

Sophie: The Body love box is the friendly, fat, positive body positive intersectional and LGBTQ I a p plus affirming monthly subscription box that supports marginalized artists and pays them all a fair living wage. Every month you'll get a box with five to seven full size goodies like zenes soaps and bath bombs, enamel pins, art prints and cards, plus they ship anywhere in the world and my body love box this month I got some super cute stickers and I really loved them. Head to the body, love box.com and use code. She's all fat for 25% off your first month. The Buffy cloud comforter has over 11,00 ``5 star reviews. Everyone agrees it's the softest, fluffy has comfort are out there. I love the eucalyptus fabric around the computer. It's softer than cotton and naturally skewed skin. I used to always flip my pillow back and forth to get to the more comfortable side, but now I just take my Buffy cloud comforter and wrap myself completely up in it.

Sophie: The inside fill of each Buffy comforter is made from 100% recycled water bottles that are transformed into the fluffy fiber. I can't get enough of you can try a comfy, sustainable Buffy comforter in your own bed free. If you don't love it, return it at no cost. Get \$20 off by visiting buffi.co and entering code s a f. That's buffy.co Promo code s a. F. I'm Sophie.

April: I'm April

New Speaker: and this is, she's all fat. The podcast for body positivity, radical self love and chill vibes. Only this week we'll take a behind the scenes look at this past season. We'll tell you how the meat of it gets made and then take a peak at season five our producer Maria and junior producer Lynn are hopping on to join me as we talk about the pod. April, what do you have to say? Love you.

Sophie: Okay. Let's head into April's last obsessions for the season. Here we go.

April: What is up everyone? It's April and I'm here with, you guessed it. A list of things. I very much enjoy aka my obsessions. Let's begin. Shall We? I'm where I always am in my car parked outside my house because when I tried to record them the house, my sister has too many damn questions. So here we are. My first obsession is, I have been watching almost exclusively HBO shows these days. I guess I'm just like highbrow as fuck, I don't know what's going on but, so my next obsessions are going to be about HBO shows that I've been sucked into watching. Number one, this is one that not a lot of people are watching. I think it was bigger in the UK but it's years and years. Um, it is a horrifying television program, um, about basically like a theoretical but honestly very likely near future.

April: Basically from the year 20, 20 to like 20, 29 or something. And it's about like a near future where like climate change is happening and it's like the world is ending and there's terrorism and there's like mass deportation and they're just like all this shit going on. And so is this, what is really cool about is this white like upper middle class family in the UK. I think they live in Manchester and they just are sort of like, they've always been not really affected by the news. Like they have this conversation at some point where they're like, remember when the news is boring? Like now it's like they had this sister who was near a nuclear like warfare, like she may have gotten some radiation

poisoning. It's like all of a sudden the things that they just like we're watching on the news affect them in their daily life.

April: And it's literally so fascinating because basically it's a show about like when privileged people have to start dealing with the fact that like this is not new, it's just now it's in your face because now it's affecting your life and how you still maintain this like attitude of privilege even in the midst of like pure chaos. So the show was like extremely stressful to watch because again, it's all things that are likely to happen. Like the UK gets a very conservative prime minister, like Trump starts some shit and bombs are drops like stuff like that. Whereas it just like, okay might happen. So it's not really fantasy but it's just like fascinating to watch. It's like kind of a thriller kind of Sigh for those reasons. But also just like really funny. Like the family is just really dry and they're all really close and it's interesting to see how they react to this, these world issues like now at their front door and so I don't want to spoil it every episode. What I will tell you is every episode is like another year. So like it'll be like a shortened version of like the year in that family's life and what happened and what changed and it's just been wild to watch if you feel emotionally prepared for that because honestly if you're not like I get it, it really felt quite wrong. But if you feel up to it, I would recommend years and years. So that's a show. I actually like my show. I'm not sure I like, but I am caught up on his Euphoria. If you follow any teens on Twitter, I'm sure you know about euphoria. It's this new HBO show starring Zendaya, um, and Judd Apatow's daughter and some other people. And it's just about like teens who are like on drugs and they're like fucking, and this just like a lot going on. I think the show is more interesting visually, but if you really like pay attention to the script, it makes absolutely zero sense and it's so off the wall, ridiculous.

April: Like it's like Degrassy but 10 times the budget is basically what it is. I think it's fascinating because honestly it looks cool and because it just makes me question like how old I am because these spirits, these people's like experience is so foreign from mine. They're like Gen Z, I don't know what they're talking about. They're like terrorizing other on tick-tock, like I have no clue. But it is fascinating. More anthropologically than like true entertainment. Um, so I will be watching you for you if you want to tweet me your thoughts again, I can't tell if it's good. I don't think it is, but I am watching. Okay, next is big little lies, which if you'd known me, you know that the shows my game of Thrones. Is the show bad. Yes. Is it my favorite show on television right now also? Yes, it has everything I like in a TV show, which is like beach views, cardigans, fancy white ladies uppitty fights like all my favorite shit.

April: Right. So season, I mean if you've seen season one then you know that season two was doomed from the start because they didn't have any more plot. Like they used up all the plot in season one. It's based off a book and it's one book and they covered the book and season one. So season two was just truly greedy and unnecessary. And yet I tuned in. I am mostly there for the performances. So like Laura Dern is doing a full camp performance. Like she's playing this woman from Mars who just does not operate like a normal human being. And I'm absolutely in love with her. Meryl Streep is on it and I won't say anything further than that because if your normal Meryl Streep, you already know how she gets down. She's perfect. She's transcended. It is incredible. It's against so foreign to my experience, just like Euphoria.

April: They're like, I can't look away because I'm like, oh sorry, what's your life like? I have no idea. So the finale just aired it, you know, I don't like it. Like I don't like the finale, but if the show wants to do another unnecessary season, I'm here. So that's big little lies. And finally my obsession is just with all of of you, I just can't thank you enough for all the support you guys have given me while I've been on this sort of like life transition and everything's wild. You know, I'm thinking, am I getting a tattoo? Everything's in flux and I just can't thank you all enough for supporting me along the ride for sticking with Soph and our team. They've made some really incredible content that I'm so proud of and I can't wait to see what happens next. And I just want to thank you all again for being extremely cool, chill, incredible individuals. And I hope you have a good summer. Hags hags it up. I plan to have a good summer. I did my like one obligatory beach trip and I think I'm good but you know, I'm going to be more in shorts. I'll be out here, you know, live in my life, having my own popsicles and I hope you are too. So that is my obsessions for the end of the season. Have an amazing summer and we'll talk soon back too. So

Sophie: Love you April. Okay. My obsessions for this week, I'm a little low on obsessive feeling right now because I did get glutened yesterday by my favorite candy that I have been avoiding, admitting that it's gluten, which is strawberry boats. It's literally just gluten and sugar but I love it but I can't eat it anymore because it gives me bad GI stuff. But um, if anyone has any gluten free strawberry belts ideas, let me know. Pretty bent out of shape about it. I've also been wearing pretty much exclusively like vintage tees from D-pop and from my friend Rebecca is LH II store, which I posted on my install all the time and bike shorts. And if you have hs like me, then one thing I've been doing with the bike shorts is I just always wipe my thighs with stride x because that helps if I feel scared about my thighs being in like enclosed a pant, you know what I mean?

Sophie: If you got hs, you know what I mean. What else? I reordered some of those like not pot gummies that are CBD gummies. They're expensive. I wish they would work with us and give us a discount at them, tell them to work with us. But I really liked them so I have been reordering them and you know, using my CBD arsenals to get through the summer check our site and in the show notes we work at this one company that does CBD tinctures and I like those as well. Put those in my purse. But I like the not pot gummies for going to bed at night. Like they just helped me feel chill when I'm going to sleep. Y'All, we're going to put a link in the show notes for my friend Taz via um, her Twitter. She's an amazing writer. I just wanted to give her a little shout out this week because I love her a lot. We've been hanging out a bunch and she deserves some love. So follow her. If you want some cool takes on a depression on Twitter and read her writing. She's an amazing music journalist. She is smart and funny and beautiful and I love her a lot.

Sophie: okay. Moving on to my favorite people are apple podcast reviewers and our patrons who are getting a shout up this week. Apple podcast review shout outs. Y'All know that if you continue to give us good reviews, we will one day make it onto new and noteworthy I hope. Okay. So thank you all to the following people. Michelle Rivera, ling, h, sunshine and flowers, seven Jack's tired. Mom, m Garren oh three and then number one who also, who weekly fan probably. Thank you all so much for leaving us a nice little review. We appreciate you. We read those. We send them to each other. We need it for getting advertisers and attention and keeping doing the pod. Um, we also need our patreons. As you know, we have ads now and we are probably going to get some more

support pretty soon winking content, but we will never ever, ever go without our patrons.

Sophie: Y'All make us able to make independent decisions to be able to turn down things that don't feel right for us to be able to continue to make media that we feel super strongly and we hope that y'all enjoy the rewards we give you too. So thank you all to the following patrons gives Lane Marie, ray, j, Natalie Blom, Ross cricket, young Hannah and Beth Stevenson. Thank y'all so much. Okay, some news. It's the last ep of this season. Wow. We came through the whole summer. Now we're going to go on our late summer early fall break. Um, we will be back sooner than you think. Watch for some news on our feed coming up. We're going to talk about it a little bit, a little, give you a little hints in the meat of it here. But yeah, we'll be back very soon. Please send us ideas for what you want us to talk about in season five.

Sophie: Already have a whole bunch of things that I want to do, but always want to hear what y'all want to hear from us and guests you want us to have on and uh, all those kinds of things. So please send us emails with season five ideas. Please tweet April support and love for her writing ventures. We're very proud of her and make sure to mark your calendars for her show coming out this fall on NBC. No big deal. She's running on a show on NBC. No big deal. And Yeah, thank you all for following along this season. We're excited for season five. Um, if you're in the patreon group, then you'll still get content and all sorts of stuff like on our break and obviously the Facebook group, which is an amazing resource for all of the questions people want to ask us. Um, if you've sent us an email and not gotten a response cause I'm behind on emails, join the Facebook group.

Sophie: It's our patreon level team, a Paisley Moomoo, and it's a really great space. Um, this week people are talking about changing gender presentations. They're talking about superfit hero leggings. Um, which is one of our sponsors and they're talking about reviews of them and how much they like them. And some are crop tops. So if any of those discussions sound fun to you or if you want to go get some support or give other fatties some support or if you're a straight sized person who wants to learn more, join that Facebook group. Okay. I'd love to also plug our extra segment for team. I love bread and above this week, Maria Lynn and I are each doing a five minute take on our favorite things. You'll hear a little bit more from the team on Patreon level team I love bread. Okay. Lastly, this week we got a really fricking sweet voice message from an Irish Hannah who has become my friend on Instagram. So here is that.

Speaker 5: Hello, this is an Irish Hannah. I really appreciate everything that you're doing and I just wanted to drop a little voice note to let you know that Hannah, Oscar, Olga is Anya. So, um, hello from an Irish Anya and I really appreciate the new venture that uh, you guys have gone on this season. And the production has been great and the content has been great and keep it coming and congratulations and all of the Success

Sophie: have a great summer, fall. Hannah's and h's we love you. Stick around for the meat of it. Here we go.

Sophie: all right here we are. The full team is here. It's me, Sophie, it's Maria. Wertelle. It is Lynn Barbera.

Everyone: Yeah.

Sophie: Which one is Barbera. We're all here and we are two thirds clear and we are going to just do a little chit chat ep talking about the past season and the next season and give y'all a little behind the scenes insight on how she's off at gets put together. We could like go through how the average episode is made. Do you guys want to do that?

Lynn: Yeah, let's do it.

Sophie: Great. First I come up with some very random or vague idea and I text the group chat about it and then Lynn puts it into some sort of outline and Maria helps narrow it down and then Maria and Lynn figure out the logistics for it. And tell me exactly what to do. That's my version of how it starts. Is that how you guys think? Good source?

Maria: No, it's so different because sometimes if we want to reach out to someone you have better connections with them so you'll sort of plan that on your own, but then Lynn and I will be like, Hey, have you done that yet? Or we just sort of try to make sure you do it at a time where it, the rest of the episode can happen because that's like the key part of it. You sort of sort out who you're talking to when you're, when you're talking to them where all that and then once we have those files it sort of, it just goes back and forth between the three of us, like a bajillion different times in different steps of it.

Sophie: I feel like this, this season since it was obviously a big change of this season and two more reported episodes, we tried like so many different ways of making episodes. It took us a long time to feel like, I feel like finally now we know how, what process works for us. Well

Maria: because I came in about what, like halfway through season one. Yeah. And so that already for me was a learning curve because it was sort of coming into a process that you and April and your old producer had and sort of like lightly suggesting like, Oh I've done things this way before. Would you guys be open to that? And so like we sort of came up with our own like little way of doing it. Things may have like changed along the way, but for three seasons it pretty much stayed that way. Yeah. Like season one and two, I just remember being like, you guys get me the audio was like 8:00 PM I have to work on. Like I still had a totally different different job. Whereas like now all I do is work on podcasts. Like I still had a survival job, you know, at that point.

Maria: And so it was like balancing between your and April schedule, which was already crazy. So you guys were already like recording at weird hours of the day and then getting it to me, and being like, Maria, I'm so sorry. It's like doing two days and then maybe like, okay, I work all day tomorrow. Like, and it was just for, no, nobody's fault, but everyone's schedule was so tied up in other things that that felt like a struggle. And so going into this season when it was like a big change was already needing to happen, it sort of gave us the opportunity to be like, okay, well since we're already missing a key element, we have a chance to kind of start from scratch right now.

Sophie: I remember April and I facetimesed you and we were like, okay, like April's going to take a break because she needs to be able to focus on these other things right now and like try to get her writing jobs. So we were like, okay, so you and I are gonna just like do recorded eps. And we were like, great, that'll be easy. We were naive. We were like that much more work. Right? Like I'll be fine.

Maria: So like if you think about it though, it was like we had three people doing work and we were just like, okay Sophie, we'll continue doing what she's doing, Maria, we'll continue doing what she's doing and then we'll just like absorb April's responsibility and then give like Lynn overflow stuff. But we like very quickly found out that it was just almost three times more work with the same amount of people.

Sophie: Yeah. We had to recalibrate like several times.

Maria: Well even though we went into season four being like, okay, we're going to change things up where make this work, it's a big change. But we're like putting in some new structures and deadlines, et Cetera. Like we went in and then very quickly like episode to episode we kept having to adjust. We did just a little bit per episode being like, okay, that didn't work out well this time. Like next time, let's do it this way. And then also along the way we did like major re restructuring.

Sophie: Yes. We were figuring out, um, we want to keep the same feel and we want to keep the same like focus, but we're going to do a totally different content structure. And that also was like, it took me a while to like get up to speed. Like now I feel like I have a much better handle on how I want to structure the episodes. But we were going from like April and I were pretty practiced at like banging out whatever we wanted the episode to be like. And so I was like, okay, cool. Like it'll be easy to transfer, but it turns out it's like way harder to transfer it. So it just took a while. Like it took a while. I think in retrospect I'm like, we did a really good job managing all of this in the moment. It was like we all had breakdowns at various points, 100% but like, you know what? I think we really pulled it out this season. I think we did great.

Maria: Yeah, I'm glad we built in those breaks when we did like the initial restructure. But in retrospect, like that first break that we did felt like it didn't even happen because we were so like, okay, we need to Redo some things. Where are we at? Blah, blah, blah. With Lynn especially, I feel like halfway through we like told you like this is what you're doing from now on. Basically we're like, it's the big leagues now. Lynn, you're going to have a completely different set of responsibilities now and she's, yeah, Lynn, maybe you should talk about that. Like the process of it

Lynn: I need to go back and listen to season three because in my head like this is the way the pod has always been because this is the only time that I've like actually worked like during the season. Oh true. Which is weird.

Sophie: Yeah. I know you've taken on a lot more this season though than you did before. You've really, you've leveled up, we pay you.

Lynn: Oh yeah. Yeah. And I think I was also very nervous. Like I remember Sophie when you were like, all right, like you can have this job like we want you, but you have to like be able to do it. Like, do you have enough time? You're like in school you like just finished your thesis. And I was like, oh no. Like I have to say yes. Like I'm not gonna not like work on this podcast. I just was really, really nervous and I think that, I don't know, I was like doing a learning curve in addition to like this season learning curve.

Maria: Yeah. Because it wasn't even just step up to this new role. It was like step up to this new role. Also, by the way, we're going to do things totally differently than last season. So this is like your first

Sophie: professional almost post-college thing was a lie. I mean I really feel like you've done a great job, don't you? Do you feel like you've like learned a lot and like say we did good. Did we do good? Do you feel good about it?

Lynn: Do I feel good about it? Yeah. Yeah. I don't like - this job, like set me on a career course for my future. Like it's not even just like a thing that I'm doing on the side. During my internship last summer I was like working for, she's all that kind of like on this side of working at this like Improv theater and I really wanted to do comedy but then like all of the time that I was spending doing, she's all fat. I like preferred so much more than I was like, oh I should do podcasting. Like you guys really gave me the opportunity to like come up with my own episodes and like do so much writing and like do a lot of research and I feel like I've been writing a lot of cover letters that are like because we have such a small team I'm able to get involved with various aspects of the production.

Sophie: That's true. Yeah. That's 100% true. I feel very lucky that we have such a tight team and like can depend on each other and like can make things work. We all have like very different strengths, which is really nice because basically what that means is we all have different weaknesses so we can kind of cover for each other pretty well. You know? It's very true. What do you guys think is is stuff that the average listener might not know or might be curious about?

Maria: I know one for sure that before I got into the field of like radio and podcasting, like I did not realize how much prep work. I guess I knew there was prep work, but basically we're working on anywhere from like I dunno four to sometimes even like six or seven episodes at a time. My brain, I would say probably most people's, but like it's really hard to be able to recall at what point of each episode you're at, if that makes any sense. So sometimes like we'll be talking about an episode and getting really into it and then we'll realize that, oh crap, we're behind on this other episode because we forgot that something had to happen in order for it to move on to like the next part of the process. I don't know. It's like really like what's the word? There's just too much to keep track of. It feels like sometimes when it's like a team of three people, we have so many Google sheets, we have so many because there's just like no way that any one of us could have that much information in their brain at once. And that's like something I never would have known as just a listener.

Sophie: Yeah. Well cause you're just consuming one at a time and so you maybe don't like know that behind the scenes there's actually like where like okay ads for this up. Okay content

for this one. Okay. Interview for this one file. It's like there's so many different, it's like a whole content production schedule. You know, we're doing the same things as big company podcasts, but with just us basically I was really nervous about changing the kind of episodes we did and also like, you know, I was nervous to do a season without my little bestie work wife April because like doing the episodes where we just talk, that is prep work, but it's not the same kind of prep work at all. Like April. And I would like talk about the outlines, do research on our own, but then recording that was just like talking with one of my best friends. You know,

Maria: it's so much easier to keep an episode focused when you're just sort of chatting with someone and when it's just one person, you have to predetermine that.

Sophie: Yes, exactly. This is what we did a lot more learning about like how to stitch various components together. Like it felt a lot more like things being slowly pulled together until they like became a cohesive whole. It's fulfilling in a different way. Like a lot of times when April and I would record, we would come out and be like, was that good? Like cause we just would be talking to each other, you know? But

Maria: so I remember a lot of the time one of you would be like, okay, hold on, let's stop there. And like go back to this one point. And then in just in the way I would edit it, it would feel very streamlined. Whereas if I were just a hold of Mike up to my face right now, it would be a thousand tangents and like no substance, you know?

Sophie: April and I had a more natural skill at that, like hosting a conversation in that way, but I didn't totally appreciate was like a natural skill that I had until I was trying to translate it into this, you know, where I was like, oh, that was a skill I was good at. Okay, let's try it. But like, you know, I think we've done great. I mean honestly like I'm very proud of us. I'm very proud of April. She now has her paid podcast and she has her TV show that she's writing on like that's coming out this fall. Watch it. What's it called again? Sunny Side?, Everyone tune in to Sunny side. It's just, it's an amazing thing that April is now too busy with high paid jobs to do. She's all about work, you know, like that's a very cool thing. Um, and it's also very cool that we've been able to like continue and turn. She's all fat kind of onto a next level. It feels like to me

Maria: it totally feels like that. I think.

Sophie: Yeah, sure. I'm very proud of us.

Lynn: I think there's also like a good like frame of April that's like still very much on the podcast. I don't know if you feel about that. Just like, like little, like April isms. Like everyone in the fatmily will still like send voice messages and they're like here's dat voice for April. Oh yeah. Like when people email they're still like Sophie and April, which like maybe it's just because they don't know that like, okay.

Sophie: No, I mean April obviously like she'll always be a huge part of the pod. Like no matter how much she's actually on the air or not. Like we founded it together, you know? And I think the first three seasons we did like stand alone, like on their own merit, like as

their, their own thing and like it's fun. Like we've been talking about how we can, because April is going to continue to be like off pod. We're going to, we've been like talking about how do we, how do we continue to bring April spirit? It sounds like she's dead. Who to bring, bring those things. Cause I love those things. You know, they're part of what we've built here. And so like that's fun. Like having her send in her obsession still is fun. Like having those things added to have her spirit like in the episodes still. Like I love that we do that. Yeah. And like that's cool. Like it's just nice. I think a few times I was like, I wonder if somebody started tuning in now. They would be like, who? Cause she's not like in any of the, you know, yeah, I was like, what if somebody who's just listening to an episode and they just heard April say like the inserts that we put in or it's like, Whoa, that'd be so weird. Like it's fun to have her voice still in there. I'm proud of how we've done that too. I'm just proud of us. I think we've done good.

Maria: I think now that we're at the end of it, I've always felt proud of us, but it's sometimes you're like, I'm proud of the work I do, but it's very hard. Yeah, you're just having a bad time right now and now it's like more much more chill because we've already got most of the things we need out of the way and everything's coming to a close and it's like, yeah, no, we did freaking good.

Sophie: Yeah, I think we've, yeah. Are there any episodes this season that you both feel connected to or like that you want to shout out that you were like, cool, I'm really glad we did that.

Maria: Okay. Wait, first off, I have to like to look at every episode because I don't remember. I have the memory of a goldfish. Um, let me see.

Lynn: I think I could list all of them right now with really number it. Part one, beginnings and endings 4.2 mailbag with Alex, 4.3 Julie Murphy, four four disability, four five weddings four six. Seems Fake, four seven personal style, four eight tall, four nine fashion part one for 10 memes.

Maria: This is crazy. Oh wait, you're good.

Lynn: Number four 11 I'll come back to it for 12 Fashion? No, no, no.

Sophie: This is where we move these around. We move these around a lot. This is not your fault

Maria: We did. Listen, Shit happens sometimes. Yeah. And you think you're working on an episode and suddenly you have to change gears and work and I know. Yes, sure, sure, sure.

Lynn: Damn. I don't know. 11 and 12

Maria: okay. Wait, hold on. Don't tell me though.

Lynn: 12 is the one with Jasmine J or maybe 11 is. but yeah. Um, 13 is fashion too.

Sophie: What's 12?

Maria: camp fat camp. Oh Wow.

Lynn: Oh Damn. Okay. Well

Sophie: the reason you don't remember that is because we recorded it way earlier and then put it in their fashion part two. And then our last episode was your fat friend, which we also recorded way earlier and then fatty edu and then, yeah,

Maria: Which got recorded like a year ago.

Lynn: Yeah. That's also something, the thing that like shows that you recorded that your fat friend one and you were like, I don't know what this is for. Like we kind of just like how to talk and maybe we can insert it.

Sophie: Mostly with that I was like, I knew it was going to be good and so I wanted to hold it in case we had an emergency and cause I knew it would be like fairly minimal editing. I was like, okay, we're keeping this in our back pocket because we've had too many times where it's the day before and Maria is like, I'm gonna kill you. And I'm like, I got it. I gotta keep it. Just in case. I felt I felt very safe about that one. So we just like kept it.

Maria: Yeah. Well I see. I would say that's one of the lessons we learned is like we have rated difficulties for each for like different kinds of episodes or we're like if we're feeling really burnt out and we felt like we just did a few episodes in a row where like it was a lot of heavy reporting and research and like sourcing of clips. And Lynn, this is another behind the scenes thing is that Lynn does like a ton of research and a lot of writing for, so for Sophie to like structure episodes and whatnot, but when we've had a few of those in a row, it's kind of Nice to do like a level level one, easy difficulty, easy

Sophie: Especially with my ADHD, I'm so bad at figuring out how much time something is going to take. Something always takes like honestly three times, the amount of time I think it's going to take. And like, so a lot of times with these episodes, I know what I want the big idea to be. I probably have the idea of who I want to talk to. I have the idea of what little clips I want to put in it and then like pulling it all together. It's like how when I was in high school, I could bang out a paper every time the night before it was due. And then in college I was like, Oh, um, now I've gotta start two nights before at least. And Lynn has been really, I don't know if you realize how much of a skill it is to be able to adapt to someone's voice and be able to like insert that. That's the skill of being a TV writer essentially.

Maria: Yeah, and writing for a medium that isn't ultimately words on paper is also a skill that

Sophie: it's hard. Yeah, and then you've done great with that. Yeah. Wait, but which of those episodes do you guys want to shout out?

Maria: I really liked the memes episode. I guess I also like the episode I did,

Sophie: What about you Lynn?

Lynn: I really liked the disability episode. That's also like a bias thing because I feel like that was the first one that you guys were like, all right, Lynn need you to do a lot of research on like disability justice, which is something like I've very rarely in my life have I been just set loose learning about like disability. It's just not like even in my gender studies classes and like Alex is just so cool and I really appreciate it. I thought that that episode was fun because it was like Sophie had like gone to the workshop but then also like interviewed Alex like two different times I think and then we also had like little bits of information and then like pulling together all of the resources for that one. I just thought it was really fun.

Sophie: That's a good example of all the different things that can go into an episode. I went somewhere, I interviewed someone twice. We did research, I interviewed someone else that didn't even get in the episode. It was a Patreon extra, like we watched a bunch of things. We had the interns like figure out like we did a lot that got boiled down into that episode. I think it's a great example of that and like I'm hopeful whenever we do something like that episode that it's very helpful for Alex too. I'm always like, okay, cool. This person is doing such cool stuff. I mean that's one of the reasons I think the episode I'm still most proud of is the first one

Maria: I was going to say like that one for me. It's not even that. I'm proud of it. It's just holds the different weight from all the other episodes because it was very personal. It was very special. Like I really liked that one

Sophie: It was super personal for me and it was one I've wanted to do for a long time, but it took maybe five times the amount of time for me to do it than any other episode this season. Like it took so long to edit and get everything in there because it was so personal and I'm hopeful that next season we'll have more time and space to be able to like do more like that because I felt really good about that one is kind of like my thesis statement of what I wanted to do with the season of like more personal, more stuff pulled in, in uh, in a raw kind of way. I just thought I love my mommy. It was nice to have like, she's nice and like it's cool. I, we interviewed Whitney Catalano that episode for things for, and like a bunch of people have DMD me and been like, I'm working with Whitney now. She was so great. Which is awesome. Isn't that cool? Yeah. Today's episode is sponsored by Buffy, the makers of the incredibly fluffy cloud comforter. Did you all see our Insta ad where I'm all wrapped up in my Buffy comforter reading my little book? I'd say that's what I've been doing with 99% of my free time since I got my cloud comforter. It's a nighttime blanket and time robe for me and you heard me right earlier, over 11,000 customers have given the cloud comfort are five star reviews, 11,000 votes for softest and fluffiest and 11,000 votes for sustainability. Buffy's eucalyptus cover is actually genius. Comfort. Eucalyptus uses 10 times less water than cotton to grow and its fiber is produced using recyclable earth-friendly solvents. So don't forget that the inside filling has also been literally transformed from a a hundred percent recycled water bottles. How has this so perfect DM me if you figure it out, but first try it for yourself. Buffy, we'll let you try their cloud comforter and your own bed for free. If you don't love the comfort, return it at no cost. Win-Win. Saf Listeners can get \$20 off by visiting buffy.co and entering code s a f that's buffy.co and Promo Code Saf for the best dreams of your

life. It's our last episode of this season and your last chance to try under summers by Carrie Ray with our discount code under summers are the original soft, comfy short let slip shorts. They will quickly become your goto thigh protecting panty for underskirts and dresses year round.

Sophie: Plus they come in sizes small to five x. It's summertime, which means a lot of thigh rubbing for all of us. When I have a big day in the sun ahead of me, I need some undies that don't claim so I just wear my under summers and I can breathe even when I'm staying inside. I'll throw on a bright pair for a pop of fun color when I'm lounging. Right now under summers has new happy colors in stock. Bright Green, neon pink and happy stripes. Get the bright green to match me. Use our new code just for, she's all fat listeners. S A F for \$10 off your purchase. Of our favorite comfy, slowkey, smooth breathable anti jeeping slip shorts. That's Code Saf for \$10 off on under summers.com this episode is sponsored by audible listening makes us smarter and more connected people. That's what my mom would always tell me when I was talking a lot on road trips.

Sophie: At least listening makes us better. Friends, partners, and podcast hosts, and there's no better place to start listening than audible. Audible delivers all your faves, bestsellers. YA memoirs and more all professionally narrated by actors, authors, and motivational superstars. Maybe that'll be me one day, but I'd only narrate the radical fat stuff or maybe a fat YA. Audible members now get more than ever before. Members choose three titles every month. One audio book plus two audible originals that you can't hear anywhere else. Personally, I would choose listening to Dear sweet pea by our dear friend Julie Murphy. You can start listening with a 30 day audible trial and your first audio book plus two audible originals are free. Visit audible.com/saf our text SAF to 500 500 that's audible.com/sif or text SAF to 500 500

Sophie: now that we've talked mostly just about how hard we work, so I hope everyone appreciate, let's talk about what we've learned from this season and like what we want to put in place next season, which we'll probably, if y'all are wondering will definitely happen like sometime later this year we're going to like take a little bit of a break but not as long as breaks we've taken between seasons in the past. So don't worry. What is stuff that you guys want to uh, roll with into next season? Like what do you want to do next season? I have like a list of like 80 episodes that are partly worked on that I want to flesh out. You know,

Maria: I definitely still want to do an episode exploring fatness in film and movies because I know we had like fatty film schools before, but I sort of want to take a different angle on it. And that was one like an episode that I've been thinking about for a little while now I guess out fatty film schools like take one specific piece of media and like deconstruct it, but I want to sort of look at it from the lens of like film as a like entity. Totally. Yeah.

Sophie: I still, we're going to do an episode at some point about tattoos and that one's coming. At some point I want to do an episode about sisters. I want to do an episode about religion and fatness. I'm going to do another episode about sex and fatness and I want to talk with a doctor specifically I want to like want to interview a couple of doctors for an episode. I just had an idea today that I thought would be cool to do an episode about

like the Times that I have changed my Twitter Avatar or my display name on stuff or like talk to other writers who are fat and female and been like treated differently for their, you know what I mean? For like words online. I don't know. This is, this is a good example of like how ideas start. I'm like, you know this random thing?

Maria: Yeah. We literally just start talking and writing it down and then we look at the ones that have the most potential and develop them from there. Yeah, like for example in my head right now I'm like you know, it'd be really cool if we do like an episode where we look at, cause I also really like history and so it's like what if we look like at a hisss like fat historical figure and just like do an episode about that. I want to

Sophie: do an episode about Catherine the great and also really want to do an episode about circuses and like circus freak stuff and like opera also for me it goes in there like fat bodies on stage. That'll also touch on like racism stuff. I want to do an episode which will be harder without April here but I can get lots of other guests to help me with it, but I want to do an episode about like fatness and blackness. There's like that book that came out that was like about the origins of Fatphobia being tied with racism, which is like a pretty, it's like, yeah, we talked about that all the time and yeah, I don't know there's, I just feels like there's so much more to explore still. I feel like even with our queer bodies episode we just like scratched the surface of it. I want to talk about queerness more. Lynn, what about you?

Lynn: I still am really into that episode that came up because I was talking to my friend about bullet journaling and I take that one. I just sent you guys or I was like sending you guys screenshots of text conversation I was having with my friend. You were like, okay, like you can do that, but it has to be about like more than just bullet journaling and so we were talking about like the idea of like tracking and different things that go into that and I'm really excited about that.

Sophie: There's just like so much I was when thinking about doing an episode specifically about his might be cool. Yeah, I don't know. I want it. There's like so many more people I want to interview. There's so many more things I want to do. Like I still feel very fresh. I'm like excited to talk about all these things still, you know? Okay. I also had a weird idea for an episode about fat animals.

Maria: Okay.

Sophie: Talking about like both how people love chunky animals, but then how like also if like people put weird diet stuff onto animal.

Maria: Yeah. I don't know.

Sophie: Okay, so those are episode ideas.

Maria: This is gonna sound really stupid, but it's like that, that episode already to me seems so hard because like you can't just like interview a fat dog or maybe we can and it would be easy.

Sophie: Yeah, I'd like to talk to wishbone.

Maria: Oh my God, that's amazing. Oh my God. Investigative like on the street journalism holding a zoom mic up to like the next like fat dog that walks by you. .

Sophie: We have some, I think in the Facebook group there's some people who have talked about this before. Like there have been discussions about it. I want to talk about hair. I want to do an episode about like long, we've already done an episode on here but I want to talk, I think we've talked about hair at some point. Maybe it was on our list of topics. I honestly don't remember.

Maria: Yeah, I think, I think it was on our list.

Lynn: It was like one of the first episodes.

April: Look at you Lynn.

New Speaker: Should I name all of them?

Sophie: I love you. Oh my God Um, and I want to do an episode about Disney. I know we had two listeners, who work at Disney animation stuff and I want to like talk to them about animation stuff. I don't know. I was just excited. Right? We have like so many different cool ideas. I want to do an episode about boobs

Lynn: Maybe an episode about like older fatties which people in the Facebook group are always asking for it.

Sophie: Yes. I mean we can definitely do that. We'll have to find an expert cause we're all still babies here. Even though I'm almost 30 I think I'm still count as a baby pretty much,

Maria: but like almost 30 can meet like any of us. Really true. I like them almost.

Sophie: I feel like I'm almost 30 I mean it really for me, I didn't feel like I was almost 30 until like earlier this year I'm 28 I felt like I was almost 30 when I realized that the election is two days away from my 30th birthday. And I was like, I know. I was like, ugh.

Maria: I think once this year started I felt almost 30 because I'm like, well I'm turning 27 this year. That's like almost 30.

Sophie: Yeah, I've started having like turning 30 I'm not worried about getting old. You know, like a lot of people get to 30 and they're like, oh my God, wrinkles or whatever. I've never felt like that. But like what I have started to feel is like biological pressure where I'm just like, oh my God, I gotta decide about kids. Oh, like, like getting stressed.

Maria: Especially when your partners like a little bit older than you too.

Sophie: Oh my God. I don't know. Victor is two years older. He's not really older. Yeah. But yeah. Yeah. It's a thing. We could talk about that too. Um, yeah.

Maria: Yeah. It's really funny. Like, I mean it must've been seasons ago, but you had mentioned that like aging thing and I was like, wow, I've never heard someone put it into words that, but that's also exactly how I feel. Yeah. I'm like I can't wait to get older.

Sophie: Literally like I'm, I am excited to be more calm. It seems like women I know in their late thirties and forties are more calm and like confident

Maria: I'm excited for that to grow this like gray hair streak that I have. It's like Five, Yeah. It's like four or five white hairs and I'm excited for it to fully grow into a streak. Aliya Rock, like the gray streak in her hair. Look, I think I'll rock it. I'm very excited.

Lynn: I am identifying with this as well.

Sophie: You're a baby baby.

Lynn: I have to find a place to live in 12 days

Sophie: you'll make it when you're at the start of your 20s you still have to be like depressed about graduating. You haven't gotten there yet.

Lynn: Oh, I'm not even gonna know when it hits me because you guys have been telling me I'll look out for

Maria: wait. Like how old are you?

Lynn: I'm 22 I'm going to be 23 in October, so I'm almost 25

Sophie: you'll know when it hits you when you're like, can't believe that you're crying to Taylor Swift's 22 and you drink Daniel's one beer. That's when you'll know.

Maria: Okay. See I really liked 23 because there's that blink one 82 song though. What's my age? Okay.

Sophie: Yeah. There's a lot of songs about that time because it's like your twenties when you're like, what the first early twenties early twenties is hard, man. You just haven't gotten used to stuff yet. You're still new. Still fresh.

Lynn: Yeah. I'm fresh. I'll get there. I looked at my credit score yesterday.

Maria: Oh yeah. I love, I love looking at my score. Yeah, me too. Cause I love seeing that climb every month. This is where like the credit personalities come out. Like I'm the biggest fucking nerd.

Sophie: Yup. Yeah. Victor and I had our six year dating anniversary on Monday. Isn't that. Wow. Thank you. We were not even in the same place and we are going to have to celebrate it next week. But it's still, I'm excited. It's cool. Yeah, I feel like you know, stuff may happen there not to like push anything urging. Same thing. I like whatever, but like you know, it feels like things are happening this year. There's, okay. So speaking of things happening, let's talk a little bit about next season logistically. So number one, we can't officially announce anything, but we may be working with a network for next season. What that would mean we would like come out and spell it all out for everyone when it's all set up, but it's not set up totally yet. So you don't want to say anything. But if that happens then we are still going to do our patreon because what that will give us the chance to do is invest much more time in the Patreon and basically we want to work with a network that can take over some production work for us so that we can focus more on the content.

Sophie: So we have brainstormed a bunch of really fun things to be doing. Like we want to have the team, I love Brad minisodes be more structured through the whole season. That was something we learned from this past season that like we really want to invest a lot more in those being like a real extra mini podcast in themselves. We have a bunch of cool ideas for those.

Maria: Sophie and I worked together for a couple of days and I wish I could, I'm like doing that like annoying thing that you tubers do where they're like, I wish I could tell you what I'm working on but I'm like I can't so that's how you know Maria, like subscribe and turn on that bell notification, smash that like Button Mash. Um, but we have some really, really, really good ideas because well sort of like we just started chatting and we were like, we freaking love our patreons. Obviously we would not

Sophie: we literally wouldn't exist without them. And people, I think people feel like that's a lip service or something, but it's just literally,

Maria: well it's like the reason we say it in every episode is because like we actually like actually actually couldn't do the podcast without our patreons. So yeah, little shout out to the patrons right now, but also that obviously made us seem like we want to just keep making it better. Obviously with this season we were, we tried the like extra like Q and A's and stuff and we're like, I think that was good, but we could keep improving it and so we brainstorm some really good ideas that I'm super excited about. Yeah. So we, again, we can't say anything yet until everything gets like approved and flushed out. But yeah,

Sophie: I'm excited to work on that stuff. So excited. They're good. There's some really fun ideas and it's going to be fun to have arcs over several mini-sode and it's going to be like a fun little like whole other podcast basically that we're doing. And also we're going to have more time to do things like work on more merch work on merch. That just our mech, work on more collabs with other brands like work on um, meetups, like potentially work on doing the live shows like work on. Just like if we don't have to be spending all of the time we have to devote to the podcast on doing like every single part of it, then we will have time to do all these things that we've wanted to do for so long but just haven't had the time to do, I mean again to be super transparent, it's like we make ad money and a lot of that ad money, it goes to all of the upkeep things we have to pay for.

Sophie: Literally all of it has gone to like um, all the startup costs we incurred and all of the like hosting and like things, just things we have to pay for it. Like we use a program to like transcribe episodes, we have to pay for the hosting, we have to pay for the music, we have to pay for all sorts of stuff. And that's what the ad money goes to and to like also we have to pay for a tax person. We have to pay from bookkeeper, bookkeeper, like all those things that costs a lot of money. And then the way that I pay Maria and Lynn is through Patreon. So like literally the reason that Maria and Lynn can work on this with me is because of Patreon. And so when we were talking about potentially joining a network, I was like, okay, but I'm like excited to do that, but there's no way that I want to lose out on the like amazing Patreon community that we built.

Sophie: First of all, like the Facebook group is an incredible resource for so many people. I like often wonder what the people who listen, who aren't in the patron group, like how it comes across to them because I know that every week I'm just like, it's amazing in there, but it actually is like literally the other day someone posted like I got a job because of someone else in this group or like isn't that wild? Or like someone was like, oh we met up and now we're friends. Like someone else was like, oh, I got like hand me down clothes from this other. Like it's just really cool in there and I don't like want to lose the specialness. That's the patron family, you know. And also like the potential network that we might work with. It's not like we're going to go be, you know, partners with Amazon or something.

Sophie: They're also pretty connected with our ethos y'all we'll see. We've had a lot of network offers over the years and we have started working with some and then like backed out because we felt like they didn't align with us and like we've also just not even considered any because we felt like we wouldn't be able to like the most important thing to us is number one, the family, the community. Number two, maintaining independence and content creation and number three, finding someone that could really partner with us in a way that would be like actually like they get what we're doing and like they want to support us and it's like mutually beneficial. So like if this goes through, it's going to be like that which like totally aligned still. If we were bought by ABC or something like that, I would be like cool. All the patron stuff is free now. You know what I mean? We'd be making so much money. This is really, if it goes through, it'll be like a little support nudge to get us to the next level that I would be really pumped about us being able to like further invest more in the patrons. Does that make sense?

Maria: Yeah. It's essentially just adding a couple more people to the team. Basically. We don't have to pay who get paid by the network that they work for who will help us and that's really kind of at base level. Obviously it's much more complicated than that, but that's really all it is. It's we're just going to get a couple more helping hands. That will mean our load is a little bit lightened, which will give us more time and energy to work on making everything better for you.

Sophie: Yeah. Essentially it's sharing ad commission so that we can offload some work is basically the structure of it, which is why a lot of other networks are like, now we own you and your content, and we've been like, no, absolutely not. So yeah, I'm excited about this potential and I'm also just excited like I am going to be taking some time in the break between seasons. I've got to like finish my pilots. I'm going to start my book

that I want to write and I'm going to like come back refreshed and like ready to, instead of starting the season being like, this is an experiment. I'm scared. I Miss April holding my hand. You know what I mean? I'm going to be like, can't wait to text April and be like, this episode did so well and have her be like proud of you. I love you. You know what I mean? Like I feel like, uh, I'm really pumped for season five to be like another level up. I just feel good about it.

Maria: Also, can we just talk about season five, like we're on season five. I know. That's why. That's why I know

Sophie: we're, I guess we are. Let's see. Are we to the point now? Yeah. I can say I've been doing this for years now.

Maria: Years. I've been doing this for years. Yeah.

Sophie: Okay. So I feel like we've given everyone a little bit of a peek into how the sausage is made.

Maria: Just like the grossest metaphor. Um,

Sophie: but when we take our little bit of a break, what are y'all gonna do for your late summer vacation?

Maria: I'm for the first time taking time off on all my jobs. I really only worked for two companies at this point, but um,

Sophie: which is a big change. Like two seasons ago you were working for like 10 different,

Maria: I was, I was, I was like in full freelancer mode working like at 12 different places, but, so I worked for two companies. Now one of them is, she's off at incorporated worldwide. Um, that's a joke. I don't want someone to write in and being like, I thought you guys were a personnel LLC. But yeah, for the first time ever taking complete time off all work and I'm not going to open my email for two weeks. I'm amazing and so excited. Um, and then a little bit later in the summer, um, Nate and I are going to Amsterdam.

Sophie: Oh yeah.

Maria: Very excited. Everyone keeps teasing us and being like, are you guys going to smoke weed? And we're both like, we don't smoke weed. Um, yeah. His parents were like a little suspicious of why we were going at him.

Sophie: That's right. Yeah. You're like, I'm going on a drug trip obviously. Yeah. Red Light district. Woo. Oh my God. That'll be fun. Amsterdam's beautiful. I thought it was so beautiful.

Maria: I'm like excited. It's going to be both our first time in Europe.

Sophie: Wow. Oh, amazing.

Maria: Oh and this is new. I might be taking sort of like, uh, taking a little inspiration from Sophie over here. I might be taking like a girl's trip with my college bestie.

Sophie: Oh Yay. That's so fun. I really love that. My college friends and I do this trip every year. Like it's really, really, really nice. I highly recommend Lynn, you have to wait a couple of years for it to mean anything to you. Lynn, what are you doing this summer?

Lynn: I'm kind of doing the opposite of Maria and going into full business mode. I'm like in New York now. And I am excited to like start doing comedy in a place that isn't like my small college. Um, and I found this, it's like these two gay men who do like a queer comedy festival and I just signed up for it and I'm going to like perform my gay comedy. And then the people who like win the competition get to do like a 15 club tour. Um, which is saying that'd be so cool, but regardless, like I was at a show the other night, but like obviously the women who performed were so cool and inspirational and then like all of the men, I was just like LOL I am so much funnier than you are. And so I'm excited to like make it in the comedy world and be funnier than everybody else.

Sophie: Yeah. Anyone in New York hit Lynn up? Yeah,

Lynn: I'm trying to make money. Oh. And I also start work for who knows, which is Maria's old job.

Sophie: Yay. Yeah. That's so cool. Yeah. And I already said I'm working on my pilots and my book and I really feel like I need to integrate some more mindfulness and stillness into my life. I know those are like buzzwords, but also like I need to go to like a transcendental meditation retreat or something like that. I need to like, yeah, I've been really considering going somewhere in the desert to an airbnb for a weekend and just like being alone tired sounds incredible. Yeah.

Maria: Would you ever do one of those like sensory pools, whatever that is?

Sophie: Oh yeah. Sensory deprivation tank or whatever. Yeah, there's like a ton of those in Santa Monica.

Lynn: Yeah, do that as an episode, like by camping. Yeah, Sophie goes to the spa! I think that would be so good.

Sophie: Maybe we should do one at the spa, which is where people go and they're like naked. Yeah, I'll do that. Yeah. I, I really just feel like I, I even the vacations I've taken, like I haven't taken a real day off. You know what I mean? Like, I'm always checking in and working and doing this and doing that, and I really want to go and just be like, I want to feel like I'm actually on summer for a minute.

Maria: That's what I was telling Lynn, like before we started recording. It's like I've never gone on vacation and not taken my laptop because I've always had to work in some capacity. My goal is to do that at some time.

Sophie: It's different like taking a vacation from a job that it's just a job versus a job. Like I'm the boss of this job. You know what I mean? Like I can't ever really let it go. And I also am like, like it just feels different to take a vacation where you're like, I can not give a shit about my desk job for the day or whatever. Versus like, I take a break and then I'm like, oh my God, what's, how is there a crisis? I get like, you know, um, our people, when I, like when I was visiting with Victor's family this past week, they were like, why do you need to do work? And I was like, they're like, tell your boss you know working and I was like, I'm the boss.

Maria: yeah, don't want to get you a mug that says I'm the boss. Colon open parentheses.

Sophie: Jeez. I'm excited to like have a little time to like build in those break times because I want to be able to keep working sustainably and keep working on building on things and building up things. You know what I mean? I need to like build in times when I stopped working at night. You're really good at that Maria. Like you're much better at that than I am and I need to do that.

Maria: My laptop does not leave my office and I just hit a point and I'm not perfect. Like sometimes I'm working till like eight or 9:00 PM but when I do hit that point I just turn it off and close the door behind me and I'm like done, done for the day.

Sophie: I mean I need to do that. I'm not, especially because it's like my jobs are this, I have social media for call your girlfriend, a couple of their freelance writing and editing things. I think my cat snoring in the background and you know, my pilot's my, that kind of work. So all of that is stuff that it's like very hard to turn off. But I have found that I have felt too buzzy. Do you know what I mean? I felt too like on still like I need to,

Maria: it just feels like sometimes you're getting like ping ponged in a billion different directions. Yes. Yeah. I hate that feeling.

Sophie: That's one of the reasons I joined like a coworking space so I could like try to build in more actual office hours and not just be in my house, which is also where I try to rest. You know? So and it's hard because like my friends are also involved in my business. It's like I'm friends with everyone here. I'm friends with everyone on call your girlfriend, everything bleeds into everything else. And so I was like, okay cool. This is, I need to set up some boundaries in like a different way that's like, that feels good about this.

Maria: Yeah. Actually, Lynn in the job that you're going to now, my friend Taylor like started her podcast, who knows? And I worked for her and we're really close friends and that was like a huge lesson I had to learn where it was like, it all felt meshed all the time where it was like, when are we being friends and when are we talking about the show? Because it feels like we're always talking about the show.

Sophie: Oh yeah. Yeah. That was true for me. And April too. Like there was like a good year there where I was like, remember when we had conversations about things that were like not strictly podcast. Exactly. Yeah.

Maria: Yeah. And it sounds because like you said, like it's something you care about. So it's like you want to have a break, but at the same time you always want to be working on it. Yeah. And making it better. So, yeah. Yeah. It's a hard thing to do for sure.

Sophie: It's definitely hard. The way to make it sustainable though is to set those things in, which I'm excited to do. I feel excited and I hope that our fatmily is like excited along with us. I hope people send in what they want us to do episodes on and like hopes and wishes for the Patreon and people they want us to interview and things they want us to do. Like we want to try to fulfill all the fatmily's dreams and like keep going with stuff. You know, there's so much, I just feel like there's so much more for us to do. Oh, 100% okay. Well the only other question I have for you guys is like, are you like going to get fat anytime soon?

Maria: I'm working on it.

Sophie: Please. If you are a real ally you would be fat, that's all I'm saying. But yeah, that's really what I want you guys to work on this summer is becoming fat. Okay. All right.

Maria: Consider it done. Um,

Sophie: love you guys. Really proud of us. Glad we have our team and uh, have a great summer Break.

Maria: Have a great summer break and thanks for the fatmily for sticking with us through this season and hope to see you next season.

Sophie: Yay. Okay. Um, we've solved season four.

Maria: You're welcome. You're welcome.

Sophie: [inaudible] and that's our show. She's off. That was created by me, Sophie Carter Khan and the iconic April K Quioh, who is on a break the season. You know what she said to me the other day though was

Maria: please don't play my birth on the freaking podcast. It's been a long day.

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producer. Our Facebook, Instagram, and Twitter handles are at, she's all fat pod. You can find the show on apple podcast, stitcher, Spotify, Google play, and wherever else you get your podcasts. Bye.

Maria: I'll have to say, I, I'm, I'll try. I don't know. I feel like I'm going to cut that out because someone's going to be like, you should be saying, yeah. Oh God. Yeah.

Sophie: If you guys are real allies, you'd be fat. So you're fake friends.