Melodic Treks podcast [<http://trek.fm/melodic-treks-home/>], who said that the episode “'Arena' [TOS Season 1, Ep. 19] blew my daughter's mind. The fact that Kirk showed mercy to an enemy was very confusing to Aubrey, who was five at the time. It sparked a wonderful discussion between us about forgiveness and mercy.” So sometimes you can maybe show an episode and use that, like you said, as a way to get into a conversation. I thought that that was really funny because you know kids are trained more to like a black and white narrative of things that, you know, this is the bad guy and this is the good guy and the good guy kills the bad guy or puts the bad guy in jail and then everyone else is safe, and you're safe because you're a good guy. And it was neat that “Arena”, it was like not an episode I would necessarily think about for kids, could actually be able to introduce an important lesson. So, why don't we go through a few of our suggestions and we're just kind of going to go around and I'll ask you to throw out an episode and why you think you would pick it to show a girl. So, I'm going to start with Anika.

Anika: I will start with it's actually not an episode it's a movie, because this is a personal... it's personally important to me that *Star Trek IV: The Voyage Home* is my favorite of the Star Trek movies, of all of them. When I saw it, it made me want to be a cetacean biologist. I wanted to be Gillian Taylor. That was like my goal, was I'm going to become a scientist, I'm going to study whales, and save them, and then I'm going to meet aliens and I'm going to go into space and the future and everything will be perfect. I shared that movie, I'm pretty sure it's the Star Trek that I've ever shared with my kids, and I tell them this story, more like I tell them all the time, because I didn't grow up to be a cetacean biologist, and you know I will regret it forever. And so I have encouraged them to, whatever they want to do, I want them to know that I'm a hundred and fifty percent behind them at all times, and that I will help them and I use *Star Trek IV: The Voyage Home* to put forth that message.

But, on top of being just personally you know, have this story to tell, it's a great movie it's funny, it's heartwarming, it's there's no bad guys, there's just we're going to save the planet. And especially you know lately when it felt like the planet, you know we really need to save the planet, that's a great message to go back to. And you know Gillian Taylor is such a feminist character in the middle of it, you know she does everything on her own. She is an equal to Kirk. She stands up for the whales to pretty much everyone, she refuses to be left behind. And she's very focused on who she is and what she wants. And I just think that that's a wonderful, you know something to aspire to.

Jennie: And she has no qualms about staying in the future to help the whales.

Anika: Because she knows you know just where she belongs, she's with the whales.

Andi: I saw *The Voyage Home* as an adult. This one has a lot of nostalgia for a lot of people because they saw it as kids. I saw as an adult and I loved it. And I think it's a great movie for kids. It's funny, it's engaging, there's a lot of action, but you're right that there's a very specific message that is important and you can talk about. Like you say that there's no bad guy, the bad guy is like humanity in that movie. It is like the bad guy is the way humanity relates to the planet. Like that's amazing.

Jarrah: But then the good guy is humanity, too.

Andi: I don't think you could make a movie like that now. I don't think that they would let you make a movie like that now, which is really frustrating because it's such a cool idea that, as Jarrah said, humanity is also the hero. So, like it's all about fighting the urges and humanity to take the wrong path, and take the higher path instead. That's a great message for kids. Come on. It's awesome, and it's hilarious. That's a fun funny movie.

Jennie: Nuclear Wessels!

Andi: Nuclear Wessels, exactly.

Jarrah: I think it's also one of the best Star Trek movies to feature the ensemble, and particularly the characters of color, Uhura and Sulu. And also there's a decently diverse background cast with the captain of the *Saratoga* being a black woman, and some of the other characters around so does better than a lot of the other classic movies and as well as all the other reasons you mentioned.

Andi: Good pick, Anika.

Anika: Thank you!

Jarrah: So, Andi do you want to go next?

Andi: Sure. My first, first, first thought was the TNG episode "Rascals" [TNG Season 6, Ep. 7]. So, I have an unabashed love for this episode, and there are plenty of people who do not like it and think it's silly, and I see those criticisms and I reject them. I love this episode so much. And the reason I love it and the reason I think it's a great episode for kids is because it's a celebration of childhood, and it's about how kids are underestimated and overlooked, but they have value and they have things to teach us. And childhood itself has things to teach us. So, especially this scene with Guinan and Ro, where Guinan is teaching Ro how to reclaim a childhood that was taken from her, and reclaim joy and fun, and play is just unbelievable to me, I think it's beautiful. And then I also just think that episode is super funny. "He's my number one dad" is one of my favorite moments of all time.

[TRANSCRIBER NOTE: I'm with Andi on this one, plus the girl that plays young Guinan in this episode, also happens to play the young version of Whoopi Goldberg's character in "Sister Act", as well as young Picard is played by the same young man that played his nephew earlier in the series.]

Jarrah: Cool. Jennie, what about you? Do you want to throw an episode in?

Jennie: Yeah! Well, the first episode that popped into my head when I heard this topic was the Voyager episode "Once Upon a Time" [VOY Season 5, Ep. 5].

Jarrah: Oh yeah.

Jennie: It's from season five of Voyager and it centers on Naomi Wildman, and it mainly centers on her adventures in the holodeck, which I just think is such a cool concept for kids. I mean imagine having your storybooks come to life around you, and being able to become part of the story. That's just a fascinating concept in itself. And then also, because all the adults around Naomi and the story spend almost the entire episode trying to figure out how to talk to her and tell her that you know her mother might be dead from this shuttlepod crash, and they keep... they're hiding it from her and hiding it from her and finally you know they tell her the truth. Remembering back to my own childhood one of the things that used to make me really mad was when adults would not tell the truth because they didn't think I could handle it. So, hearing the truth and dealing with it and dealing with all your feelings about it I think that's a good that's a good message, too.

Jarrah: All right. Well one of my picks was the DS9 episode "Rules of Acquisition" [DS9 Season 2, Ep. 7], which is the one where the Ferengi Pel is undercover as a male Ferengi so that she can earn profit, and turns out to be better at earning profit than all the dudes. And, picked this for a couple of reasons, I think it's entertaining and accessible. This is maybe one of the few episodes that I feel like I would absolutely recommend this for both kids and adults, because some of the episodes that I would pick as a top place for adults like "Face of the Enemy" [TNG Season 6, Ep. 14] I think would probably bore kids a little bit. So, with "Rules of Acquisition" there's a lot of humor in it. There's also the cool scene where Dax is uncovering that Pel is in love with Quark and is actually more surprised by that fact than by the fact that Pel is a woman. So, it was cool that Dax doesn't really blink an eye at thinking that there's a same sex attraction. And finally I think that it could possibly be used to discuss times in Earth history where women have had to disguise themselves to get into the same roles as men, or even how they still do that to, you know, less obvious

extents or expected to do so in like the corporate world. So, there's opportunities for different levels of conversation there.

All right. Well, that was our first round. So, how about you go next Anika again, we'll just keep going in the same order.

Anika: Okay, I am going to talk about a second season episode of Voyager called "Elogium" [VOY Season 2, Ep. 4], which I'm going to put up front is not the best episode. I'm not going to say that this is you know particularly well-written, or amazing plotting, or makes any sense. However, in terms of starting a conversation, specifically with a little girl age like 9 to 11, it's really good for that. Because this episode it's, I call it an afterschool special, because it's about Kes who is the young woman that they find in the Delta Quadrant and she joins the crew, and she only lives to be 7, and so like she turns 2 earlier in the season, and basically she becomes, they go into a certain region of space, her biochemistry is screwed up and she starts to create a baby, and she's too young for it, and it's not fertilized so it's like I don't know, it's like science, it's science fiction it's not science.

Jennie: Doesn't she carry the baby on her back, too?

Anika: Yes, she basically starts it's like an egg pouch on her back, and she's like this is where my baby is going to go, but you know she has to have sex with Neelix for like three days for it to happen. So, anyway, because of this, it's a good a good conversation starter for three things: menstruation, teen pregnancy, and abortion. These are three things that I can tell you as a mother of daughters, no one wants to have those conversations. Like they're really difficult to discuss, and so having a story that you know takes place in a whole different place in the universe, far into the future is a really good starting place, because it can say "you know isn't it interesting that this happened to Kes?. How do you think she felt about it? You know what could she have done? You know, what do you think her choice says? What would your choices be?" And, I mean, my mother died before I had my first period, so I don't have any experience with it, like no one had that conversation with me, and it sounds ridiculous but boy it sure helped me. And like the whole episode is a metaphor for being a you know 13 year old girl and having to deal with things that you're not ready to deal with. I just think it's a great episode for girls of that age, that you know on the cusp of being a teenager, but not there yet. And then you get to have that conversation before, like you know you they say have the conversation about sex before they're ready to have sex. This is a way to do that.

Jarra: I would say it's probably a better sex conversation starter than like "The Naked Now" [TNG Season 1, Ep. 3].

**\*\*laughter\*\***

Jarra: So, I actually, I really agree with this pick, I thought it was really interesting I wasn't expecting to see it on a list, but you're right. And there's also a cool scene in this episode where Neelix and Tuvok are talking about child rearing, and Neelix has a really gendered idea of how you would raise a kid based on their gender and Tuvok just totally logic's him out of it. Like, "why would you do anything different with a daughter than you would a son?" The, "my you know sons are equally attached to me" and things like that. So, it was interesting. I think that that was a good little exchange too.

Andi: I grew up with a single mom, and I have more than once been grateful for the way she approached teaching me about sex. For one thing, my mom is a super straightforward person, and she just basically when, I was... I don't even know 6 maybe, she showed up with a book that was like fully illustrated and was



like, "Here you go." And I mean that's how it started, but like as I moved into puberty, she was so open about the pitfalls and so, I don't know, straightforward about the mechanics that by the time I was starting to think about having sex for the first time I had all the information. I had friends that were like coming to me was questions, because my mom prepared me so well, and I'm really grateful for that because I feel like especially for teenage girls sex is so fraught, it's so fraught with so many different issues of self worth, and self esteem, and you know safety, and the right reasons to have sex, and the wrong reasons to have sex, and the way to have healthy sex. I mean it's just, goodness gracious, how long could we spend just on this topic, right? But, it's so important. And I think it's cool, it's a cool idea to me to think of taking episodes of Star Trek that deal with it, even in a bad way or in a good way, and talking to your daughters about like what does that mean, and talking through you know exactly what you were talking about, Anika, like what would you have done? What do you think her feelings were? I think that's a good plan, essentially.

Jennie: Yeah that's the way to be, totally got the opposite treatment from my parents. So, I'm here to tell you it's better to be straightforward than to hide things.

Andi: Yeah well, for comparison I had a friend who also was the daughter of a single mother, and she went the opposite route. And without getting into too much detail there was a person who had a healthy view of sex, and a person who did not. And it's very much rooted in how we were taught about it. And it's so important, it's not something you can avoid or skimp out on.

Jennie: Yeah that's so true.

Jarrah: Parents, don't let your kids grow to be Charlie X [ref: TOS Season 1, Ep. 7].

Andi: Andi, you're up next.

Andi: Okay... what did I choose? Oh! I chose "The Trouble with Tribbles" [TOS Season 2, Ep. 13]. The original series, but pretty much any of the tribbles episodes I think could work for this, but the original is you know pretty much my fave. And although I don't think I've seen them all, because from what I'm hearing there might be more in store for me. But, I love the original series episode because it's so fun, and it's so perfectly paced and the tribbles are so cute, and cuddly, and lovely. There is a lot of very subtle lessons about what power, and politics, and diplomacy, and how different people relate to each other, and how different species relate to each other. There is an ecological message about invasive species like there's some good stuff in there and some good lessons in there and it's all wrapped up in this super hilarious package. And then you know you can also discuss the end and how Scotty sent a bunch of Tribbles to die, and then punned about it and whether or not that was a good thing or not.

Jennie: I had a stuffed Tribble when I was little.

Jarrah: I still have a stuffed Tribble.

Andi: They're so cute you guys, so cute. They purr! And, Uhura, she doesn't have a lot to do in that episode, but she's she's super cute.

Anika: All of us when she finds a little kitten.

Andi: Yes! She's like, "awwww".

\*\*small "meow" heard in the background\*\*

Jarrah: Oh speaking of kittens, I can hear a kitten.

Andi: Yes, that's Mary.

Jarrah: I was going to say that I also had this on my list but I would recommend showing your kid both this one and "Trials and Tribble-ations" [DS9 Season 5, Ep. 6] the DS9 episode.

Jennie: That's exactly what I did.

Jarrah: Yeah!

Jennie: They loved it.

Anika: That's why Aeris likes Deep Space Nine, because that was the first one she saw.

Jarrah: Exactly. I think that it's like they're both great episodes to get your kids into loving Star Trek. Even, there are deeper messages, but even if the other messages can't necessarily be discussed with your kids because of age or anything, like they're both just really fun, funny episodes that introduce the characters, and the settings, and the technologies, and then the DS9 one also just has more women in it. So yay! Jennie what... do you want to throw another one out on the list?

Jennie: Yeah. It's actually funny we were talking about mothers earlier, because well TNG started airing when I was about 10 years old and around that same time PBS was showing the what's his name Basil Rathbone Sherlock Holmes episodes on the mystery hour or whatever and my mother loved Sherlock Holmes. So, the TNG episode "Elementary, Dear Data" [TNG Season 2, Ep. 3] was just absolutely fascinating to me when I was around that age, it's another holodeck episode come to think of it, I just really loved the holodeck episodes, and it also, not only did it have a tie in for a Sherlock Holmes so I could watch it with my mother, it also has a really cool message about the power of your words, and using the correct words because I think what happens is the holodeck character ends up being able to take over the ship because Geordi asks the computer to make a character that can defeat Data instead of a character that can defeat Sherlock Holmes. So, I remember that really making an impression on me like, "Wow, the difference of one word can really like make a difference." So, I'm going to throw that one in there as just a fun episode.

Andi: In general I think the holodeck episodes are often good for kids because it's just the ability to go to so many different worlds and time periods and stuff like that, and they're usually very imagination-based, which is nice. So, I'd imagine that there's plenty of holodeck episodes I think would be cool for kids. And "Elementary, Dear Data" is one of my faves.

Jarrah: Cool. So my next one on my list was "Thine Own Self" [TNG Season 7, Ep. 16] from TNG. And, this is my, this was my favorite episode as a kid, which is the one where Data arrives in the town and he has amnesia and people think he's an iceman, and it takes him and the sciencing abilities of a little girl and her dad, and to overcome superstition and fear. And they even managed to convince the older woman educator who's well intentioned, but just grew up in this culture that doesn't, like they're still a little behind the times. And, I wanted to be the little girl and go sciencing with Data, so speaks to that having a character to put yourself in, to put yourself in their place. The only thing that makes me hesitate a bit as an adult is the B plot, which is Troi taking the bridge officers' exam. But even as a kid I really appreciated that she was going back

and trying at this thing that she had failed at. And even when Riker is a total jerk to her about it, that I mean as an adult in some ways I guess I can see that as even braver, cause she went back and just kept persevering and didn't, at the end of the day let herself be talked into thinking she wasn't capable of it.

Jennie: Is this the one she has to send Geordi to his death? I mean pretend Geordi to his pretend death?

Jarrah: Yes it was.

Jennie: Poor Geordi.

Jarrah: Yeah. But little girl and science. Also Troi's in a uniform so you know I'm taking what I can get with Troi.

Jennie: She has so little to work with.

Andi: Poor Troi.

Jarrah: Before we do another rotation, Andi do you want to read a listener comment from Aleksandra?

Andi: Aleksandra wrote: "Data's Day really stood out in my memory. I loved it when it turned out that Ambassador T'Pol had actually been a spy who lived in the Federation for years. I was very impressed, thought she was awesome and must have been extremely clever and brave, and she was one of the main things I remembered from watching Star Trek as a child. (I'm not sure if being impressed by a character's ability to pull off a false identity for years is a good thing, but oh well, I still think Selok is awesome) \*wink\*

Jarrah: Cool. Any thoughts on "Data's Day" [TNG Season 4, Ep. 11] from anyone else?

Anika: It's a great episode and it has dancing. Anything that has dancing is A+. But, I mean I really like that it's an exploration of Data who I think is a fascinating character, and I think that kids would find him fascinating. And so, just the idea of he's both still sort of childlike and also older than everybody. So, a really interesting character to explore. And he does a lot of different things, and yet it's also like just this random day. And I think that that is a really good episode to just sort of enjoy.

Jennie: I was going to say, he's a childlike character.

Jarrah: "Data's Day" is one I also really liked as a kid, and as an adult I don't really enjoy, but I think it's just because having seen DS9 I got to see the bad sitcom relationship of Miles and Keiko O'Brien continue, and then I go back and watched "Data's Day" and like, "it was there from the beginning. They can't even talk to each other. How stupid is this?" But the Data stuff is really funny and I'm not saying like I would rule it out. Yeah I just be like, "So what do you think about that? Do you think there's a better way they could have solved this problem?"

Andi: I love the idea of using Miles and Keiko as a way to discuss unhealthy relationship dynamics.

Jennie: Oh my God, yes.

Jennie: Miles and Keiko, god, they either get it so right, or they get it so wrong. There's no in-between there.

Jarrah: All right. So we'll go back to Anika then.

Anika: Okay, I have another Voyager episode and I realized when I watched these four, you know to get ready, that I picked a coming of age story for Kes, and then a coming of age story for Seven, and I don't know what that means, I think it's interesting. Anyway, so, I picked "Dark Frontier" [VOY Season 5, Eps. 15 & 16], which is in the fifth season, and it's a two parter, but it was like, it played as a one long episode so, it's not even really a two parter, it's just like a movie. It's Voyager movie. And the reason I picked it, as first of all, all of the main characters are strong women.

Seven, it's her story. And she play cast, looks older than she is, you know she is physically older than she is emotionally, because she spent so much time as a Borg in the Collective. So, this, her entire arc, but this is one of the best episodes to show it, is she's trying to assert her identity. Which is a classic sort of teenage girl, and teenage boy, but in this case teenage girl thing to do. It's, I would say, that starting at like middle school and again I have an 11 year old so that's why middle school is sort of in my mind when I'm thinking about things to share with my daughter. The real world is sort of like the Borg, trying to turn girls into something that they can control. And you know say, "You should look like this, you should act like this, you should think like this, you should care about this, and, also, you have to be yourself."

Those two warring things you know, little girls really really have to deal with. And that's what Seven does in this episode. She has her first family the Borg that raised her and Captain Janeway and the Voyager crew that have become her family, all sort of shot she's saying these are, you know, these are the lessons that you should learn, and these are things that you should pay attention to, and she has to decide for herself you know which voices she's going to listen to when, and make her own choices and make her own decisions and and who she wants to be. And there's just there's layers of this family drama and searching for identity.

And on top of that it's just a really good, solid story. And again led by all women and even like you know the supporting cast all get to do things, they're all working together to steal their transwarp coil and it requires every member of the main cast to do something, you know that's their special part. And there's a great scene with Naomi Wildman, when she's saying you know she goes to Janeway and she says, "You can't leave Seven behind" like you can't leave her with the monsters we have to go get her. Janeway was like, "Yeah of course we're going to go get her." That's it. It's one of the most important things of being in command is that you don't leave anyone behind. So there's lots of just really strong scenes for all of the female characters. I just think that it's a really strong episode that is centered on a girl's identity.

Jarrah: I went and rewatched it also because it was another one I didn't super expect to see on the list and then I was like, "Yes totally!" I do think that for like really young girls it might be a bit terrifying. But absolutely, it has like so many important messages and there's I think it says you know like it's okay to be scared when things are scary, but ultimately you have to be true to yourself, and then also that people who love you will look out for you.

Anika: And there's lots of women doing science and engineering.

Jarrah: Yes. So good. Cool. Okay, back to Andi.

Andi: I wanted to just throw some love out for The Animated Series. So The Animated Series, is a bit of a mixed bag. On the one hand you have giant Spock, and on the other hand you have Harry Mudd giving out rape drugs. So, you really have to be careful about which episodes you're watching, so maybe avoid

"Mudd's Passion" [TAS Season 1, Ep. 10]. But, there are a lot of really great episodes in The Animated Series, and obviously it's animated, it's brightly colored, it's surreal. That might be a good place to start for the younger kids. It's also short, so younger kids with a smaller attention span might be good. I showed The Animated Series, to my little cousins and "The Infinite Vulcan" [TAS Season 1, Ep. 7] which is my favorite episode besides "Yesteryear" [TAS Season 1, Ep. 2] is the giant Spock episode. They were fascinated by giant Spock. So I call it a great success. And then obviously "Yesteryear" if you don't know the animated series and you only need to watch one episode of the animated series it is "Yesteryear," it is absolutely vital for Spock's development and it's also very much about how a young Spock deals with his dual identities, and figuring out what's important to him in both his adult and young life. And it's a beautiful episode, and everyone should see it but it would be great for kids. So two thumbs up for the animated series. I always tell people to watch it because I love it.

Jarrah: Yes, awesome. Jennie.

Jennie: Well actually my next pick was "Yesteryear" from The Animated Series, just because my kids or are younger and I felt like a cartoon would maybe be an easier introduction for them and "Yesteryear" of course is the episode that everyone thinks of because it is I think the best episode of The Animated Series..

Andi: I will hold up "Yesteryear" as one of the best episodes of Star Trek.

Jennie: Seriously!

Andi: It is very good.

Jennie: Well, it has I rewatched it because I hadn't seen it since I showed it to them a few years ago now, but I had forgotten that it has kind of a *Back to the Future* kind of vibe at the beginning of the episode where Spock comes back and no one recognizes him and there's this guy there that's in his place that everybody seems to know and it's just, it's got that kind of like "whoa what happened? We got to go back and fix it." kind of a vibe, and you know you get to go back and see his his pet, and you get to see his family, and you get to see him as a little kid, and yeah...

Andi: Yeah that space chicken really messed things up.

Jennie: I had forgotten how weird that thing was.

Andi: Everything about The Animated Series is weird in the best possible way. Do you want a purple pterodactyl that screeches at you and has no legs? It just has like curlicues for feet? The Animated Series has your back.

Jennie: Cat People.

Andi: Cat People! Ah Kzinti, yes \*muah\*. Beautiful. They fight cat people, man. You got to see the animated series. No more excuses.

Jarrah: Mermaids, and mermen, merpeople.

Andi: Yes there is an episode where Kirk and Spock get gills, and go into an ocean civilization and help save it.

Jennie: That's a trip.

Andi: It's amazing.

Jarrah: So another listener comment we had was from Sam who says, "Any of the Voyager episodes where Janeway gets "sciency"- those show that female leaders can be good at science and math. I also love, as a working mother, the TNG episode "Remember Me" [TNG Season 4, Ep. 5], where Bev ends up alone on the Enterprise... I like this and other Bev centered ones because so often on TV women are depicted as a mom OR a scientist/leader. In Bev's case she is both and neither side of her suffers when she's tested."

Andi: I love "Remember Me." It's a good episode. It's trippy, and the mystery is cool. And also Gates Crusher crushed it.

Jennie: I remember that one scaring me, though. I'm often scared by like psychological dramas, and you know just the fact that she knows what's going on but no one else does.

Andi: Yeah it's creepy. It's creepy. Yeah.

Jarrah: Okay, so, we've done three rounds. Who else has one that they want to share?

Andi: Is there anybody that has one that they are telling you not to watch, like, avoid this episode? Anything with Mudd in it. No.

Jennie: "The Child" [TNG Season 2, Ep. 1] Don't show your daughters that because, it's just wrong.

Anika: Any of the ones where random energy beings assault the women for no good reason.

Jennie: Well that and it gives a very unrealistic portrayal of childbirth. Let's face it. It's like, "Do you need pain medication?" "No, I feel nothing at all." It's like yeah... no.

Andi: We are thinking about doing an entirely separate episode about how pregnancy is depicted on Star Trek. And \*woooooof\* there are some issues.

Jennie: There are a lot of issues.

Anika: I just want to say that my older daughter has only recently been asking about Star Trek. My younger daughter is totally into it and watches with me, but her big sister has not been a fan. And so she came with me to Star Trek: Mission New York and she saw the Voyager panel and she turned to me and said, "Okay, this seems cool, and I'm intrigued. If you make me a list of episodes then I'll start watching." And I said, "Okay, we're going to start with Next Generation." And so I you know I wrote a whole list of Next Generation and my brother did Deep Space 9, I have Voyager, and we're all very excited. She's watched like four episodes, but we're ready for years. And then she said, "Well, what about Enterprise?" And I said, "You know, you don't have to watch Enterprise." And she said, "Well, why did we watch it so much when I was a kid?" And I said, "Because it was on, it was on television, that's when...it was THE Star Trek, when you were a kid." And she said, "That's why I don't like it!" I was like, "Oh my gosh," like giant newsflash. Needless to say, don't watch Enterprise, if you want your little girl to like Star Trek.

Jennie: I just don't see it having a lot for kids, that series. There's no there there for kids.

Jarrah: I was trying to think of Enterprise episodes as well, because there are Enterprise episodes I like but there are fewer women characters than DS9 and Voyager and the one-offs I didn't find amazingly memorable. And, I mean other than Erika Hernandez but even then she's kind of like looped in as part of Archer's storyline. And I just didn't find like a, "Trouble with Tribbles" kind of episode that was just really fun and generally unproblematic. Like there's "Bound" [ENT Season 4, Ep. 17], and there's "Acquisition" [ENT Season 1, Ep. 19], and like, I felt like the retro elements that they brought in when they tried to make it more fun were also just brought in all the most problematic aspects too.

Jennie: I was looking back on it too and a lot of the T'Pol episodes are centered around like other people or centered around marriage, her marriage, her family, pregnancy...

Anika: There is an interesting Vulcan arc, but it's like you have to watch so much nonsense before you can get to it in order to understand what's going on.

Jarrah: I also found The Original Series a little bit difficult just because there are, I didn't know how I would explain a lot of the stuff to a kid when there were women featured, because often the women who were featured had some fairly... well there were like there were lots of stereotypes, like you know women who end up being victims, women who end up being slightly crazed and love struck, women who fall for the villains and abandon their duties. There are some that are better, but then I was like I really wouldn't really show a kid "Court Martial" [TOS Season 1, Ep. 14]. I like "Court Martial" but I don't think a kid would be interested in that at all. So, I don't know, maybe I'm wrong. I'd like to hear listener recommendations for TOS episodes for girls.

Jennie: I'll tell you, I was going to recommend, or give a shout out to "Bride of Chaotica!" [VOY Season 5, Ep. 12], because it's one of my favorite Voyager episodes ever. But then I watched it and I was realizing the same thing, a lot of the women in that episode are like jokey stereotypes, or there's one woman who just screams and doesn't have any lines, and I was like, "No... this would take too much explaining." So, let's forget it.

Jarrah: Yeah, but "Trouble with Tribbles" and Trials and Tribble-ations" I think is a good way to introduce to the fun of The Original Series without having to deal with "Mudd's Women."

Anika: My favorite TOS episode is "The Devil in the Dark" [TOS Season 1, Ep. 26], which is a really great, like, "There's a monster!", but it turns out to be your friend. I would show that to anybody, because I say that's my favorite episode, just like, "this is why I like Star Trek, guys." So, but, there aren't any women in it, I'm pretty sure...

Andi: The Horta is a woman.

Anika: That's true, the Horta is a woman, and she has many, many babies.

Jarrah: I was thinking about that, if it came down to it, I would still rather show an episode with good messages about men, that has no women in it, than an episode with bad messages about women.

Anika: I agree.

Jarrah: And especially because, I mean, I think that ideally, boys and girls would both be entertained by good stories about women, and good stories about men and countering gender stereotypes in either direction is I think generally helpful. So, one that I actually kept putting on and taking off my list because it doesn't really have any women in it is DS9 episode "Nor the Battle to the Strong" [DS9 Season 5, Ep. 4] which again would be like more of her older kids because it's a war episode, but it's an episode where basically Jake goes off and he's like, "I'm going to be a war reporter, I'm going to be so cool and awesome and go see all these like brave people doing brave shit." And then he realizes that he's actually really scared and everyone else is really scared too and that, you know, by talking about your fear that's actually courageous. And I think that that would be an episode I wouldn't hesitate to show boys or girls because it's good to see that strength isn't about not sharing your feelings.

Well it was lovely having you all on today. Anika, where can people find you elsewhere on the Internet?

Anika: You can find me on tumblr at <http://pixiedane.tumblr.com/> on Twitter at <https://twitter.com/manicpixiedane> and all over the web if you go to <http://www.manicpixiedust.com/>. I am you know everywhere Instagram Pinterest etc. etc.

Jarrah: All over the place! Jennie, what about you where can people get in touch with you if any where?

Jennie: I am on Facebook and that's it. I just keep it simple.

Jarrah: Okay, so if you want to get in touch with Jennie, you can the way you would get in touch with any of us on the show send an e-mail to [crew@womenatwarp.com](mailto:crew@womenatwarp.com) or comment on our Facebook page <https://www.facebook.com/womenatwarp/> or our Web site at <http://www.womenatwarp.com/> or Twitter <https://twitter.com/WomenAtWarp>, and we will pass it along. And what about you, Andi?

Andi: The easiest place to find me is Twitter at <https://twitter.com/FirstTimeTrek> where I live tweeting my first time through Star Trek and I am on Voyager finally so hopefully we'll be able to be talking about Voyager coming up soon.

Jarrah: I'm Jarrah, and I have too many episodes to list and you can find me at <http://trekkiefeminist.tumblr.com/> or on Twitter at <https://twitter.com/jarrahpenquin>. Thanks so much for joining us this week if you'd like to review our show on iTunes, that's another really helpful thing you can do for us. It helps people get information about the show and find us more easily in search rankings. So, have a great day evening and thanks for listening.

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