

## **Minisode: Pumpkin Spice Obsessions!**

**Sophie: I'm Sophie and this is She's All Fat, the podcast for fat positivity, radical self love, and chill vibes ONLY. Welcome to minisode number two! We're only one week away from getting the special key to unlock our Time Capsule season of episodes we recorded before COVID. But until then... we've got a chub-packed minisode for you. So first we're going to do some quarantine obsessions with Sr. Producer Lynn and Jr. Producer Yeli, and then later you're going to hear some calls from all of you! All those calls we've asked you to call in, we have some great obsessions from our Hannahs and Hs. Here we go!**

**Sophie: We are here, the whole team is here, me and Yeli and Lynn, and we're here to tell you some of our quarantine obsessions as of late!**

**Lynn: As of late.**

**Sophie: As of late. I think we should go in a round this time. What do you guys think?**

**Yeli: I like that.**

**Sophie: Okay. I want to start with Yeli 'cause I'm very curious what your first one is about.**

**Yeli: Okay. My first obsession is my mom and her parrot. So, my mom is a personal support worker, PSW, which basically means that she just goes into retirement homes and like, old people's houses and hangs out with them. And one of her patients recently passed away, which is very sad, but in his will he left her his pet parrot!**

**Lynn: Whoa.**

**Yeli: So she's just going to have a new parrot friend.**

**Sophie: Oh my god. How old is the parrot?**

**Yeli: And I'm obsessed with that. I have no idea, I actually should text and ask. I texted her this morning and was like, oh how's it going, how are all**

**your patients doing, and she basically just texted back and was like, oh, this person died, he left me his parrot. And that's all I know.**

**Lynn: Does that happen often to your mom?**

**Yeli: No! Well, she, my dining room chairs are actually also from one of her patients. She actually does get given a strange amount of things from people she works with.**

**Lynn: Ugh, she makes an impact!**

**Yeli: She does! She's very sweet. But yeah, she also, she's had parrots growing up. When she was younger, she grew up in Venezuela, and she had a huge yard, so she had like six dogs and three cats and one point, and like, she's had a huge tortoise like Victor does.**

**Sophie: So she's gonna be a good parrot- she's gonna be a good parrot owner.**

**Yeli: Yeah.**

**Sophie: Parrots can live a long time, right? They can live like forty years or something like that.**

**Yeli: They can.**

**Lynn: Whoa!**

**Sophie: Yeah, they can live a long time, wow. There's a parrot I follow on TikTok and it has, it only has feathers on its head because it was so anxious after its owner died, it pulled out all its other feathers.**

**Lynn: Oh, god!**

**Yeli: That's so sad!**

**Lynn: Now it's running a TikTok.**

**Sophie: Well, no no, it's at a new house like, happy. But it does look like, just a little chicken with only hair on its head. Feathers. I can't wait for your mom to have her new parrot. I hope he's happy.**

**Lynn: Yeah, send us a picture.**

**Yeli: I will. We also get to name it because apparently it didn't have a name.**

**Sophie: It didn't have a name!**

**Yeli: No!**

**Sophie: Wow.**

**Lynn: Okay, identity crisis.**

**Sophie: I know!**

**Yeli: Right? So I'm thinking of parrot names now.**

**Sophie: My gosh, okay, please tweet at us if you have an idea for Yeli's mom's new parrot name.**

**Yeli: Yes, please!**

**Sophie: Call it dumpling or something fat related please, like.**

**Lynn: Oh, that was cute.**

**Sophie: Lynn, what's your first obsession?**

**Lynn: Okay, so if we're going in a round I just want to make it clear off the bat that all of my obsessions start with the letter P. And I did change one of them so that this would be the case so I just, I don't know, I want that to be out there.**

**Sophie: I want people to appreciate that for you.**

**Lynn: I do. But my first obsession is the new season of PEN15 which just came out, it is so good.**

**Sophie: So good. Explain what it is, for people who don't know what it is.**

**Lynn: Okay, for people who may know what it is, the first season came out like a while ago. More than a year ago. But it's basically this comedy about two middle-school girls who are best friends, and they're just going through middle school in the nineties or whatever. But they're played by two thirty-year-olds. Like the thirty-year-old comedians who came up with the concept for the show, but all of the other cast members are actual like, 12-13 year olds, or however old you are when you're like, seventh grade.**

**Sophie: Yeah like, 13 I guess.**

**Lynn: It's like, I was reading an article about this new season of it, and how like, you could have walked away from the first season being like, okay so like, I get it, like that's the gimmick, that's the bit, I don't know how they're going to do a second season, but then like, it's not even, like it's not a bit anymore, they're able to capture the emotions that you are feeling as like a middle schooler, because they're like 30, you know, they like, reflected on it, and so it's just much more intense. And this season is a lot more, I was watching with my friend Julia, and they were like, whoa, like the balance of heaviness and lightheartedness is definitely on the heavier side this season, but in the latter half of the season it gets a little bit more light and like, really really wacky and I love, my favourite thing about it, and my favourite thing about the first season too is- the comedians, their names are Anna and Maya, they like, really capture how touchy kids are with each other. Especially like two girls who are best friends, they're always like, smashing their faces together-**

**Sophie: Touching, yeah.**

**Lynn: and I don't think I would have remembered that about being in 7th grade.**

**Sophie: I love PEN15.**

**Lynn: It's so good.**

**Sophie: It's really fun. I mean, I was talking to my sister about it because in the first season there's an episode that just feels so spot on for my age exactly, when they learn how to use AIM and they're on the computer and stuff. But I wonder how it is for people who didn't have that time of like, now kids with the internet, first of all the internet's way different, and second of all, they have parents who understand what the internet is. Whereas at that time, nobody knew what weird sex shit we were doing. Like AWOL forums, you know what I mean? I love that aspect of it. It's just a great show. Okay. My first obsession is TikTok recipes, because I can watch them over and over until I can understand the techniques that they're using. And look up anything I don't understand. I've been watching a lot of TikTok food stuff, and it's not as helpful for me when it's a whole meal, because the minute of a tikotk isn't long enough to really show how to do anything, but for snacks and side dishes, you can like do pretty well in a TikTok. For example, I watched this one TikTok that I think went- was like pretty popular, about how to make, like pretty good crispy potatoes. Like, one hundred times. And then I made it, and it worked pretty well!**

**Lynn: You made it!**

**Sophie: Yeah, I made it!**

**Yeli: Yay!**

**Sophie: I had to like, really watch it a bunch of times to understand, they showed how to like, move it around the pot in the right way and mush stuff up a little bit, and what to put on it. But it's helpful for me because like, I don't feel as overwhelmed because it's literally just a minute even though it's multiple steps. I don't know if that sounds silly or not.**

**Lynn: No, that makes total sense.**

**Yeli: That makes sense.**

**Sophie: Yeah, I love TikTok recipes. Also, there's a lot of people on there who do different recipes and different food stuff in very interesting ways.**

I'm not vegan, but I follow a couple vegan TikTokers just because they have interesting recipes and stuff, and I also like following people who have, who cook things that I've never cooked or seen cooked. There's a woman who does a lot of Korean food, and a lot of Japanese food which is not- again, my mom cooked a lot of chicken breast with rice a roni, like, she didn't have time, you know what I mean? So like, we never made anything outside of our wheelhouse really, so it's like fun to watch how these things are made. Like I get intimidated by food media in general sometimes, because I'm like, I don't wanna watch an hour about something. But this has helped me get more into various stuff.

Lynn: Great rec.

Sophie: Thank you. Okay Yeli, I'm excited for your next obsession.

Yeli: Oh my gosh, yes, next obsession is Among Us. I think that the game came out a couple of years ago actually, but it's just now in the past couple of weeks that everybody's kind of been obsessed with it. For anyone who hasn't played it, it's basically like the game Mafia that you play as a kid, or I think that some people call it Werewolf, where you play with a bunch of other people and they're- the characters are like little jelly beans that run around in a really funny way and it's really cute. And you are either an Imposter or a Crewmate. As an Imposter, your job is to go around and basically kill as many of the crewmates as possible without getting caught.

Lynn: Yeah.

Yeli: And as a crewmate, your job is to finish a bunch of tasks that are around the ship, so for example one of the tasks is to swipe your card in the admin room, or something like that, and essentially the way that you win is either by finishing all your tasks collectively as a crew, or by kicking off the Imposter. So it's like, kind of a two-pronged game, way of winning.

Sophie: It's like fun because you have to like, run around on the app. And I don't think you're like supposed to talk to each other, but every time I've played it we've like, been on Facetime with everyone playing it. And then you just like accuse each other the whole time.

**Yeli: I've been playing with Haley's siblings and my sisters, collectively, and we played for eight hours on Sunday. It was so fun.**

**Lynn: Oh my god.**

**Sophie: We've played a couple of times, and the first couple of times when I was a crew member, I didn't even do anything because I was just trying to complete the tasks, so I was on the task part of the game, and also Victor kept getting killed first by whoever was the imposter. He didn't get to do like, anything the whole time we played. It was really fun. It's very fun, I highly recommend for people as well. What is your little character dressed as? Did you change their colors?**

**Yeli: Yes, I have mine as the dark green color, and it has the little sprout at the top so it just looks like I'm a plant running around.**

**Sophie: I did pink and a cowboy hat. I love it.**

**Lynn: Spot on.**

**Sophie: We should play Among Us with us. Okay Lynn, what's your next obsession?**

**Lynn: My next obsession is Phoebe Bridgers' new album, Punisher. Starts with a P.**

**Sophie: Starts with a P.**

**Lynn: It's really good. I love her so much and on first listen I was like, hm, I don't know, like the songs didn't sound like that distinct to me, like to each other, but then, the other night I was like, doing some crafts in my room. And I listened all the way through again and like, really heard each song. Um, okay, so I'm gonna say my favorites. My number one favorite is the last song which is called "I Know the End." It has a really good music video where at the end she like, makes out with an older version of herself.**

**Sophie: Whoa.**

**Lynn: That one's my favorite. "I See You", one of the lyrics is "hate your mom, I hate when she opens her mouth", which is really funny.**

**Sophie: Damn.**

**Lynn: And then the single for this album was "Kyoto", which is like, a bop, and I really liked it.**

**Sophie: I've gotta listen to it.**

**Lynn: Yeah. cool. That's my obsession.**

**Sophie: Okay, my next obsession is the book I've been reading, or I finished reading with my other book club called the Color of Law. I highly recommend if anybody's interested in getting more understanding of housing discrimination in the US. It's not a light read, it's like written by a lawyer and it's like written a little bit like, law argument style. There's a lot of facts. Which, it's different from Fearing the Black Body, which is very academic. This is academic, just in a different way. There's a lot of stuff in there that I had never learned about or heard about, it helped me understand more like, put cultural things in context even, like stuff I had learned about in AP US History but hadn't learned about this part of it. Like the ways that housing built during and after the World Wars in the US was segregated, and how that like, affected things later. It really gives context to a lot of things that are now like, pretty entrenched problems in the US. And how the government specifically chose to make them that way. Like, for segregation basically. It was very useful for me because it's definitely an area of knowledge that I just had none of. And also like, I found it helpful to get a broader understanding of like how this kind of legal argument would be set up, as someone who's like, never gonna be a lawyer. The point of the book is that he's making the argument that segregation in the US is like, partially, if not almost entirely created by housing policies, the government basically. Um, instead of it being like, well people just wanted to live separately because white people like to live with white people- you know, whatever. Yeah so, if anyone wants to know more about those topics, I recommend. It's not an easy read, I mean, it's upsetting in the way that like, racism- reading about historical racism is upsetting. It's not like a graphic description of like violent encounters or anything, but it is like, upsetting to read through and be**



like, white people have fucked other Black people in this country for so long, not that that's a surprise.

Lynn: Sometimes it's surprising just like how planned out and specific it is.

Sophie: Yes, exactly, exactly. But I recommend it if you're looking to learn more about that. And I also recommend it if you miss academic textbooks and you want to feel like you've learned something like in a college course. Jr. Producer Yeli, what's your third obsession?

Yeli: My third obsession is a website called Twitch. It's basically like Youtube, but for gaming, and it's mostly people who are live streaming games. And I watch it more than I watch anything else, basically.

Sophie: Oh my gosh.

Yeli: I will wake up in the morning, and there's a streamer that I follow called KickThePJ, and he always streams around the time that I wake up to about, like early afternoon my time, because he lives somewhere in Europe. So I truly just wake up every morning and watch him stream for a couple of hours, and then get my day started. And it's part of my routine now, and I love it.

Sophie: What do you like about watching gaming?

Yeli: I like it because it's mostly just very lighthearted, and I'm not emotionally invested in it, so it just is, like I will sit and play Animal Crossing while I watch it, and I won't feel like I'm missing anything, but also a big part of it is that there's a live chat, and whoever's playing the game is also talking to people in the chat. So it's like, a community as well. And it makes me feel a little bit less alone during a pandemic where you can't see anybody.

Sophie: Yeah. What games do you like to watch people stream?

Yeli: I really like Breath of the Wild, the Legend of Zelda game, because I want to play it but it's way too expensive for me right now, so I just live vicariously through other people.

**Sophie:** I have never watched a Twitch stream, but I know that, you know, little teaser for next season, we're gonna interview some people who are doing that. So, maybe people should get into it. Who are some of your favorite Twitch streamers?

**Yeli:** I love ArdenRose, KickThePJ, KimBakerIsBaking, is one, and I also love, her name is Gumpita, she's Latina, and she streams exclusively only when I'm sleeping, which is frustrating, but I go back and rewatch them.

**Sophie:** Those are great recs.

**Lynn:** We'll link them.

**Sophie:** I have always thought of Twitch as like, boy gamer bros. You know?

**Lynn:** Yeah.

**Yeli:** Same. So did I, and then I started getting into it, and it's, there's a lot of different people.

**Sophie:** Sorry, Lynn just made her own bitmoji appear- or, animoji appear on the screen. Hello? Hello, Lynn? Lynn and little Lynn?

**Lynn:** I am so sorry, I did do it on purpose, but I didn't mean to distract. Um.

**Sophie:** Oh my god. Okay, Lynn, tell us your last obsession that starts with a P.

**Lynn:** My last obsession is actually Pocket Pools, this was our call to action a couple of weeks ago, my friend Josie on Twitter, she's @nosiejaron, I'll put it in the show notes, has been doing what she calls Pocket Pools, which is collecting people's pocket change, meaning that you can donate like, one dollar, you can donate like, ten dollars, you can donate however much to her Venmo, and every week she does a few like, big donation pools for mostly like, mutual aid stuff, like she's been doing a lot of pooling for people without houses who are being affected by the

fires in the West coast. I've been tagging just like, random people who have a lot of followers like, in the posts and being like, can you retweet this? And then Josie gets an extra like, two thousand dollars to donate.

Sophie: Hell yeah. That's awesome.

Yeli: Wow.

Lynn: It's literally so easy, like even if you don't have two dollars to donate, like it's literally so easy to go tag a celebrity or like, send it to a friend who has a big following. Your impact can be huge.

Sophie: Love that. I love um, mutual aid funds.

Yeli: That's very cool.

Sophie: That's awesome.

Lynn: Yeah, it's really cool.

Sophie: Okay, my final obsession is my own ignorance. Because I haven't had a moment like this in a long time where, you know when you just realize something like, like you just always thought, and then all of a sudden you're like, oh my god, how did I think that, I'm so stupid. I realized I've thought the wrong thing for so long.

Lynn: Oh no.

Sophie: Okay, so, last night I realized, because of watching Haley's homemade pumpkin spice latte video- Haley is Yeli's wife, who people should know about because I aggressively want them to. Subscribe to her channel and Patreon. She made her own like, pumpkin spice latte at home, and then she was like, you know, pumpkin pie spice doesn't actually taste like pumpkin. And then I was like thinking about it, and I was like, I've never had a pumpkin spice latte because I always was like, why would I wanna taste coffee with pumpkin flavor? Because I- I always thought that a pumpkin spice latte had pumpkin flavor in it! Pumpkin! Not like, pumpkin spice! I totally didn't know what pumpkin spice was! I realized this last night and then I was like, oh my god, it's literally just like

**a cinnamon iced latte or some shit, and I've been sitting here like, why would I ever wanna have pumpkin plus coffee, who would drink that?**

**Lynn: I like, have had a pumpkin spice latte, doesn't it taste like pumpkin?**

**Yeli: Well like, here's the thing, people associate it with pumpkin because it's the spices that go in pumpkin pie, and lots of pumpkin flavored things, but it's not the flavor of pumpkin itself, it's the spices that enhance the flavor.**

**Lynn: So I- first of all, it was gross, like I didn't like it, second of all, I can't believe that means that I projected a taste that I then didn't like.**

**Yeli: Yep. Yup.**

**Lynn: Into my coffee drink.**

**Sophie: I texted my sister about it, and she was like, LOL I don't like them anyways. And I was like, oh my god, I just feel like I- for so long I was just like, yeah, basic girls love pumpkin coffee I guess, I can't believe I'm such a basic girl and I don't like it, it's so weird.**

**Lynn: You're like, seems like I should like this...**

**Sophie: Seems like I should like this thing, but I don't like pumpkin! And then to realize that it's just like, brown spices, not pumpkin at all, I was just like, wow, this is a time where my, not being able to cook or bake or anything really like, bit me on the butt. I had no idea. I laughed for so long.**

**Yeli: Yeah, I didn't have that realization either until Haley said it and I was like, true. That checks out.**

**Lynn: Yeah, Haley's so frikkin' smart.**

**Sophie: Haley made me realize that for years, years, I thought it tasted like some sort of pumpkin pie drink. And I don't want pumpkin. I don't want to taste pumpkin and coffee.**

**Lynn: But the thing is, I wonder if, if you drink it if you will taste...**

**Sophie: Probably not because I don't eat pumpkin stuff. You know, cause I don't like the taste of pumpkin, really.**

**Yeli: I love pumpkin.**

**Sophie: I don't know. Maybe I just haven't had the right thing. I don't like pies that much.**

**Lynn: Pumpkin pie, I don't like. But like, a pumpkin muffin, a pumpkin bread, delish.**

**Sophie: I think I've liked pumpkin bread before, but...**

**Yeli: I'm a slut for a good pumpkin pie. I love pumpkin pie.**

**Lynn: The way you queued up that word, like "SLUT"!**

**Yeli: I am so excited! Thanksgiving is in October here in Canada, and I'm really ready to buy pumpkin pie every week and just eat it.**

**Sophie: Oh my gosh. I think I don't like the texture of pie. You know, I don't like mushy things, you know? I've never explored it, it just was really, I thought about it for a long time I was just like, oh yeah, you really played yourself there, Soph. You really had no idea about this drink.**

**Lynn: Wait so Sophie, okay, when are you gonna try one?**

**Sophie: Immediately. As soon as I can. But I was like thinking about how it has to be- like, I've gotta get a decaf one because I haven't had coffee in like, a long time. I gotta try pumpkin spice now, tweet me if you think I'll like pumpkin spice. Do you guys think I'm gonna like it? Can't tell, huh?**

**Yeli: I don't know.**

**Lynn: Yeah, I really can't tell.**

**Yeli: It's such a specific flavor.**

**Sophie: Okay, well I just wanted to share with you guys and everything about how, about that realization. I like being able to laugh at something silly or stupid that I did, you know? As long as it's not harmful to anybody, you know what I mean? The only person I hurt by not eating PSLs this whole time was myself.**

**Lynn: By not eating them!**

**Sophie: Oh, my god! Okay, this was our long obsessions for this no longer minisode I don't think. Thank you all for listening, I hope you liked hearing our quarantine obsessions!**

**Sophie: I hope you liked hanging out with my team! I love hanging out with them, and now Yeli and I are gonna #hang out more and record an episode of Chubby Detectives for Patreon! So if you want to hear us answer cat questions from my mom... join our patreon.**

**Hannah: Hi Fatfamily, it's Hannah. This quarantine I'm bringing back kind of an old obsession from when I wrote my senior thesis for my undergrad degree in history. It is Fearing the Black Body by Sabrina Strings and it's a really amazing book that talks about the racial origins of fat phobia specifically in regard to a Black people. It was so enlightening for me. I always knew that there were connections to fatphobia in regards to racism. And when I started looking into it, it became the actual topic of my thesis, and this book was a huge part of that. It's an amazing read. It's so enlightening. And since we are all working towards Black liberation in this country right now, or we should be, that's, that's my obsession. That's my recommendation. Okay. Love you all.**

**Hannah: Hi family, this is Hannah from Houston, Texas and my quarantine Obsession has been baking! So I travel a lot for work, and it's been a highlight of my quarantine to spend some time in the kitchen and bake! I have found some success with sourdough baking, my sourdough starter is alive and well, and has resulted in some pretty nice loaves. I failed many many times, but refused to give up, to the point where I was dreaming in my dreams about failing at baking sourdough. So I'm pretty happy that I've found some measure of success. One action item in the name of Black liberation that I would suggest is donating money to important campaigns, and Congressional races, Senate races, local elections,**

donating money to candidates that represent your values all across the country. So some of my campaign contributions recently have gone to Black candidates, including Charles Booker in Kentucky. One way to make sure that your voice is heard is that, or putting our money where our mouth is.

Hannah/H: Hi, long-time fatfamily listener, lover. So anyway, I wanted to share some of my current quarantine obsessions, some books and yeah, just some thoughts. So, one of my current obsessions has been all the teen books. We're talking, re-read Twilight. We're talking, I read Undead Girl Gang, which was a book that Julie Murphy recommended in the books episode you guys did a few seasons ago, amazing, could not recommend enough. So all of the team books is obsession number one. Obsession number two, I have been thinking about it for so long, and I finally bit the bullet and bought the Rosemarino candles that you guys talked about so much in the first few seasons. I love them. Not an ad, they smell so amazing. The succulent scent is so fresh, so clean, so delicious. Another quarantine obsession is skin care. I have become obsessed with this face mask. It's from the pharmacy, they sell it in Sephora. It is the Honey Potion face mask, it goes on warm. It smells so good, it like heats up on your face. So if you're a skin-care lover I could not recommend it enough, it is amazing. The last thing I wanted to recommend was a Black owned business that I found on Etsy. It's called Zandra Beauty. She sells like lotion and scrubs and all of the self-care things, and the one item that I bought was a bunch of these bottles of lotion. The vanilla-chai scented lotion smells amazing. So get out there support a Black female-owned business. And yeah, thanks so much for all of the free content throughout quarantine. Love you guys so much. Bye!

Hannah: Hi, this is Hannah. I just want to give an episode idea. First of all, I'm a twenty-nine year old fat woman who is also at the intersection of fatness, [inaudible] disabled because I'm partially blind, and I'm also asexual. So it would be cool to talk about disabilities, especially blindness, and how I noticed that I've been treated differently in healthcare settings than a person who might be just fat, might be treated, you know, or even just like talking about fatness and sexuality. And cuz I've also heard that fatness can be desexualized, and you know how to do fat justice if you don't necessarily want yourself to be sexualized but you don't want people to be desexualized, if that makes sense. So like fatness, visual

**impairment, or disability, and fatness it comes to like, LGBTQA or sexuality, any of that kind of stuff. Thanks!**

**Sophie: And that's our minisode. Thank you to those Hannahs and Hs for your voicemails! We were thrilled to get them. If you want to tell us about your quarantine obsessions, leave a comment, or ask us a question, you can call us at 213-375-5023. We want to do more call-in episodes and segments in the future, so keep a lookout on our socials for specific things we want to hear from you! You can also always call and just tell us whatever you want!**

**Sophie: Producing SAF in COVID times is made possible by our beloved Patrons. If you join our Patreon at Team Paisley Mumu, you'll get access to our Patrons-Only Facebook group where I've been doing weekly livestreams, plus bonus minisodes every Friday. I love our Patreon Fatmily, they allow me to pay the bills over here at She's All Fat. Special thanks to:**

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