

Sophie: Today's show is made possible by a lot of people. Our amazing producer, Maria Wurttele, both of our mothers, our interns, and as always Solange Knowles. But you know who else we would be proud to partner up with as a sponsor of an episode? You.

April: If you own a business and you'd like to work with us, or you work for a brand that you think could be a good fit, contact us at FYI@shesallfatpod.com. Another big change in that time has been moving, like I talked about on the show before, I went to college graduated, went back to Minnesota for six months and just like was having a full spiral. Then got a job.

Sophie: Did anyone have a successful transition from college to real life?

April: No, even the people who had a job after graduation were like burned out.

Sophie: Yes.

April: You just spiral, they just spiral. [music playing 00:00:54].

Sophie: I'm Sophie.

April: I'm April, and this is She's All Fat.

Sophie: The podcast for body positivity, radical self-love, and chill vibes only. On this week's inter season minisode, that's now like a long minisode.

April: A fullsode.

Sophie: We'll discuss how I went viral, Maggie Rogers and Change, April.

April: Yes.

Sophie: Wow, are you a ghost now?

April: I'm doing ASMR.

Sophie: Okay.

April: Yes.

Sophie: You're not supposed to sound like a ghost unless you're doing a ghost role play ASMR, which honestly you would watch.

April: Would watch?

Sophie: Yeah.

April: Listen, you never know I'm always open to a side hustle. I'm pickle lady in town, you know what I mean?

Sophie: I do not like the mouth noises. I like, no I don't like it, I don't like it. I like tapping.

April: Okay.

Sophie: I like gentle whispers. Anyways-

April: All right.

Sophie: ... how was your Christmas?

April: My Christmas, let's see it was a nightmare, only because if you support us on Patreon then you may have in some other extras we've done that my mother is intense, she's a lot. This is the first year that she's been on her own for a little bit because my grandmother went back to Liberia in the fall, my sister moved out to LA with me. It's kind of like she saved up all of her nagging for when we got home.

April: So it's like our flight landed we like had a really good meal and she's like and another thing, have a baby and do this and clean my whole house and cook this and we're having 10 people over and it's like it's too much. So it was really exhausting.

Sophie: Jeez! I'm so sorry.

April: The good thing was I got to spend time with family, Minnesota is a nice place to be at Christmas because it was snowing and it was really pretty. My mom has a fire place which is nice and I got exclusively nightgowns for Christmas which is cool because I love nightgowns and like a robe, it was nice.

Sophie: Are they all floor length like your other nightgowns.

April: Some of them are, some of them are like a set like a little jammie set. Some of them are like lingerie.

Sophie: Some of your nightgowns literally look like a little girl who it's like a World War II movie, you're from London you just got sent out to one of those houses in the country because London is being bombed so much. You're staying with some kindly old lady and she's, like this is all I have sorry. You're in this huge nightgown.

April: I really do have like a little princess esq nightgowns, almost exclusively I'm not sure why but that is my sleeping vibe. My holidays are just like fucking exhausting, how about you?

Sophie: Oh my God. My holidays were also good but tiring. I was back in Phoenix and as always get to see my family and Victor's family. Everyone in my family does listen to the podcast though, you can't say anything.

April: The truth. They were like it was great I love you all!

Sophie: It was awesome, nobody was bad and everyone was great. No it was generally very nice to be with my family we were just there a couple of times when we were like all cramped in a little bit and that can just be a lot when you're like used to having your own space. As I get further into my 20s, I get a lot better at going home for holidays, because in my early 20s I think what you consciously tell yourself I don't want to go home and be told what to do.

Sophie: But really what I think it is, is you're not confident enough yet in you're like adult sense of self and going home makes you feel like you're a teenager again and I don't feel like that anymore. I feel like I have an adult relationship with my mum now.

April: It's a hard transition because sometimes it's like even if you're there your parent may not be, especially I know a lot of first generation kids like me, it's like it doesn't matter how old you are your parents are never going to see you as an adult.

Sophie: Oh my God.

April: Like my mom literally acts it's like I'm three months old and it will never change. It's just kind of like how do you find a way to make peace with that and enjoy being home when my mom is literally just like, you need to make your bed, I'm like, I'm 26 years old, am an adult. It's hard you know, it's tough.

Sophie: Yeah, I hear that. I will say that my mom has done like an amazing job at trying to consciously, like we both consciously worked on like how do we want to set up our adult relationship now. I'm trying to be better at this, because always after Christmas it's like I want to call my mommy every day and then I'm like three weeks in and I'm like oh no, I didn't do it this week. But it was nice to hang out together. Do you have anything else to say about Christmas?

April: I'm glad it's over.

Sophie: Yeah. Well now that we're done with all that, and we both actually do really love and appreciate our families, what are you obsessed with this week, this month, the beginning of this year.

April: Okay, so much, I'm obsessed with so much. So number Into The Spider-Verse, so this was one of those things that was like hyped on the internet, I think it came out at the beginning of December and everyone's like it's going to change your life. I didn't get a screener for it so I'm like mmh. Gonna have to pay to see this.

Sophie: That's the most LA thing you've ever said.

April: So I have that page for like ... It's been nice. Everybody was hyping it so of course my skeptical antenna went up but me and my sister were like, we gotta see this—black thing so we got to see it. So we go to see it this weekend, I shit you not, I cried for hours.

Sophie: You cried?

April: I cried, to the point where my sister was looking concerned and people were walking by like, people were like, have you seen it yet?

Sophie: They were like this isn't even Paddington 2.

April: Yeah, I cried way harder at this like, so have you seen the end?

Sophie: Oh my God yes.

April: I don't want to spoiler it for anyone at home. But so I mean the movie is just visually beautiful, which we knew from the trailer like it's just stunning and the voice actors are all actors that I love and the story is incredible. But it just really took me out because like one of my biggest triggers and I'm not going to cry right now.

Sophie: Oh my God.

April: One of my biggest triggers is just like representation. The whole movie is like so clearly about the importance of representation and mentorship and all that shit. There is just like this scene at the very end where he just says like anyone, I'm going to start crying.

Sophie: Oh my God.

April: He's like anyone can wear the mask. Part of the Spider-man's struggle in this movie is that like he becomes the Spider-man, the Spider-man before him was this like 26 year old blond white guy and he was like how can I be Spider-man I don't look like that guy, I don't know what I'm fucking doing, I don't have any of the tools, I'm just all of a sudden and like very sticky like I don't know what's going on. So by the end of it, he like finds-

Sophie: Honestly a metaphor for puberty.

April: Literally yeah. By the end of it he like has figured out a way to be Spider-man that's his own style and he has like powers that nobody else has. He's not like the other Spider-man that he can fulfill the job and he just like encourages like the audience at home, you could Spider-man too anyone can wear the mask like it's not just me. I can imagine a kid seeing that and being like oh my God, I'm not going to start crying. But anyways like that-

Sophie: Oh my God you're literally crying, April's literally crying.

April: I'm fine.

Sophie: April loves Spider-man representation it taught her that she could be a Spider-man.

April: It just ... I wasn't expecting like to hit me so hard.

Sophie: Oh my God.

April: But like he said that, he's just like chilling with his beats you know. He's just like ... He reminds me of my nephew, like that's exactly what my nephew looks like.

Sophie: Really?

April: He has the same haircut which I told you I'm concerned about.

Sophie: Yes.

April: He just like ... It just really hit me that it's like wow, kids are going to grow up and they're going to feel like they can wear the mask too.

Sophie: Oh my God.

April: And then I just burst into, it wasn't like I'm about to cry, it was like I'm sitting and I'm fine and then I'm crying, like hard. My sister was like are you okay? And everybody looked concerned but it's just like it took me out, it was incredible, you got to see Into the Spider-Verse.

Sophie: I'm so glad that it meant so much to you.

April: It killed me.

Sophie: I thought it was beautiful, the whole story was like a little, I mean all superhero stories are like a little bit predictable, you know what I mean?

April: There's like so many moving parts in it. There was a chunk that I didn't know what was going on, but that's fine.

Sophie: Yeah I feel like it did a better job than many other kind of superhero movies I've seen giving the main character, his name's Miles, right?

April: Yeah.

Sophie: Like they didn't make him make decisions and change like in a second, like they let him like really feel it out and like struggle with things that a teenager faced with something really big would struggle with.

April: Yeah I really felt like I understood him and related to him.

Sophie: Yeah and the real April comes out she's just a big softy.

April: I don't like that, I'm not crying right now.

Sophie: You are crying right now. You're crying right now thinking about it.

April: Fine.

Sophie: Unbelievable. I love that, you're so cute.

April: No.

Sophie: It's very cute, and it's cool that you're part of that making that representation change. You're making other kids see they could put on the mask.

April: No. I really couldn't do it.

Sophie: Oh my God.

April: Oh my God.

Sophie: You're going to be a writers room for a black show one day and just come crying every day.

April: It's not good, just like really crying right now.

Sophie: April.

April: Quiet.

Sophie: You're okay.

April: I sat there like to the point where you know the teens who works in the movie theater like come in with the broom?

Sophie: Yes.

April: I was like still crying.

Sophie: That's so cute.

April: They're like ma'am can you move your legs.

Sophie: Oh my God.

April: I was like sorry.

Sophie: The part that was represented by was Spider-pig played by John Mulaney.

April: Oh my God. He killed the role.

Sophie: He's so funny I loved that part.

April: He honestly ate the role of spider-pig, it was so good.

Sophie: So funny.

April: Nick Cage, I mean I loved it.

Sophie: Yeah, it's crazy, oh my God.

April: I loved every moment of the cast it was so good.

Sophie: Yeah I loved it.

April: Please see it Into the Spider-Verse. It is nominated for an Oscar which we'll talk about in one of our special Patreon-only minisodes. If it doesn't win the Oscar I'm going to commit Seppuku.

Sophie: Stop.

April: I'm doing it.

Sophie: Oh my God.

April: It needs the Oscar I insist. Okay, so my next obsession is a podcast that I discovered through a humiliating means, okay.

Sophie: You are exposing yourself on this episode.

April: I'm really exposing myself. Okay to back track if you didn't notice about me I was a musical theater kid in high school. I was absolutely that girl. The final musical that we did was Seussical the Musical. Which is a humiliating musical that at the time I took very seriously. I was up for the role as Gertrude, which is the female lead I did not get it, it went to Amanda Miller, Amanda Miller can fucking chill. Leave in her name Maria.

April: So I saw this video on Twitter of this guy doing his like interpretation of what if Maria Carey wrote a song for Seussical the Musical? Again you wouldn't get it if you haven't seen Seussical the Musical.

Sophie: I have not seen Seussical the Musical.

April: Or if you haven't seen just like any Dr Seuss like movie with music or whatever. But so it's this like so incredible, I'm going to find a link to it. So I saw that and I was like this is the best thing I've ever seen. Then I clicked his profile and I saw that he had a podcast and I was like got to subscribe to the podcast. I love the podcast, so it's called Las Culturistas.

April: So his name is Matt Rogers and his cohost is Bowen Yang who is a writer in SNL. He's awesome I don't know why I've never discovered this podcast it's like all my favorite

stuff. Where they just talk about pop culture every week and they invite somebody on and talk about like their first piece of pop culture that they were obsessed with and that's it and I just love it.

Sophie: That's awesome.

April: I think they're so funny, they do a good job of being intersectional and they're both gay and they both love theater and all the shit that I love.

Sophie: That's so fun.

April: It's so good. So the episode that I love the most is featuring John Early who is my favorite comedian, I note often so good. But I just can't believe that I never heard of this podcast until he was like, he was like if you like Seussical the Musical, I'm like I'm listening.

Sophie: Unbelievable.

April: It's like humiliating, every time I listen to the podcast I'm like I have my answer ready if you just want to like ask me to be on your podcast, if any of you know Matt or Bowen just tell them to hit me up at aprilquih.com, because I desperately want to be on it.

April: My final obsession of the week is another one of my garbage reality shows. If you just have like no moral compass and you love trash and you love people being exploited for your own personal enjoyment I would recommend Love After Lockup, here's the show.

Sophie: Is that what it sounds like.

April: What do you think it is?

Sophie: It's about people dating in prison?

April: Yes and then they get out and then it's like we're getting married.

Sophie: Oh my God.

April: All of them start with like-

Sophie: This sounds so exploitative April.

April: It's so exploitative, it literally is like take every inch of your morality and your like politics out of it this is pure entertainment. So every episodes starts with like, I met him on a website and then they show the website and it's like lockeduphotties.com.

Sophie: What.

April: It's like I was looking for somebody to just like put money in the commissary whatever for me and then we fell in love. All of them are openly so I was just looking for somebody to like give me money so I could buy hot Cheetos and then we like fell madly in love. So then they say whatever their crime was and then they get out and then the person will like meet them and be like we're getting married tomorrow like I love you.

April: The funny thing about the show and of course chaos ensues. The funny thing about the show is that usually the person who is the problem in the relationship is not the like person who was a felon but more the person who pursued them.

Sophie: Yeah.

April: Because it's like-

Sophie: Because what kind of person are you if you're like my ideal relationship is with someone who is not only committed crime but is not available to see at this moment at all.

April: Exactly. Like the problem with all of them is that they have this expectation that they can control them. Because it's like you're not going to cheat on me or leave me if you're in jail.

Sophie: Because you're a felon.

April: And you're a felon because you're dependent on me.

Sophie: Wow yeah that's fucked.

April: So they're like I want to be, it's fucked up. So they're like I want to be in a relationship with somebody who is like fully dependent on me. Then they get out and they're like well I want to be with you, but also like I'm a fully formed human being I want to have friends and see people they're like you want to have friends.

Sophie: Oh my God.

April: Then a lot of the women would be like I'm bi and I had a girlfriend in there and then the guy is like I'm going to kill her.

Sophie: Oh my God.

April: It's just like they are always the problem. Their families will be like you're going to let a felon into your house? Then they get out and it's like nope actually he's the problem.

Sophie: Yes.

April: Because he's controlling.

Sophie: That so weird.

April: They purposely sought out like only felons because they're like well I can't make a relationship IRL work so guess I'll get this woman who committed years of credit card fraud and she'll never leave me.

Sophie: Well I mean it's a lot, you have a lot of control if like you can decide how much money you put in their commissary. You get to go to see them only on visiting days, you can just email them or whatever. That is the ideal situation for somebody who wants to be A controlling, B have limited contact and C can only put on like a normal face for some of the time.

April: Yes exactly.

Sophie: You know.

April: So it's so horrible, most of the relationships don't work out obviously, but I cannot look away, so I'm watching that.

Sophie: Wow.

April: So those are my obsessions. What are you obsessed with this week.

Sophie: Okay well first I have my own immoral reality show to talk about which is called Back with the Ex.

April: Fantastic.

Sophie: It's on Netflix I think it's Netflix produced but it's like Australian. You said you didn't watch it because you don't like Australian accents.

April: I'm so sorry. Again like Danny I love you.

Sophie: We do have Hannah's in Australia.

April: I know we have so many and I love you all so much.

Sophie: And New Zealand which is similar but different.

April: I struggle with the accent, it's the only thing.

Sophie: You just have to be like me and just constantly have subtitles on because I can't even understand American English here.

April: Yeah, absolutely.

Sophie: But okay so the concept of this show is just like different couples, I think four, four different couples where they broke up like several years ago. Then one of the couple like one partner and the couple is like I want to give it another shot and then they've like the

show has contacted the other person and been like will you give it a shot, obviously they're like okay.

Sophie: They show up which is like weird because all of them have like, they've all split up for very legit reasons. Like part of the reason it's interesting is that a lot of dating shows that are reality shows is like people who've never met each other before. But these people have so much history and it's like the reveals comes from real history that you didn't know about, yet, you know what I mean?

April: So it's like more raw.

Sophie: Which makes it interesting,

April: It is a good idea, it's just oh, why did you choose to do that to yourself on TV. But I will be watching once I can just work through that just element of struggle.

Sophie: Yes. Okay I have a couple of more fav. Okay I went viral, which is not a fave of mine, it's just still happening, I would like it to stop. I bought a big coat, I didn't realize it was going to go viral and I'm pissed about how many people screen shot the picture of me and zoomed in on the fact that my sock had a hole in it and my toe was poking out.

April: I got cold when I saw that.

Sophie: So many people were rude.

April: This is what happens Soph listen you cannot participate in the internet game you're going to go viral.

Sophie: I can't believe it. I was written up in like the Mirror and all these British tabloids, yesterday it was like Indian tabloids and I was just like-

April: Incredible, worldwide.

Sophie: All these comments were like wow, if I was going to post a picture of myself in the internet I would have changed my socks. I was like I didn't know this was going to happen.

April: If I were trying to go viral, I would have cleaned and put good socks on and taken off my plantar fasciitis thing.

Sophie: I thought five Hannah's and like my two friend would like it, you know. I didn't-

April: Hilarious.

Sophie: Okay whatever. The next thing just I'm going to put a link in the show notes to Maggie Rodgers who I think we both like, her music is great.

April: I'm obsessed I don't know how I miss this.

Sophie: Next thing just a little recommendation if people needed some calming YouTube videos. Have you ever watched the Bon Appétit test kitchen videos?

April: No.

Sophie: These videos are them just playing around trying to recreate fun foods.

April: Oh, these get recommended to me all the time.

Sophie: They're really fun.

April: It will be like, she's going to make a pop-tart or something.

Sophie: Yeah I thought it was going to be boring but then I watched the one where their making, she's trying to make Snickers. It's interesting because she's like, first she tastes it and then she's like okay I'm tasting this, I'm tasting this, like here's how I want to make it, here's the changes I'm going to make.

Sophie: Here's what I think would be better and then I'm trying to recreate it like as faithfully but as a home made recipe. Then she like tries a couple of a different variations. It's just like the right combination of interesting and calming. She's like talk to her co-workers, she'll be like what do you think I should do, like blah blah. But it's just like kind of a very well produced like cook with me video basically.

April: I like that, I like that a lot. I got to click.

Sophie: It's fun, I like it.

April: Honestly YouTube knows what I like and that really scares me because these get recommend all the time and I just never clicked but clearly I like it.

Sophie: I thought it would be boring because I don't usually like cooking content but I enjoyed it because they're clearly very knowledgeable about what they're doing, so it's interesting to see them try to noodle it out.

April: Would you ever, like when you see the final product, do you think like I want to eat that?

Sophie: Yeah.

April: It looks good?

Sophie: Yeah.

April: Oh, okay.

Sophie: Yeah for sure.

April: All right.

Sophie: Okay then finally you know this trend on Twitter or I don't know if it's a meme quite, but I've seen a couple of people do this, where it's like I guess because of some music video I don't know how this became a thing, some music video got put out where they felt like it was very incongruous with the music.

April: Okay.

Sophie: Do you remember that?

April: Wait let me click the thing you've put in it.

Sophie: Okay well wait this is an iteration of it that I thought was really funny.

April: Okay. [Music playing 00:19:30] What the fuck is this?

Sophie: Yeah I know, I don't really understand what's going on at all but I just thought it was really funny.

April: Is this is a meme yeah, I love things like this, because I don't even know how to categorize it, I just think that so funny.

Sophie: Like it seems like they made a video in order to lip sync to Jesse McCartney Beautiful Soul.

April: That's what happened. They made like a high production value music video and she's twerking and he says beautiful soul.

Sophie: I love it, it's really funny.

April: I love that, fantastic. I love the internet.

Sophie: I know so those are my favs for January basically.

April: Fantastic. We've had a lot of favs, we've got a lot saved up. I'm happy to share all of these with you all.

Sophie: Me too.

April: With that, we should really get to the meat of it, don't you think?

Sophie: Let's do it [music playing 00:20:34]

April: The meat of it.

Sophie: The meat of it.

April: All right so we've arrived, by the time this episode comes out this meme will be long dead.

Sophie: Yes.

April: But I thought, this just occurred to me. I thought it might be fun to do our own version of the 10 year challenge. If you are not a youth on Twitter or I guess Instagram too the 10 year challenge has been purely just millennials posting a photo of themselves in 2009 and a photo of themselves in 2019 and being like LOL time has passed.

Sophie: Yes basically.

April: But I thought it could be cool for our purposes to think more thematically about change and how we've dealt with change in the past and in the future and to talk about how we've changed in the past 10 years.

Sophie: Oh my God.

April: So right before we started recording, I scrolled all the back in my Facebook and found a 2009 pick and this is exactly how I was in 2009.

Sophie: Let me see.

April: I want to see yours, let's show each other.

Sophie: Okay, wait how old are you now are you?

April: I'm 25, I'll be 26 in April.

Sophie: So you were 15?

April: Yeah, I turned 16 that year.

Sophie: Okay wow, so let me see.

April: I want to see yours.

Sophie: Okay.

April: Let's switch on three ready?

Sophie: Okay wait, let me pull mine up.

April: Okay.

Sophie: Ready? One, two, three.

April: Ready? One, two, three. Wait what the hell? Can we switch laptops really quick?

Sophie: Yes.

April: What?

Sophie: Oh my God.

April: Here we're switching rose gold laptops.

Sophie: Wow.

April: Okay, Captain Jack.

Sophie: Okay please describe what you're seeing and then I'll describe mine.

April: Okay so I'm looking at a photo from January 13th, oh this is 2008 so this is like early.

Sophie: I'm sorry.

April: That's okay. It's a young Soph and her sister Izzy in black dresses Izzy is like has two clenched fists and you're taking a photograph with a Johnny Depp impersonator. Why are there so many Johnny Depp impersonators?

Sophie: I don't know.

April: There is abundance of them.

Sophie: This is on a Disney cruise that we took as a family.

April: I see, okay.

Sophie: I just felt like this felt very of that era to me.

April: This is great, there's tension in your face, you seem uncomfortable.

Sophie: I am thin but think I'm fat here.

April: Yes you're wearing a baby doll dress which I think we all wear in 2008.

Sophie: Yes.

April: This is fantastic.

Sophie: Isn't it funny.

April: Wait how old were you in this picture?

Sophie: Well I was 18.

April: Okay.

Sophie: Or 17.

April: Incredible.

Sophie: Yeah, dang. Okay so this photo of you, you look like an Atlanta real housewife in this photo but a 15 year old.

April: Look at the date on it.

Sophie: April 17th, is this your birthday?

April: It's my sweet 16.

Sophie: Oh my God.

April: I insisted on having a sweet 16, like blow out.

Sophie: Oh my God. Okay April is wearing like a-

April: Like a Quinceañera dress.

Sophie: A very complicatedly strappy dress that's like bright green clearly has like a satiny skirt and what is it called not embezzled, bedazzled?

April: Bedazzled yeah.

Sophie: Bedazzled yeah. Bedazzled like under boob area and it's all strappy.

April: Absolutely.

Sophie: Then your nails are bright red and you have like one of those fake tennis bracelets that we all had. Then you have your hair in braids with loose curls at the end.

April: I think so yeah.

Sophie: Then you have bright pink eye shadow line.

April: I'm holding?

Sophie: You're holding-

April: It's so me.

Sophie: ... a T-mobile sidekick.

April: A T-Mobile Sidekick three and a Domino's Pizza menu.

Sophie: Incredible.

April: It's exactly who I was.

Sophie: Incredible. Oh my God.

April: Oh my God.

Sophie: I love it, I can see the baby stretchmarks on your arm.

April: Absolutely.

Sophie: Can see your, you have like a little white flower pin. I'm going to post both of these on the Instagram when this drops

April: Freaking ridiculous.

Sophie: So you guys can go look. Your eyebrows are like more thin.

April: I bet they were thin yeah. Let's talk a little bit about what we were like 10 years ago.

Sophie: Oh my God.

April: Wow. So yeah, as I mentioned the photo I'm sharing is from my sweet 16 birthday that again I insisted on having. I think I had marketed problematically, I think I had marketed it as like my black girl Quinceañera if I'm having-

Sophie: Oh my God April.

April: I know. Anyone else who went to Parkston in 2009 let me know if that's how you had received the invitation. Embarrassing yeah.

Sophie: You just decided you could do that.

April: I just decided I could do that and nobody said anything.

Sophie: Cool.

April: Yeah at that time I was like a theater nerd, I was making a lot of documentaries at the time, I knew I wanted to do TV and film and I was trying to figure out like in what way

and so I was just like shooting a lot of stuff. I had a job at a bagel bakery that I hated and there was this rule where if you got the order wrong, then you got to keep the bagel.

Sophie: Oh my God.

April: We made bagel sandwiches and stuff, so a lot of time people would order something and I'd be like oh did you want a cinnamon sugar bagel oh you didn't? Oh sorry about that, and I would just like keep the bagel. So I was just like eating a lot of bagels. I was really mean.

Sophie: The original scammer.

April: A real scammer, I was like really mean to like everyone around me.

Sophie: Oh my God April.

April: Gossip Girl had recently come out and I'm like I'm Blair Waldorf like I really fully stepped into that role. But I also I miss this girl because she like knew exactly what she wanted and I was just like really relentless, I remember just being like saying things to people like you're not going to get in the way of my dreams, like seriously saying things like that a lot. I think when this picture was taken I had just got back from Chicago from like touring Northwestern for the first time, I was like I'm going there.

Sophie: Wow.

April: Then I do it. That's what she was like. What about 10 years ago you?

Sophie: Oh my God, I mean 2009 was like a big transitional year for me because it was graduated high school and went to college. I worked so hard in high school just like all the time. I had done a similar, I went to Stamford and I was like I want to go here and then I worked really, really, really hard got really lucky, had all the privileges et cetera and got in. Then I felt like that was a moment, maybe like the only moment I've ever had, where I felt like I worked really hard and then I made this happen, and I deserve it, you know what I mean?

April: Yeah.

Sophie: Because I don't think I feel that way anymore about achieving really big things per se. But I just felt like I worked really hard and I deserve this. Then I had a hard senior year just because I felt very done with the rest of my high school.

April: Oh my God same I went through that.

Sophie: Like a lot of kids in my class, there's was like a group of 30 people in the class who hung out and like to drink after the summer after I just was like not a part of that, not like invited to stuff, not like, I don't know. Because, I was dating my boyfriend I didn't do like

theater stuff senior year like I had done every other year. I just was kind of like I want to go, like I'm done I want to go.

Sophie: I was so excited to get to college. In retrospect, I wish I had taken a gap year. I wish I had rested for a while. Then I when I got to college I was very nervous. I gained a bunch of weight senior year and like I was in the throes of like the binging part of my eating disorder, I was like scared to get to college and feel unattractive because at that time I did not have like a body positive mindset.

April: Yeah.

Sophie: Again in retrospect I'm like I wish I could just be constantly as chilled about things as I am like five years of the future. But at the time I'm always like I am scared, I'm nervous like I'm so self conscious, you know. I got to college and I was very excited to be there. But then in college was when like a lot of issues with my ADD started coming out. Yeah I don't know freshman year was fun but like very hard.

Sophie: I felt very excited about life and like excited about what adulthood would be like and what I would do in college. I remember freshman year I remember like fall of 2009 going out on the little balcony that was like on the third floor of the dorm where I lived and just being like I'm here.

April: Oh my God.

Sophie: Oh my gosh.

April: Absolutely. Oh my God, I had so many moments like that so my first year of college, just two years I remember at some point it was like the first snow storm of the school year we were in Chicago so it was like winter, winter. So I remember just like standing outside my dorm and it was like really hard snow and I was with my friend Leo when we ran inside my dorm to have whatever safe covering and just looking at the snow in Chicago and being like life is incredible.

Sophie: I know.

April: We're alive, we're 18. This is amazing.

Sophie: I love those moments.

April: I will like remember that forever.

Sophie: Yes.

April: Just like the possibility. Because I feel like I still have that, but the way that I was like nope, I can't wait for the future at 16 now I'm like, I'm like the future.

Sophie: Same. Like I did a-

April: What is the future.

Sophie: Exactly, like before sophomore year in college I did a thing called comedy camp where we did improv and sketch stuff, I literally made a word doc called Memories I want to Keep forever, from the last three. I was like-

April: Oh my God, so sweet.

Sophie: You know just a lot of growth.

April: Just hard growth.

Sophie: Hard growth.

April: I mean people always say, you couldn't pay me to go back. You could pay me to go back to 2099, but it would have to be like \$20 million. But you could pay me.

Sophie: I mean you could pay me if I could go back with this brain.

April: Yeah. That would be oh my God, wow.

Sophie: Like I'd kill it.

April: There is so much, I should have been in therapy in 2009, and I was not. My body stuff was like out of control.

Sophie: Same.

April: That was the year that I was really obsessed with this guy and like it was such a mess and I was like the only reason why we're not together is because I'm fat. I think we talked a little bit about this in our Fat Friend episode from a couple of seasons back. But so much of my self worth was just tied up in my body at the time.

Sophie: Yeah.

April: I'm so happy that that's like mostly done.

Sophie: Me too.

April: That was fucking hell.

Sophie: I do feel like the internal glow up has been huge.

April: Iconic.

Sophie: You know.

April: The internal glow up, has been huge. So now I kind of want to get into, discussing how we've gone about making some of those changes that have been intentional in the past 10 years. How we've thought about change, how we've approached change, maybe how we've like helped other people try to accomplish change, cha, cha, changes you know.

Sophie: True yeah.

April: So I'm trying to think what are some of the biggest changes I've had in the past 10 years. A big change has been control and this is something that's on going. But 16 year old April really truly believed like body, life everything as fully in my personally control. I was like everything that I don't have is because of a shortcoming, everything that I do have is because I have it, you know it, and I worked for it or whatever.

April: I think that's been an intentional change I've had to made over the year, because it's like hard to live your life like that, because if you believe that then you'll be harder on yourself for not having things that you think you should have or whatever. So as far as how I've gone about some of those changes, for me it's just kind of trying to be really intentional. So it's kind of like I have to interrupt my patterns of thinking a lot because maybe 16 year April me would be like you need to be this size and that's in your control and you'll do these 10 things and then you'll be that size.

April: Now I have to like sort of interrupt those thoughts that come in and I might be like you know what maybe I'll be a different size at a different point but I have to acknowledge that I have way less control over that than I previously believed. That's the case with a lot of other things. Even if it's like career stuff, it will be like maybe past me would have been like if you did X, Y, Z, 10 times maybe you would have that job. Whereas, now I have more of a like a understanding that there are like other elements working outside of my control.

April: That has been freeing but also that has been hard for somebody who always had the mindset of like extremely type A and just like I can do it and if I can't do it then that's a failing. Another big change in that time has been moving like I talked about on the show before, I went to college, graduate went back to Minnesota for six months and just was like having a full spiral. Then got a job-

Sophie: Did anyone have a successful transition in college to real life?

April: No even the people who had a job after graduation were like burned out.

Sophie: Yes.

April: You just spiral.

Sophie: Oh my God.

April: So just was having a spiral and then got a job and has to move and I think I handled it well, because I think in other times it was this kind of like there was so much up in the

air and I would have freaked out about not having control over every element but this time how I approach this change was being like, okay here are the elements that I can control. Where I live I knew Nina lived here and I was like Nina what's going on, she's like, "My room mate happens to moving out." I was like great could handle that element, knew where I was working, beyond that, I was who knows?

April: I just kind of like accepted that I didn't know and did my best with what I did know and I think it worked out well. But it was hard.

Sophie: Then we met.

April: Then we met, like the next day, like after I moved here. But I think I handled it well just because I accepted that I wasn't going to be able to control every aspect of it and things really fell into place in a way that I never could have predicted and had no control over. But the intentional part was just being willing to jump, I think was the biggest thing that I might not have been able to do in the past. But then I was able to do this time and it worked out.

Sophie: That's super deep.

April: Hell yeah, men. We're deep.

Sophie: Look at that, that's self knowledge.

April: Gwyneth Paltrow at me come for me bitch. What about you?

Sophie: I feel similarly to some things like I also when I was younger was able to do a lot of things through just sheer force of will and smarts basically. Like I said in college, that's not working for assignments because I didn't have a lot of the skills I needed to have because when you're smart and you've already read all the books in a class, in high school like it's not that hard to shit out a three page paper the night before, but you can't do that with a 15 page paper.

April: No, they'll know.

Sophie: There were a lot of things in my personal life that I did do like in my childhood with like my parents divorced and stuff that I was like nope, I'm not accepting this, I'm doing this and this is what's going to happen. When that stopped working because I was like more grown up, there were like fewer things that would work with just sheer force of emotional will that was really hard for me because I felt all of a sudden like I was failing at a lot of stuff, instead of seeing the truth which was like you need to develop different skills.

Sophie: The like strength that I have in like being determined to do something is like a necessary part but it's only a part of what will make you successful you know. I had to learn how to forgive myself for not knowing things or like needing help with things or being damaged

from things or like ... I had a hard time for a while with being like, but why am I failing at this, you know what I mean?

April: Yeah.

Sophie: Instead of being like well you're in a different situation now and you may have different, you may need to use different things, like the thing that worked before. It doesn't mean that you're less than now that they're not working in the same way. Now it's hard to figure out, it's not that things feel perfect now it's just that I feel more confident in my ability as an adult to work on things. Like it took until I was 28, almost 29 to feel like a real adult, you know.

April: Absolutely, everyone says like it's like you turn 30 and then you're like I know who I am now and I know how to do stuff, until then I feel very far from that. I'm clearly not there yet.

Sophie: Yeah I definitely feel a lot closer than I did at 26, 25. Not that I like did anything different the last two years. It's just that it takes like, it just feels like your slogging through mud sometimes in your 20s.

April: Yes absolutely.

Sophie: Just like oh I've got to keep moving.

April: Absolutely.

Sophie: You know.

April: Oh my goodness.

Sophie: Literally 28 is the first year that I really felt that way.

April: I can't fucking wait, I cannot wait. Okay so next thing on the list is since we're doing an episode about cha, cha, changes, Maria drop the clip [music playing 00:36:32]. Cha, cha, changes, do you know that?

Sophie: Yes.

April: Thank God. Just making sure.

Sophie: Oh my God.

April: Okay, so I wanted to talk about a change, [music playing 00:36:43] that's coming up for the next season of She's All Fat which is forthcoming, remind me to tell you a story about the word forthcoming on Twitter.

Sophie: Okay oh my God.

April: Which is forthcoming. So I will not be a full co-host on the next season of She's All Fat I'll be taking a step back, I'll still be doing my weekly obsessions which I'm really excited about and I already have a list of like 40 obsessions.

Sophie: Oh my God good.

April: So get ready.

Sophie: Yay!.

April: But I will be taking a step back and Soph will be soldering on without me which I'm really excited to hear. But I will be taking a step back to deal with some of the health stuff I've been going through as you guys know. There's been some shit going down.

Sophie: Literally.

April: I don't have my same 16 year old body for some reason and I don't understand why. But I am somebody who's always had, for some reason I like can't operate at 2 hours of sleep anymore I don't know what's up. I am somebody who's always had like 40 jobs and enjoy it and get fulfillment from all of it, but I have come to the realization that a change is necessary and that I need to have one less job, 39 jobs I think would be good. So I can take some time to take care of myself and my shit and get back to my full capacity hopefully.

April: I'm not dying or anything I'm just dealing with some chronic illness stuff that I still don't really have answers for that I would like to have answers for because it is inconvenient.

Sophie: I would like that as well.

April: It's quite inconvenient. Soph has been very patient and supportive of me as I've like-

Sophie: Patient?

April: Well yes-

Sophie: I'm like could you figure out your health like now, could the doctors hurry the fuck up.

April: Patient in the sense of you're like sure I'll pause recording so you can go you know pee bubbles. Which is one of my symptoms.

Sophie: Oh my God.

April: So all that to say yes a change coming up is that I am taking a step back from She's All Fat, I'm not disappearing, I'm not dying, I don't hate Sophie, none of those things. But I am really grateful to have a partner like Sophie who supports me and is excited to do the next season which I'm excited.

April: I told Soph like after we talked about the change, I had a dream where like it was that scene in Mean Girls where I was watching Soph on stage and I was the mom and I was like recording it. Literally that's going to be season four, it's going to be like did you hear that shit Soph pulled in the last episode, it's fucking iconic. That's how it's going to be, that's like-

Sophie: That's how I felt when you did your standup that I came to.

April: Oh my God, it was so sweet.

Sophie: I really talked to the person next to me and I was like that's my friend.

April: That's so nice, oh my goodness. So that is the energy I'm bringing to season four, it's just Amy Poehler and Mean Girls energy.

Sophie: Oh my God.

April: I will be here. Our team members I'm so excited to see them take on more responsibility and do some really cool shit next season. I'm excited to see where it goes, you know. I'm excited to take this change from me, it's something that I've never been able to acknowledge which is that I can't do a million things at once before I'm like actually I could do everything.

Sophie: I mean honestly you maybe could have held out a little longer if you didn't have these chronic health things happening.

April: Yeah.

Sophie: But even before they were happening, there were many times when like we'd meet up or something and I'd like be like what, before we started the pod, I'd be like, "What are yo up to?" You're like, "I did this, then I did this, then I have to do that. Also this is falling apart and I have to fix that, and then I got to fly here." I was like whoa holy molly.

April: It was like looking at my old calendar so when we started working on the podcast was the spring of 2017 and at that time literally this is my daily schedule, I would like get up at four o'clock in the morning right till 10:00 AM then I was like working as a postmate at the time in between seasons or shows.

April: So I'd be a postmate till like 4:00 maybe come over to Sophie's house work on the podcast till the evening. Then I would like go to a work streak with somebody, come back at like 11:00 write for another hour, sleep for four hours, and do it again.

Sophie: Literally. It was very confusing because I'd get texts or emails from you at every single hour of the day. I'd be like but when do you sleep. You'd be like haha NBD, I was just like what?

April: I used to say stuff like sleep when I'm dead. I used to say stuff like no days off.

Sophie: I'd be like haha, okay. But now that like when you got sick it was like you were like I can't-

April: For some reason my alarm went off at 4:00 AM and I didn't wake up.

Sophie: You know what it's honestly like the chronic illness stuff is obviously a bad thing but maybe in the end once they figure out what the fucks happening it will be like a part of your next 10 years of like reevaluating your relationship with work and like pushing yourself and shit.

April: I definitely think, I hope that that's the outcome, I think ... I'm sure a lot of like children of immigrants can relate to this but I just have this like sense that every moment of the day needs to spend productively or like what the fuck are you even doing here and why did your parents come here if you're not going to have 15 literal jobs.

Sophie: Oh my God. But rest is productive for you.

April: Rest is productive, self care as we talked about in our episode last season is productive. Figuring out like what you want and what you want to spend your physical and emotional and creative energy on is really important. I am taking that lesson to heart and trying to apply that to my life. So this is where we are, I'm really excited like I said to hear season four and you will be hearing my deep voice in every episode with my obsessions and there's more fun stuff to come. I can't wait to keep listening you all better keep listening, it's going to be fucking incredible.

Sophie: I'm really glad that we've had the three seasons as they are. I'm excited for an experimental season four.

April: Hell yeah.

Sophie: I'm excited to see what happens with season five and beyond.

April: Fuck yeah.

Sophie: So now here is a little preview of what I have planned for season four. Maria play that clip. Hey Fatmily, Sophie here, we're switching things up this season and I hope you're ready to go on the journey with me. Because I'm pretty excited to share with you season four Sophie on the street. We're getting tattoos about being sisters. Holy moly I am so excited to talk to Julie Murphy.

Lynn: Hey fat-mily it's Lynn the fairy intern mother and I'm back.

Sophie: So how does disability intersect with fatness?

Speaker 4: I was hooking up someone over the summer and she consistently would be like you're so hot.

Sophie: This season we'll be exploring body positivity and fatness through more reported episodes. I'll talk to scientists, doctors, lawyers, crafters, thespians, activists, authors and my family and friends to get to the bottom of the question I have about the way our bodies move and dance and love and learn in this world. Careful, that's how you brown butter!

Lynn: Now I'm going to pour it off.

Sophie: Looks pretty brown. Let's talk about sex baby. All right let's get this tattoo. Since starting college I've thought a lot more about how my body has been politicized. We'll talk about tattoos, CBD, YA novels, costumes, siblings, college, family, massages, religion, YouTube. We've got a lot to cover. It's going to be a real fat season.

Speaker 4: Yeah remember when we were at Disney Land and that little girls bumped into me and then she looked up and was like, you're so tall.

Sophie: So we hope you'll come along with us. Season four of She's All Fat, Sophie on the street will be premiering in March. The rest of February our Patreons will be getting extra clips and minisodes. During season four our Patreon members at team I Love Bread will also be getting Ask a Fatty minisodes every week with some extra special guests.

Sophie: Hello Maria, hi Izzy, hi Julie, hi Alex, hi Anne, hi Lynn. So how about it? Leave this chubby pod on your feed and tune in next month for our fourth season, She's fatter, fierouser and fully researched, season four Sophie on the street. [music playing 00:45:18]

April: We cannot say enough just how much we appreciate everyone's support. I don't think we ever could see that coming like the amount of people and really thoughtful and just sweet human beings who have genuinely cared about us and let our voices into your house and into your Prius' and embraced us and supported us. That has meant so much to me in the past two years that we've been working on this.

Sophie: Me too.

April: So I just want to say a big thank you. You all have made a real difference, I cannot thank you enough you're the best.

Sophie: I feel confident that our listeners and our patreon are fat-mily will be supportive of you as you like take your next step into figuring out all this stuff, like still follow you and love you and be proud of you for making this necessary change for your life so you can stay alive.

April: Stay alive 2019.

Sophie: Stay alive.

April: Stay alive wow. Maria you got to drop the beat. [Music playing 00:46:18] so sorry that you must drop the clip.

Sophie: Oh my God.

April: Jeez.

Sophie: Yeah so that's the meat of it for this week. We have solved the 10 year challenge.

April: Iconic.

Sophie: You're welcome.

April: You're welcome.

Sophie: Oh my God are you so glad you don't have to do that anymore, I hate doing that.

April: I'm so bad at unison. I can't. Yikes [music playing 00:46:46] Now it's time to ask a fatty. If you want advice you can send a voice memo of yourself asking a question to FYI@shesallfatpod.com You can record it on your computer or the voice memo app on your iPhone. Just keep it short about one minute max.

April: Or if you're shy you can sent us a plain old email FYI@shesallfatpod.com and we might answer your question right here on the show. This week on Ask a fatty we have a very special letter from Hannah.

Hannah: HI April and Sophie this is Hannah, for those of us who have already listened through all of SAF I was wondering if y'all have any recommendations for other body positive feminist social justice oriented podcasts that we can listen to whenever we don't have an SAF episode available? So yeah whatever y'all like to listen to or just anything else that can help keep educating ourselves and staying engaged I'd really appreciate you're advice, thank you so much.

Sophie: Hannah first of all thank you so much for listening to us, I can't believe you've listened multiple times when I have to grit my teeth to listen one time.

April: That's very nice. There are podcasts that I listen to several times so I can't believe we're that for somebody else.

Sophie: That's wild, damn.

April: That's really nice.

Sophie: So first of all yes you can, I'm going to link in the show notes like our Christmas favorites or our holiday break favorites episode because we listed a bunch in there. Also I'm going to put a link to our resources page on our website which if you want to navigate there on your own like a big girl you can or boy or a big non binary person.

April: A big them.

Sophie: A big them that I really hope some influencer has that, The big them. I you want to be a big them you can go to www.shesallfatpod.com you see our faces. You scroll down past our banner for our Big Fig Mattresses click on it, use the code SAF to save. We love our Big Figs. Then you click on the resources tab which is on the bottom shelf thing. Then you scroll down a little bit and we have a while section there for you of other body pause podcast.

Sophie: We started like a whole list before we even premiered our first episode. Just as people email us to let us know about other ones or as we find other ones we add them here. So there are some that are no longer updating but their archives are all up so you could listen several times through to those. There's the Food Psych Podcast which April and I have both been on, which is fun, [inaudible 00:49:28]

April: Christy is very cool.

Sophie: Christy is incredible.

April: We support.

Sophie: If you want another podcast that has like a pretty similar vibe in term of like someone very calmly talking to someone else like Christy is very calming to listen to and I think asks like very good perceptive good questions and is like a really nice listeners. We haven't added this here but there's like this one that I found that I have to listen to called like the body positive witch or something like that.

April: Okay, so just for you then?

Sophie: Yeah.

April: Someone made a podcast, exclusively for you?

Sophie: Yes.

April: Perfect.

Sophie: So we have a bunch on here. There's also if you scroll even further down there's a bunch of like body positive and fat positive books there and a bunch of those have audio books.

April: Okay a couple of other sort of like specifically feminist oriented podcast I could recommend, No Man's Land By the Wing have you been listening to this?

Sophie: No.

April: Okay so The Wing started their own like podcasting department obviously. This one is cool because it's about bad girls of history and their secret feminist side. I really love it, I

think it's really well done. I would also recommend Sip On This by Ashley Nicole Black. So Ashley is a writer in Samantha Bees show. She also went to Northwestern, Go Cats.

April: She, the whole podcast is like our Ask a Fatty she takes questions and she'll give advice and then she'll bring someone else into give advice for the same question and then she'll ask her guest for advice, it's like very cool she's intersectional feminist and like really militant which I appreciate about her, I would recommend that one.

Sophie: I don't think we've recommended See Something Say Something which is now-

April: Oh, I think they're done now.

Sophie: They are done, but you can listen to the archives. This is like feminist relating. I have enjoyed listening to Bad With Money which is a Panoply podcast that Gaby Dunn former co-worker at BuzzFeed makes. Certain episodes more than others are like more feminist bent.

April: Okay, my last recommendation is so the Cut has a podcast called The Cut on Tuesdays, which I love I might have promod on the show before. But they also have the Cut on Thursdays which comes up on the same feed.

Sophie: Okay.

April: But so The Cut on Thursdays is cool, because they pick a woman who works in media and they just as her like how she gets it done based off their like they have a column about that on the actual Cut.

Sophie: Really cool.

April: So it's cool because a lot of women will come on and be like how I get it done is like I have a nanny, like I employ another woman to take care of my children. Or how I get it done is like, my husband quit his job and he takes care of our kids and I have an assistant. It's sort of women openly being like how they're able to accomplish their success is by like depending on other women in their lives it's very cool.

Sophie: Wow.

April: So I love that. Sarah Koenig just did one which is cool.

Sophie: Oh I love her.

April: She says how she gets it done is she doesn't have any social media at all.

Sophie: I mean yeah

April: That's how she does it.

Sophie: Oh as always we stan Nancy and CYG.

April: Of course.

Sophie: But you all already know that. Now I'm just going to shout out like a bunch really quick, that's like the nod the stoop and uncivil. Okay, another like finished podcast I think but the archives are still mostly very good to listen to is like Lena Dunham's old podcast Women of the Hour. She's not in everything if you like hate Lena Dunham or whatever.

Sophie: She's really good at creating shit and I really liked a lot of those episodes. Another round is also done but like their archives are really good still processing, they're still going right?

April: They just started a new season and it's so good they have an episode all about like calling Kaepernick and like really getting into cultural significance.

Sophie: They're awesome, they're writers who work for-

April: New York Times.

Sophie: ... New York Times, okay. Yeah and did I say Code switch already. Code Switch.

April: I don't think so.

Sophie: Code Switch and Still Processing are like part of that, they're both also a part of that like black culture creators basically.

April: Very cool. I would also head to the show notes tab on our website and just click through, we're always talking about podcasts.

Sophie: We recommend pods all the time.

April: We're big fans of pods, constantly listening to pods, so you're find a lot of recs there to tide you over. Thank you so much Hannah.

Sophie: Enjoy.

April: Enjoy.

Sophie: Now let's move on to It's Okay You Can Ask. A segment where we ask the silly big and small questions.

April: I loved that.

Sophie: Thank you.

April: Usually I write that but I love how you did that.

Sophie: Yeah you usually write them and you just make run it, but we're not talking about race today.

April: I make you read something humiliating.

Sophie: Yeah.

April: You're like who's Flavor Flav.

Sophie: I know who Flavor Flav is.

April: I sometimes I know you know and I still make you say it.

Sophie: You don't think I watch Flavor of Love? I did.

April: You did.

Sophie: Yeah.

April: I'll give it to you. Going with our theme, of the episode which is Change and the 10 year challenge Soph where do you think I'll be in 10 years?

Sophie: Okay when you're 35 and three quarters I think you will be running your show.

April: Oh my God fingers crossed.

Sophie: I think you will have one or more bionic body parts.

April: Absolutely.

Sophie: At that point, the technology will have advanced.

April: I can't wait.

Sophie: I also think you will have a wig line or hairline of some sort.

April: Wow. You're dreaming big for me.

Sophie: Well yeah.

April: I appreciate it. I would love that.

Sophie: You're very passionate about helping other women of color with their hair.

April: Very true.

Sophie: You want to spread your knowledge of hair to other people who you think don't do their hair well.

April: Absolutely.

Sophie: The way I think it will happen is you will be interviewed for writing on some show or for appearing on some show like in my dream it's like the She's All Fat TV show. Then you're like interviewed in something and there's like all these memes of you go around because you say like funny things.

April: Okay.

Sophie: One of them is you say something funny about bad hair.

April: Okay.

Sophie: Then somebody contacts you to make a hair line based off of how viral that goes.

April: Oh my God.

Sophie: Yeah.

April: Wow!

Sophie: Then people are like whatever fine, like she thinks it's bad hair. Then you make the line and then everyone is like oh my God it's really good.

April: Oh my goodness, wow! Why have I never considered this for myself. This really is a passion.

Sophie: But like you know I think you probably handle it the way that the Kardashians handle their businesses which is you just go in and you're like make it look like this and then you go back to what you're doing.

April: Yes, you're done.

Sophie: Okay, also in 10 years I think you will have one boyfriend but like I don't think you'll be ready to commit.

April: Don't tell that to my mom. Mom skip this part, in 10 years I'm still not ready.

Sophie: I think in 10 years you will have had some relationships but I still just think you'll be like just ready to date like someone for serious. I think you'll still be getting rid of the last guy you dated.

April: Oh my God.

Sophie: You'll be like whatever.

April: Wow, this is glamorous life you've painted for me. I appreciate it.

Sophie: Yeah, I think that you will have a different car, don't know what kind, because I don't know what kind of car you like.

April: No car because I hate traffic.

Sophie: I will, I think you'll have a vanity license plate that I will have gotten you and it will be some joke and you will kind of hate it but you put it on your car because you know my feelings would be hurt if you didn't put it on your car.

April: Absolutely.

Sophie: Then every time you go on the lot you're like yeah.

April: Okay, I really can see that crystal clear.

Sophie: You live in a house in the valley I think or in Pasadena like one of the two and your mom has an apartment here.

April: Nice.

Sophie: But she complains that you're not taking her to nice enough restaurants.

April: Perfect.

Sophie: So every time you go into the running room you're like oh my God, my mom blah, blah and one of the things your assistant has to do is like do stuff, like take your mom's stuff to the dry cleaning whatever.

April: That sounds very real, wow!

Sophie: I also think by then you will have kind of like a coterie of like cool people around you. I think you'll have organized some sort of like either official or unofficial like mentoring thing for like young black Hollywood.

April: I love that.

Sophie: What do you think of that version of 10 years from now?

April: That sounds like my perfect life.

Sophie: Good.

April: What you've predicted. My perfect life, not my mothers perfect life for me. She'll be terrified.

Sophie: I think you'll be planning to get your veneers?

April: You don't think I have my veneers yet?

Sophie: I think you've been too busy you're running a show.

April: That's true you do have to take time off for veneers but oh my God.

Sophie: You have the money for it and you're like next break get read.

April: Honestly they're so high up.

Sophie: You keep talking about how huge your teeth are going to be.

April: I just ... I want to not be able to close my mouth, I want huge porcelain veneers.

Sophie: But you do, you have gone in for like a lot of like facial treatments.

April: Okay prefect.

Sophie: So you're always like I'm not wearing any make up.

April: Do you see a pore? I didn't think so.

Sophie: Exactly.

April: Wow. You've truly envisioned my perfect life. Okay let me pull up for yours. I made a top three things I think you're doing and what are the 2029?

Sophie: Yeah my gosh.

April: Jesus, does that even sound like a real year?

Sophie: No because I think that's when the sand storm is supposed to have like taken over North America or whatever.

April: That's horrifying.

Sophie: I know.

April: So my number one thing I think you're doing is asking me to help you do your mixed race child's hair.

Sophie: Oh my God.

April: I think that goes without explanation. Listen I will be ready and willing with a wide tooth comb, a spray bottle, a leave in conditioner, a sealing oil.

Sophie: Yeah.

April: Aha oil treatment.

Sophie: Oh my God.

April: I am there.

Sophie: By that point let's see in 10 years so maybe the kid will be, they'll be like at least five or so. But within a few years from that they'll be texting you on their whatever device, and they're be like auntie April, momma washed, I'll be like just text her, I can't do it, text her.

April: You won't even get involved.

Sophie: Like she does it better, I know she does it better, just text her.

April: I'm going to get a gleep glorp from your child that's like can you take me to Englewood so I can get my special conditioner and I'll be like yeah.

Sophie: She'll be like I don't like it when mom takes me everywhere and looks at her weird!

April: So sad. So I definitely envision that which is so exciting. Number to I envision you mentoring other Sophie's. I can see you because you've talked about before, your struggle to find a dedicated mentor that's not like mean for no fucking reason.

Sophie: Yeah.

April: I could see you like taking an active stance on fixing that for for the next generation. I just imagine you like at a beautiful brunch with other Sophie's and they're just like talking about their feelings and you help them sort of center their energies and get stuff done.

Sophie: I loved that.

April: That could be exciting.

Sophie: We both saw each other mentoring people.

April: Yeah, I mean that's something ... We're feminist, like-

Sophie: Yeah.

April: We care about other women.

Sophie: Yeah.

April: It's important. Then the third thing I have a very clear vision of you producing a Tamora Pierce book.

Sophie: Oh my God.

April: Would you ever do that like adapt one?

Sophie: Yes. I 1000% would.

April: Wouldn't that be perfect.

Sophie: Yes but the thing is like it would have to go through like a total rewrite to take out any of like the weird racist shit in it.

April: Absolutely, which you could totally be on top and just have a calm conversation about why maybe it wouldn't work for this medium.

Sophie: Exactly.

April: You could have a conversation about that. I could see you doing a really cool adaption that sounds like fun, right?

Sophie: Oh my God, I would love that. In 10 year can we go on a girls trip to Bali?

April: That's all I want. Then come back and tell everybody I found myself. That's what I want.

Sophie: Yes, you bring back some sort of appropriate artifact to like hang on your wall.

April: Oh my God.

Sophie: Here are my thoughts from my trip, that was like beautiful, I was like barefoot the whole time.

April: I was barefoot the whole time and I just came back and I'm still like centered you what I mean. My vibrations are sky high at this point.

Sophie: That's what I want.

April: Jeez.

Sophie: I also hope we've both deleted all our social media by then.

April: Here's hoping, honestly, tired of the trash. That's it.

Sophie: Well that sounds like a good version of the future, I thank you for sharing yourself 10 years ago with me.

April: Yes.

Sophie: Thank you for sharing.

April: My sweet 16, teen monster self. She was the worst.

Sophie: It's incredible, I'm afraid of her.

April: You should be, she would tear you apart.

Sophie: I don't think she'd be nice to be.

April: She was so mean.

Sophie: Thank you for you sharing your vision of me in 10 years I really like that vision.

April: Me too.

Sophie: Thank you for sharing this present with me.

April: Of course.

Sophie: I think we did a great job on our first three seasons and I'm excited to see where season four goes.

April: Me too. I'm ready with my camera. Like Amy Poehler. You're the best.

Sophie: Love you.

April: Love you too.

Sophie: Bye.

April: Bye.

Sophie: That's our show be sure to check out the show notes for links to the stuff we mentioned today and don't forget to send us your questions via email or voice recording to FYI@shesallfatpod.com..

April: Please make sure to leave us a review on Apple Podcast. It's super important in making sure people find the show. If you leave us a review on Apple Podcast we'll give you a shout out on the pod next week.

Sophie: She's All Fat is created, produced and hosted by us, Sophie Carter-Kahn and April K. Quioh. We are an independent production. If you'd like to support the work we do, you can join our patreon by visiting patreon.com/shesallfatpod. When you pledge to be a supporter, you'll get all sorts of goodies and extra content.

April: Our music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jessie Fish and our logo is by Britt Scott. This episode was mixed and edited by Maria Wurttele. Special thanks to our fairy intern mother Lynn Barbara, our Facebook, Instagram, and Twitter handles are @shesallfatpod, You can find the show on Apple Podcast, Spotify, Stitcher, Google Play, and wherever else you get your podcasts. Bye!

Sophie: Bye!

April: Wow we're so smart.

Sophie: Wow okay branding, okay sorry anyways.

April: Always branding, oh my God capitalism.

Sophie: Always branding-