

Sophie: This episode on plus size fashion is brought to you by Smart Glamour.

April: Ooh, that brand in New York?

Sophie: Yeah, Smart Glamour is an NYC based fashion brand that offers clothing from sizes extra extra small to 15X and beyond. All garments are customizable based on your measurements. I really like that they call themselves "an affordable fashionable and customizable ethical clothing line for people of all shapes, sizes, heights, agents, identities, and styles, we're all about that inclusivity."

April: Shop online at SmartGlamour.com and use code SGALLFAT to get 10% off plus free shipping.

Sophie: I think that bodies wearing "rule-breaking" outfits is kind of inherently political.

Speaker 3: (singing)

Sophie: I'm Sophie.

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

Sophie: The podcast for body positivity, radical self-love, and chill vibes only. This week we'll discuss journaling, racist stocking manufacturers, and blushing. And we have a special interview with Gabi Greg of GabiFresh and Premme. April, what are you obsessed with this week?

April: Okay, this week I'm obsessed with a meme I keep seeing on Twitter, and you also texted it to me, and it's this meme of Hilary Duff getting a bunch of parking tickets.

Sophie: Oh, yeah.

April: I love it, I really love it, because if you zoom in, the look on her face is just like a little smile, like a little coy smile. It's like Hilary Duff, how fat are these Lizzie McGuire checks? And she's like whatever, \$200 parking ticket, who cares? What's wrong with her?

Sophie: She has such a fancy car. It's a Hummer, right?

April: Yeah, she's just leaving it in the middle of the street.

Sophie: My biggest question is always when I see rich people in LA who have Hummers, I'm always like why? Because being rich doesn't make it easier to drive in LA.

April: No, and all the parking spots at Target say compact, so where are you putting your Hummer?

Sophie: Maybe she's just used to getting a ticket literally everywhere 'cause she just parks in the compact spots?

April: I think that's what she's doing and just letting it hang out, but it's just so funny because anybody else you know who will get a parking ticket is like, "Oh, no, my day's ruined." And Hilary Duff, she does a little chuckle, tucks it in her bra, and goes to the Coffee Bean.

Sophie: She's like, oh well.

April: Yeah, she literally is like why not get a parking ticket? I've never got a parking ticket 'cause I can't afford it and it would ruin my life. She gets one every day. I love her.

Sophie: It's so funny.

April: As usual, I'm obsessed with Hilary Duff. I love this.

Sophie: She looks cute in the pics though, too.

April: She always looks good, are you kidding? She does not have an off day, not that booty.

Sophie: Yeah, she looks great.

April: Not that tight ass. I love her. That's what I'm obsessed though. What are you obsessed with?

Sophie: Okay, so this week, I just wanted to talk about, this is not a timely obsession, this is just something I'm always obsessed with, which is paper crafts, or tracking your time, sort of, and journaling. I always am looking for the best way to journal or scrapbook or plan out my day. I never find the right one. Probably partly inspired by wanting to feel like I control my time, which is hard because I have ADD and I can barely control my train of thought, but I also really have always been into the journals of my favorite writers. I love reading Sylvia Plath's journals or just letters because I think they're such fun documents of what people are really thinking. I'm always like I got to keep better track of what's going on. Not that I'm like after I'm deceased maybe someone will publish a post-mortem journal around it.

April: But don't you ever think that though?

Sophie: Oh, for sure, I hope that.

April: I have certain diary entries where I'm like I hope somebody finds this 'cause this is incredible. I really do.

Sophie: My best friend Lindsay, #sorrylindsay.

April: Sorry, Lindsay.

Sophie: #sorrylindsay, she's been tweeting out excerpts from her childhood journal and they're so funny. Also, just when I'm doing my own writing, it's very useful to go back and look

at old journals, but I never manage to keep one up. Anyways, so the point of what I'm saying is what I'm obsessed with right now I just wanted to go over the things I'm trying right now and I want people to tell me what they're trying and what they like, too, 'cause I feel like our audience is also a lot of them are going to be into paper crafts. Don't feel like you're not a part of the audience if you're not. I'm just saying I feel like a bunch of you are.

April: We know our audience. We know you guys are currently cutting something with scissors.

Sophie: You're also out here wanting to go to Blick Art Supply. We know you.

April: We all have a membership card. Let's just be who we are. I have my 10%.

Sophie: So I went to a friend's wedding recently, and he read lines from his 10-year line at a time journal during his vows about milestones in their relationship, and it made me go out and get a line at a time journal. These things are like, they have 5 years or 10 years on a page of the same day. That way you go through the year, and then the next year you're also writing a line of what you did or felt that day, and then you're like, oh man, last year on this day, this was happening, and it's like a cool way to look at the zoomed out version of your life, so I'm doing that.

Sophie: I've also been very into bullet journals at various points. I never can keep them up. I can never do the weekly to-do things. My to-do lists are spread in between an app called Simplenote on my phone where I just dump everything and five other to-do lists apps that I try to do.

April: Oh, god.

Sophie: I can never get them under control 'cause I feel like I have a million things to do, but I wish that I had a bullet journal that I used every day. I do like it for the collections idea of it. Do you know about this?

April: Mm-hmm (affirmative).

Sophie: Where you're like, what are all the books I've read this month? It's useful for tracking money and tracking books. Then one thing that I really do like is this idea of a commonplace book. Do you know what that is?

April: No, I don't actually.

Sophie: It's been around for several centuries. A commonplace book is where you write down quotations or little things that you've seen out and about, things that friends have said. Basically it's like the literary version of what the Facebook about me used to be. Do you remember how people used to put in there funny quotes that their friends said.

April: Oh, yeah, oh my god, that's so true.

Sophie: So it's kind of like that but with poems or quotes that you've read, and it's just like the collected knowledge that you're taking in. I think that is a really cool idea to be like here's all the things that are influencing me, 'cause that's kind of different from a journal. Then there's some apps that I'm trying to work into my routine, One Second Every Day. You're in a bunch of my One Second Every Day apps. These used to be really popular on YouTube. They would be video compilations of one second of your life every day.

April: I love that.

Sophie: There's an app for it.

April: I love it when people are like my daughter one second, and then it's her whole life and she turns 18, and it's like she's a woman. I love that.

Sophie: Yeah, exactly. Then there's two journal apps, but I don't think I use those as much. There's one called Day One and there's one called Grid Diary, but I just never use them. I like doing pen and paper journaling.

April: Oh, really? I use Penzu, and I'm not consistent.

Sophie: What's that?

April: It's just a website, I think there's an app, but it's a website, too, where you just go and journal or whatever, just 'cause I have bad handwriting, so I try to type and stuff. Maybe for the Patreon post we can post little excerpts from our journals, like good ones, 'cause there is a lot of trash.

Sophie: Yeah, we'll do that. Did you have a LiveJournal or Xanga?

April: Hell, yeah, I had a LiveJournal. Hell, yeah.

Sophie: I had a Xanga, but I only used it to creep on our family friend Darcy's cool daughter, [Hailey 00:07:26]. I thought she was so cool. She told me she had a Xanga, and I would look at it and be like, this is what the cool people are doing.

April: Oh my god, what kind of cool things was she doing?

Sophie: I don't know, she'd be like, "Went to the mall with my friends," and I'd be like, "She's so cool." I just thought she was cool.

April: Oh my god.

Sophie: She's my Facebook friend. Hi, Hailey. I don't know if you listen, but if you do, you'll enjoy this.

April: That's cute.

Sophie: Yeah, so I want to know what you guys are doing to put pen to paper and keep track of your lives, and if you've found anything really fulfilling or exciting. I want to know about it. Let's move on to our review shout outs.

April: Okay, so first up we have people who have left us a review on Apple Podcast.

Sophie: Yay.

April: Yay, first up. Mayhuluhat, we have valorgirl, we have sorrynotmaury.

Sophie: That's my friend Maury, shout out Maury.

April: Hey, Maury. Nonapope and Calicamera. Then we have one from disappointed5121227. Same girl.

Sophie: Sounds like it's going to be a negative review, it's not.

April: It's not, that was just already their username, which respect, so here's that review.

April: I've been feeling so downtrodden by political news, and this podcast provided balm for my soul during these trying times. April and Sophie are smart and well-informed, but also soothing, funny, and caring. I'm so happy this podcast exists. Thank you, A&S

April: Thank you, disappointed5121227.

Sophie: Thank you, disappointed. And to our Patreon shout outs, these are our new patrons on Patreon. We love our Patreons, thank you, guys, so much. We're having so much fun in our Facebook group for Patreons only. So we'd like to give a shout out to the following people. Kelly Winters, Joanna Carson, Meadow Valentine, and Emily Milligan. Thank you, guys, so much for being a part of the Patreon Fatmily. We love you.

April: The Fatmily?

Sophie: Yeah. Let's move on to our news and corrections. Okay, number one, we were so excited to get written up by Bitch Media. April, do you want to talk about this one?

April: Absolutely. Okay, so writer and honestly icon, Evette Dione, wrote about us. She's an editor at Bitch and writes a lot about intersectionality and body positivity, which we all know we really care about here at SAF. She's a badass black lady writer, and I admire everything she does, so the fact that she listens and thought to include us in one of our favorite websites is so wild.

Sophie: She's so cool.

April: That's crazy. Check that out. It's on our website.

Sophie: Shesallfatpod.com/news, you can see our writeup in Bitch Media. We're so pumped about it. Thank you so much, Evette. We love you.

Sophie: The second piece of news, just wanted to give everyone a little update. If you've been following our Instagram story, then you know that our Patreons are all invited to a mini meetup next Friday, November 17. The Pumpkin Spice Meetup is happening. It's called Pumpkin Spice 'cause it's happening at a Starbucks, 'cause it's just a mini meetup. It's not the party that we're going to plan as soon as we hit 500 a month on Patreon. So if you guys want to join Patreon, become a member of Team Paisley Mumu or above before November 12, which will be in just a few days by the time you hear this episode, if you join before November 12, then you get a couple extra goodies. It's all on the Patreon site. You can go find out. But if you become a Patreon at any level, you're invited to the meetup and we're going to have a special livestream link as well. It's going to be so fun. We're really excited. We're going to have friendship bracelets and just sit around and chat and have some lattes. So, that's some exiting meetup news.

Sophie: Now we have a few corrections. Number one, Lindsay, you were upset about the apology, about the apology, about the apology.

April: I'm so tired of this.

Sophie: Lindsay, I'm so sorry that you were worried that our audience members would think you are demanding these apologies, because you were worried that that would make you seem an angry person. I just want to say I'm sorry for putting that impression of you out there, because you're my best friend. I'll apologize until everything is right between us, you know?

April: #sorrylindsay.

Sophie: #sorrylindsay, get it trending.

April: Get it trending, guys, believe me.

Sophie: Number two, another mistake I personally made is that during an episode a little bit ago, talked about my friend Kate tweeted one of those couples costume ideas, with Maggie Gyllenhaal in a scarf. I'm just a very generous laugher. I thought that it was just a joke about Maggie Gyllenhaal liking scarves and thought it was very funny. I was like, she does like scarves. Apparently, it's a much smarter joke than that. It's that there's a lyric in a Taylor Swift song where she talks about leaving her scarf at her ex-boyfriend's sister's house, which would have been Jake Gyllenhaal, which would have been Maggie Gyllenhaal, his sister. Then Maggie Gyllenhaal apparently at some point was like, "I have no idea what scarf she's talking about." So apparently, it was a deep cut Taylor Swift joke, and both of us should have understood that honestly, but I just [crosstalk 00:12:34] of it.

April: How dare you? There's no universe where I would ever understand that, okay? And like an apologetic Swift to you, I'm not going to front like I'm not, but even I had no idea

about this scarf business. You guys, Maggie Gyllenhaal's a real actress. Leave her alone. If you interview her, do not ask her about this. She doesn't care. Are you kidding? No.

Sophie: The plan is that it was a funny tweet on a deeper level than I understood, so my apologies for being dumb, but I just wasn't up on it. I just thought it was funny in a surface way. You know what? We're all making mistakes, we're all living our lives.

April: Yeah, truly.

Sophie: We're all moving forward.

April: We're all on a journey.

Sophie: Okay, now a more serious correction. So we got an email from a listener with a very helpful correction. We love when you guys write in about this kind of thing. I'm just going to read it directly.

Sophie: She says, "I loved what you all said in the second or third episode when you were making the distinction between self-love and body positivity. In that episode, there was a teeny tiny mistake. Sonya Renee Taylor is the founder of The Body is Not an Apology. Connie Sobcsak and Elizabeth Scott are the founders of The Body Positive. Connie especially is one of the mothers of this movement, and she's been working away for over 20 years, and she doesn't get nearly enough props for it. She'd never say that, but I am. Just thought you'd like to know."

Sophie: Thank you so much to the person who wrote in, and her name is Kara/Hannah. But thank you so much for letting us know. I think I just switched up the names when I was saying it, but just to be clear again. The Body is Not an Apology is a really great resource created by Sonya Renee Taylor. That's on our website. So is The Body Positive, which is created by Connie and Elizabeth. So yeah, go check both those things out. If you don't want to Google them, they are again just right on our website. I'm really sorry that I said those wrong. It's really important to give people credit and shout out the right people, so I really appreciate that correction. Thank you so much.

Sophie: Okay, I think it's time to chew the fat, don't you think?

April: Yeah, let's do it.

Both: Chew the fat.

Sophie: This week we have a very special interview with Gabi Gregg, aka GabiFresh. Let's chew the fat.

April: So last week, we had the chance to talk with Gabi Gregg, aka GabiFresh, of Instagram and her blog fame. It was so great to get to chat with her.

Sophie: It was so fun.

April: She's amazing.

Sophie: She's so cute.

April: We talked to her about her design process with both Premme and her Swimsuits For All line that I'm really obsessed with. We talked to her about inspirations for her personal style, and she also gave us some tips for how we can help push for more size inclusivity in the fashion industry, something she's always been really passionate about.

Sophie: Gabi is one of the original goal interviews we had when we were starting this show. We have both loved her for a long time. April's loved her half of her whole life, three-fourths of your life you've been a Gabi fan.

April: I'm just saying heavily.

Sophie: And we just really admire her success and her ability to stay clear on her fashion viewpoint as she moves forward in the world. Yeah, I'm excited to share this interview with you guys.

April: So let's listen.

Sophie: Should we have you just say a little intro, just other stuff you want our listeners to know about you?

Gabi Gregg: Yeah, I'm a plus size. It's weird calling myself a fashion blogger now, because I actually stopped blogging for the most part. Mostly I just do social and then obviously my campaigns with brands. Swimsuits For All I've been doing for almost five years. That's what I'm most well-known for is my swimsuit collection, and then I also just launched a lingerie line with Playful Promises. They're based in the UK, but they also ship worldwide, and that's been doing really well. I don't even know how to describe myself. Plus size fashion influencer, I hate the word influencer, but that's the industry term.

Sophie: It's accurate though.

April: You're multi-hyphen it, you're doing it.

Gabi Gregg: Yeah, I'd like to think so. The more my career goes on, the more I like to consider myself a designer because-

April: You are.

Gabi Gregg: ... believe it or not, hate being in front of a camera.

April: Really?

Gabi Gregg: Yeah, I actually genuinely don't enjoy it.

Sophie: Us, too.

April: I'm the same way, but you like you enjoy it when you're in a moment.

Gabi Gregg: I hate it.

April: I look like I would rather be dead.

Gabi Gregg: No, I have such bad anxiety, guys. I really don't like it.

April: Anyway, so we just wanted to tell you more about how we find you. I've been a stan since the very beginning.

Gabi Gregg: Love it, thank you.

April: The other day you posted a picture of one of your first outfits, and it was an animal print and high-waisted.

Gabi Gregg: Oh my god, so embarrassing.

April: I remember copying that exact outfit. I went to DUFF in Minneapolis, and I was like it's a look. Honestly, I was so inspired by you growing up 'cause I just didn't know how to dress myself. I'm sure people tell you that all the time, like they've been with you since the beginning and you helped them find their style. What does that feel like?

Gabi Gregg: The industry, but even really just the digital world, was so different 10 years ago. Really there were so few of us doing it, I was one of the first ever plus size fashion bloggers, and that's still weird to say out loud, considering where we are now and how many of us there are now. But almost everyone at Curvy Con who came up to me, it's not even that I'm their favorite, it's not, "Oh my god, you're my favorite blogger," it's always, "Oh my god, you were the first plus size fashion blogger I found, and you introduced me to all of the rest of them."

Sophie: Yeah, I found you and then I found Nicolette and then I found other people, so you were also the first one.

Gabi Gregg: That's weird, man. It's like we all started on LiveJournal together. That's really where so many of the OG fashion bloggers and plus size fashion voices, and not just plus size fashion, but political fat activists. A lot of us all met on LiveJournal. That was the first place I was introduced to it. Lesley Kinzel and Marianne Kirby are two of my favorite people. I call Lesley my godmama. I used to call her my fatty godmother, that's what I called her, my fatty godmother, 'cause she introduced me to fat politics. She and Marianne actually had a podcast. They were one of the first fat podcast duos. They just changed my life.

Sophie: We link to them on our site and other fat podcast areas.

Gabi Gregg: Oh, amazing. They are great, and that was the first time I learned about fat politics. Even it took me a while to warm up to it, 'cause at first I was just like, oh cool, other people who like fashion, and then I didn't really get the political side of it. I was like, well, this is boring or whatever. I was young, and I was more into the fashion, and then it grows on you, right? The more you see really political voices mixed in with the fashion, the more it changes your mind over time. So over the years in college, I was like, oh, I get this now. This makes sense. They are right.

Sophie: I was on a journey with it, too, with being like, wait, I want to have pretty clothes, too.

Gabi Gregg: Exactly.

Sophie: And then being like, oh yeah, now this justice stuff makes sense along with it.

Gabi Gregg: Exactly.

April: 'Cause this is about access, where women have ability to have the things that other people do, then I want the respect that other people do. It's all one and the same.

Gabi Gregg: I think so many people get introduced to fat activism and body positivity through fashion. It's like fashion first and then they start about hearing the other stuff. So many people who follow me still don't know my roots and they don't know that's where I started, so I still get constant comments on Instagram on people who are just finding me, and "Oh my god, you look like you lost weight. What did you do?" I'm like, you have no idea who I am. Do you not realize I've spent eight years talking about the opposite of that? So that's a little frustrating, but I have to also understand, obviously people find me from many different avenues, so they don't necessarily know that I'm rooted in body positivity and fat politics first.

Sophie: That makes sense.

April: That's also something we wanted to ask you, especially around the election, I feel like I saw you doing a lot of political posts. I think a lot of people were, but a lot of people will decide that if their brand doesn't align, then they won't say anything, but I noticed that you said a lot. So I'm wondering how do you think about how politics and your brand work together?

Gabi Gregg: We made a very conscious decision from the beginning really. We're very political, but I understand also why some fashion bloggers don't want to do that, but it makes me, like I want to support people who do. I started my blog specifically because I really love LiveJournal, I love these communities, but I wanted a space to not be political. I was like I think it's really powerful to have a space where it's more about fashion and showing that fat girls can look just as good every one else and can have the same style and all of these things, but obviously as I learned over the years, I think that bodies wearing, "rule-breaking outfits" is kind of inherently political, and so that is kind of how I started.

- Gabi Gregg: As time went on, as you mentioned, I just became more and more political and not always even about fat politics, but just political in general. Obviously, I identify as a feminist and an intersectional feminist, and I think every year the more educated I become, the more I try to make that a part of what I put out there. Obviously, just at this point in time, I think there is no excuse not to be talking about things. It's really frustrating that people don't want to talk about it, because I think if you have a platform, you have a responsibility to discuss what's happening.
- Gabi Gregg: On Twitter, I am all out crazy. I fully tweet almost exclusively. My tweets are mostly politics comedy, with a little fashion thrown in. I think obviously Twitter is the place where you want to be focal, and then Instagram I'm obviously more fashion focused, but then I bring politics into it when I can, especially when it's about the fashion. So I might be able to wear a shirt that says Punch Nazis, and then in my caption explain why I'm wearing that shirt.
- Sophie: Yeah, totally.
- Gabi Gregg: It's a thin line only because what you don't want to do is bombard people every Instagram post with it, 'cause then they'll unfollow or just tune you out. So I think it can make more of an impact if you do it here and there, and they really actually listen to what you have to say.
- Sophie: I think it's just cool to have it be noticeable that you talk about it, because for me, I'm super political, so is April. I think for me it turns me off from a blogger or an influencer when I'm like, do you care about this? Because I care about and if you don't see that your platform is partially due to all of us needing a voice or platform, then why would I support you if you're not fighting for that. Do you know what I mean?
- Gabi Gregg: I think so many bloggers are nervous to speak out because they don't know where their followers are politically, but to me you have to stand for something, especially in the fat fashion world I think, because we are talking about marginalized bodies and marginalized people, you have to talk about this.
- Sophie: Oh, totally.
- Gabi Gregg: I definitely lose, every time I post something that might be "liberal," or whatever, people are like, unfollow, stick to fashion. I'm like, fuck you. Do you know what I mean? Most people obviously agree with me, but especially it's obviously the most divisive, which is crazy to even say, but is Black Lives Matter. Every time I post that, 'cause even people who identify as liberal are like, "Stop bringing race into this. Blue lives matter, too." I'm just like, oh my god, I cannot. Luckily my followers get them together, 'cause I can't always, I don't always have the emotional energy to do it, so my followers are right there, clapping.
- Sophie: That's good. The thing is if you're not talking about those things, then it's not recognizing that those are very real parts of your identity and/or, obviously I'm not black, but a part of my political identity to fight for those things. If you're not talking

about it, but you're still going around in the world affected by those issues, it's just such a disconnect for me.

April: It really is.

Sophie: We totally appreciate you talking about those things.

Gabi Gregg: Thanks.

April: It makes a difference, it really does.

Gabi Gregg: I hope so.

April: So I'm glad.

Gabi Gregg: I'm trying.

April: I think so, it's great.

Gabi Gregg: Well, thanks, guys.

April: We also wanted to ask you, since we're on the political tip, is there Twitter feeds or different resources you specifically look to when it comes to your own political interests?

Sophie: Yeah, you mentioned Miss Lesley and Marianne. Is there other people that you like to read or go to?

Gabi Gregg: Lindy West is always a fave. Obviously very sad that she deleted Twitter, but also very happy for her because she needed to.

April: She needed her life back.

Gabi Gregg: A lot of the people I follow are kind of both. It depends. I follow different people for different reasons, like Dani Fernandez is a friend of mine who's not fat, but she is in the comedy world. She tweets a lot about feminism and the unfortunate things that happen in comedy as a woman. I follow obviously a bunch of Black Lives Matter activists. Ericka Hart is one of my favorite activists that I follow.

Sophie: We'll put a bunch of these links in the show notes, and we'll have a little bit more about each of those in the Patreon posts when we send this out.

Gabi Gregg: Amazing, perfect.

Sophie: One of my favorite things to do is to go through and be like, here's one Twitter feed I learned a lot from this week or whatever, because you can learn so much on Twitter and

people are like it is true that academia is definitely a privileged and reserved space, but so many people are out there doing the work on Twitter.

Gabi Gregg: I also miss Ariel, I can't remember her last name, sorry, Ariel, I love you from Bad Fat Broads. She used to be very vocal on Twitter. I think she left Twitter. She might be taking a hiatus, but she was definitely someone who was very vocal.

Sophie: People need to do self-care.

April: That's true.

Gabi Gregg: Yeah, exactly. I'm never mad at anyone for getting off of any platform they need to.

Sophie: So as we discussed a little bit, your style has changed over time, obviously as fashions change over time.

Gabi Gregg: Of course.

Sophie: What do you feel like influences you, or what are your fashion go-tos? What do you look at and who do you look up to?

Gabi Gregg: Oh my god, great question. Honestly, I'm just inspired by my peers. Street style is pretty much my go-to inspiration, whether that's in real life or online. Obviously, I follow a lot of amazing people of all sizes on Instagram. I don't limit myself to just following fat girls. I follow the fat girls 'cause they're fucking fly and because I obviously want to see fly fat girls all over my feeds, but I don't think that you should only be following one body type to see what you should wear.

Gabi Gregg: I get inspiration from people wearing everything, like Solange Knowles is one of my favorites, fashion bloggers, too, of all sizes. I'm all about finding inspiration in whatever style I like, and then interpreting that and seeing if I can make it work in my size. Karla Deras, who's The Line by K, that's her line that I think only goes up to a 12, unfortunately, but it's stretchy. I make some shit happen, but she's another one of my faves. I'm constantly looking at all fashion feeds, designers, and then just looking at what's happening around me.

Gabi Gregg: Ever since I moved to LA, I'm much more cas, so I'm all about a tee shirt and jeans, and I know that sounds crazy, but I love it. I think you can be so stylish in a tee and jeans and a cute pair of either sneakers or heels.

Sophie: We know you're also a huge advocate for size inclusivity. When you're working with brands, or brands approach you that don't go up as far as they should, how do you deal with that? Or how do you think about approaching brand partnerships and making sure the things you design will be size inclusive?

Gabi Gregg: Yeah, that's so hard. Two things. One, just being very honest with them, so I often tell them they need to expand their size range. Like my Playful Promises line, it only goes up

to a 24, but it originally wasn't supposed to even go that far, and I was like, no, this needs to at least go to a 24. I wish I had more pull to make it larger. I think with every year that you're in a partnership and you prove that those sizes sell, you then have a little more say, a little more leverage, to say, "Oh, wait, see the 24s are selling, can we please go up to 26?" et cetera.

Gabi Gregg: You don't have as much leverage the first time you're working with a brand, so it also depends on their sales. If they have sizes 12 to 20, and the 14, 16s are selling really well, and the 18s and 20s aren't, it's hard for them to see a reason to go above a 20. Unfortunately, we do live in a capitalist society, so whether they want to cater to a size 22 or not, they're going to go by the numbers, so that's the hard part, but obviously we, I say we meaning many of us influencers have had very direct conversations. I think it's easy to call someone a sellout or call someone a traitor or what you may get for working with certain brands, but I think the best way to change is to get inside the room with them, with the CEOs or with the creative directors, whoever has more control, and sit down with them one on one and really explain why it's important to you to carry those lines or those sizes.

Sophie: What are some of the lessons that you've learned from working in a partnership? We're obviously working in a partnership. I want to know what you guys have learned.

Gabi Gregg: Oh my god. The good thing is Nicolette and I have been friends for a really long time, so that helps. We came up together through that same channel I was just talking about, so we started on LiveJournal at the same time, we both launched blogs around the same time, we both started working for magazines at the same time. It wasn't intentional, but we weirdly had this really similar career trajectory. We know the market like the back of our hands. We have been consumers, we've been editors, we've been influencers, we've been consultants. We've done design collaborations. She's done a collaboration with ModCloth, Addition Elle. She's done a few, so we've seen it from literally every angle.

Gabi Gregg: We have such an inherent trust when it comes to knowing the other person knows what they're doing, and so I think there's so much more to our work than what people see on Instagram. They'll see a photo and that's great, but we have done so much in the industry that isn't seen. A big part of our job is consulting and being in those rooms with creative directors and with designers and telling them what we want and helping them push their plus size lines forward and not do the same things over and over again. I get sick a lot. I'm not feeling well a lot of the time, and so she'll take the heavy lifting and then vice versa, so she'll be down and I'll work. We just know that the other person can handle it, so that is really nice.

Sophie: I would not be a partner with anyone else. There's just too many things. There's too many moving parts. We just spend so much time together, too.

April: Every moment, every single moment.

Sophie: If we didn't really like each other and trust each other's opinion, I'm always delighted by whatever April brings to the table. If that weren't true, this would be untenable. You know what I mean?

Gabi Gregg: No, it's so true. Nicolette and I definitely disagree on things.

Sophie: Oh, yeah, same.

Gabi Gregg: But I think that's good, too, for the brand, so that way there isn't only one creative expression or creative perspective there. Even though we have really different styles, we have very similar taste levels. We both are following the trends, and because we both have an editor's background, we can, even if we don't personally want to wear it, this is great, she'll respond to this, she meaning our customer, or yeah, that's cool, I can definitely see wearing this, we're down, but then once in a while, we'll be like absolutely not. Nope, not making that, veto.

April: Oh my gosh. I love hearing about that. So, Premme just got started this year. We're both deeply obsessed, as is everyone on the Internet. Where do you see it in your perfect world? Where do you want Premme to go?

Gabi Gregg: Oh my god, we're definitely taking it day by day. I'm not even going to lie to you guys, the sales are so crazy. It's so hard. This happens with everything I do, from swimsuits to lingerie to this, and I've heard this so much working with other brands and other indie designers, you never know what's going to sell. You think you know. You don't know.

Sophie: How do you classify the differences?

Gabi Gregg: That's really tough. That's why the testing period takes a while, 'cause you can't be like, oh, she doesn't like black 'cause this didn't sell.

April: How do we encourage the industry to be more size inclusive. Is it just like buying power? Do we need to write a letter to somebody? What can we do so that in five years we're not all just shopping at the same three stores?

Sophie: Especially that 28 and up group, how can we reach them?

Gabi Gregg: It's hard, but basically, yes, the more vocally you are, the more it makes a difference. I think that wasn't always the case, but now because of the Internet, they have to pay attention. The more people commenting on their social media, saying I love this, I would buy it if it came in my size, the more they'll pay attention, especially if it's something they're hearing regularly. If one person says it here and there, probably not going to make a difference. But if they're constantly getting that, it might finally make them pay attention.

Sophie: Have some of those things made a difference in the room conversations you've had?

Gabi Gregg: Oh, yeah. That's the whole reason Eloquii came back.

April: Oh wow.

Gabi Gregg: Eloquii fully shut down.

April: I know.

Gabi Gregg: They were owned by The Limited, and they stopped because the sales weren't there. The plus size community online went crazy, like Marie Denee, The Curvy Fashionista, did an open letter in saying why they shut down too soon. They didn't give us a chance to really see what they could do, 'cause they shut down in less than a year.

April: Wow.

Gabi Gregg: A few other influencers did the same thing, and people were really, really upset. Then so some of the people from the team, I believe, decided to buy the name and start over.

Sophie: Oh, that's cool.

Gabi Gregg: Now I think they've got \$20 million in their second round of raising money from investors. Literally the only reason we're back is people were begging us to come back.

Sophie: Wow, interesting.

April: Just be super vocal.

Gabi Gregg: I think Rachel Roy and a few other straight size designers expanded into plus sizes because people kept being like please, please, please make my size.

April: The first thing I did when I graduated from college was buy a plus size leather jacket, like I'd always wanted one.

Sophie: Really?

April: Yeah, and I finally invested in one, and I'm like, yep, I'm a size 20, this is my jacket, and I'm doing it. That took a long time to get there, but once you get there, it's just such a good feeling where you're like this is my body, I'm going to live in it, I'm going to act like I'm going to stay here.

Sophie: Two and a half years ago, when I was like for real, for real getting into body pos political stuff, how many plastic containers of clothes that were from smaller sizes that I finally got rid of after years.

Gabi Gregg: Yeah, like "goal" clothes.

Sophie: Yeah, one day I'll fit into these. [crosstalk 00:33:29].

April: Or something that's like even two sizes smaller, and you're like in a couple weeks I'll get into that. You're just so used to that mindset, instead of get rid of it.

Sophie: Getting rid of those boxes was literally like a weight off my shoulders.

April: Totally.

Gabi Gregg: Instead all it's doing is making you feel like shit, 'cause you can't fit into it.

April: It's just onto yourself, it's your body.

Gabi Gregg: It's not motivating you, it's making you feel horrible.

Sophie: My boyfriend was like, "What are you saving these? Do you have your baby clothes in case you can fit in those?"

Gabi Gregg: Oh my god.

April: Oh my god.

Sophie: I was like, no, it's true, these aren't doing anything except making me feel bad. Then I got rid of them, and it was great. I think just having Premme as an option out there, honestly, I don't know if you saw, but I wore my black Premme jumpsuit to the [crosstalk 00:34:08].

April: I sent it to you.

Gabi Gregg: Oh my god, I saw it. It's so good.

April: Those looked so cute.

Gabi Gregg: So cute.

Sophie: I saw it at Curvy Con, and I was like I'm getting it.

April: Isn't it the comfiest thing ever?

Sophie: It's so good. It's got the lining in the boob thing so you don't have to wear a bra.

Gabi Gregg: I know what you mean.

April: It was such a look.

Sophie: It's the best thing I've ever owned, and I wore it out, like a test run to make sure I felt super comfy in the whole outfit a couple days before. I went to a party, and I had all these people being like, "Oh my god, you look so fashion," basically a lot of people started to say like, "I didn't know they made cute fat clothes," basically.

April: Wow.

Gabi Gregg: Like fully surprised.

Sophie: Yeah, and I was like, yeah, I look great. It was just so nice, you know what I mean, to be so confident and comfortable in them. But again, I had to be in a place politically so that I could buy into that.

April: Totally.

Sophie: There's no way I would have bought that three years ago, no way. I would have loved it and looked at it.

April: Exactly, it's a political choice. I think that's the thing we're always trying to grapple with on this show. It's not just Sophie likes tutus, April likes off the shoulder. It's these are political choices. I'm showing my fat shoulder, I'm like everybody look at it

Sophie: Exactly.

April: So I understand that it takes people a while to get there.

Gabi Gregg: We want to be there for the girl who's confident and also help the girls who aren't confident get there.

April: Yeah, totally, 'cause we understand.

Gabi Gregg: Get to the point where they want to wear our stuff.

Sophie: One thing I really love is how you have different size models on the website.

April: Oh, I love that.

Sophie: That really helps, oh my god, because I buy a lot of clothes from ASOS Curve, and those are great, but it's hard when they just have size 10, 12?

April: Like a 10, yeah, that girl's thin.

Sophie: I'm like, but how would this look on me?

April: Exactly.

Gabi Gregg: That's the type of thing that we feel really just as strongly about as people who come from the community, too. We know, we've seen the demands over the year, and we've been part of the chorus of people demanding we want to see bigger models, so how hypocritical would it be if we then started a brand and then only had a size 12 model? Those models aren't wearing those clothes in real life, and it's really frustrating to see a size 8, 10, 12 be the representative of a brand and they don't even care about the

brand, they don't care about the community. They can't even fit it, and then they leave their job and they leave with their paycheck, and then they go to Margiela next door and buy their size large. You know what I mean? It's not the same.

Sophie: Yeah, we just have to keep pushing for the idea of a cute fat girl is happy with being fat.

April: Yeah, that's it. She looks cute today. She's wearing this today.

Sophie: Exactly.

April: Can you tell us a little bit about the next line?

Gabi Gregg: It's interesting. The way I design in general is not cohesive. I design first what I want to see, and I always look for statements. I'm not a basic girl. I don't like basic, but that doesn't mean I don't like minimal things. But I'm always thinking about how can I make this different. I'm a Virgo, I am very Beyonce when it comes to my work, and I'm like how can I make this better than last year? So I'm constantly trying to outdo myself, which is not good for my health or my brain. I am always stressed.

Gabi Gregg: I just care a lot about my work, and I also care about my followers and my customers. I don't want to disappoint them, and I know they have such high standards and high expectations. So my biggest fear is coming out with something and having them be like, yeah. I hate that feeling. I never want to experience it, so I'm constantly trying to outdo myself. I just think about what haven't I done yet? What haven't I seen yet? Which does get harder every year, obviously, 'cause more and more brands are doing this. I'm just like how can I make it better?

Gabi Gregg: I think of themes, like I'm doing a really cool bikini with grommets in a way I haven't seen grommets done yet. I take a lot from, like I'll look at a celebrity who's done a really cool dress. I'm like how can I make that dress into a bathing suit.

Sophie: Oh my gosh.

Gabi Gregg: Like last year, Hall Berry had a really cool lace criss-cross dress, and then I turned that into a bathing suit I launched this year. That was like a lace moment. I look at things like that, and that's kind of my process. Then from there, I design my favorites and then I narrow down. After I look at everything from afar and say, okay, I design all at once, I put out like 16 pieces, and then I split them into two deliveries. We have one in January and one in April. I try to make them cohesive that way, if that makes sense.

Gabi Gregg: It's never about making a line, look, I'm not doing a runway show. All the swim doesn't have to look together. I really want to give as many people options as possible and have different girls respond to different pieces. It's less about being, oh, these are all tonal, or these are all inspired by Jamaica or whatever. It's more about what do I want to see, and then I make it fit for the photo shoot. So my first collection doesn't have a ton of prints, which I think I am kind of known for prints, but that's just not trending and it's not what

I'm really into right now in swim. I feel like clean lines and really neutral colors is so sexy right now, so we went in that direction.

April: I can't wait.

Gabi Gregg: Yay.

April: You'll be getting my coin, congratulations.

Sophie: So on the pod, I don't know how many you've had a chance to listen to, but we always do a couple segments. We always do an It's Okay, You Can Ask, which is where it makes me ask her race questions.

April: It's my favorite thing in the world. She gets in here sweating. It's hilarious.

Gabi Gregg: I love making white people sweat.

April: Hell, yeah. It's so fun.

Sophie: I'm a full participant, I understand it, but it makes me viscerally so tense. But we think it's so important to talk about all the intersections. I talk about being queer and fat, April talks about being black and fat, and it just wouldn't be real if we weren't doing that.

Gabi Gregg: Of course.

Sophie: So part of what we do is It's Okay to Ask and then we always start with an I'm obsessed, which is where we talk about what we like. So what are you obsessed with this week?

April: Please tell any pop culture, any item, anything.

Sophie: Any pop culture, anything, literally anything.

April: It can be an abstract concept, anything you want.

Gabi Gregg: So I'm late on this, however, I am binge watching BoJack Horseman and cannot stop.

April: Oh, yes, I love BoJack.

Gabi Gregg: It's so good. I have seen episodes in the past, but just here and there, and not I'm fully invested in the story line, and I can't stop. And it's about the human experience, just lived through a horse. It's great.

April: It's really good, oh my god.

Gabi Gregg: Especially if you struggle with anxiety, depression.

April: Totally.

Gabi Gregg: He's a little narcissistic, obviously, but I love it.

Sophie: What's a fashion line you're obsessed with? I always want to feel like a cool person who watches the shows on my computer or whatever. You can Tweet like Marchesa, like summer spring, so into the tulle. But I don't know how to do that. What is like a line you're into right now?

Gabi Gregg: I think everything Gucci is doing is mindblowingly good. They just showed a few weeks ago, and I died, which I don't even know. I'm trying to think what did they just show? It's fall now, this show was spring summer '18. It was beautiful.

Sophie: We'll check it out. If there's anything else that you would want to hear from our listeners, now would be the time to say.

Gabi Gregg: Especially at Premme, just tell us what you guys want. We're always listening. Just tweet us what your dream would be to see, and we will definitely consider it, because we're such a small team right now, we are reading literally every comment. We see every tweet, we see every Insta comment, we see every DM. So I'm Gabi, you can find me everywhere on the Internet at GabiFresh, which is G-A-B-I-F-R-E-S-H, mostly Instagram and Twitter, that's where I'm most active, but I'm also on Facebook, et cetera.

Sophie: Gabi, thank you so much for being with us. This was so fun. We had so much fun having you be our first in studio guest.

Gabi Gregg: Oh my god, am I?

Sophie: Yeah, first one. So that is the meat of it/chew the fat for this week. We have deconstructed the problem of plus size fashion buying and selling.

Both: You're welcome!

April: Today's show was brought to you expensive scented candles.

Sophie: Want to fill your nostrils with luxury? Need a sexy way to cover up your dairy induced flatulence? Try out an overpriced scented candle today. Here's some of our favorite scent notes that are exclusively available and expensive.

April: Amber.

Sophie: Oud.

April: Noroly.

Sophie: Bulgarian Rose.

April: Anthropology.

Sophie: Tuberose.

April: Fig.

Sophie: Woodworking studio.

April: Myrrh.

Sophie: Textile.

April: Well-rested.

Sophie: If you'd like to become a beloved advertiser, contact us via our website. Thanks.

April: And now it's time to Ask a Fatty.

Sophie: If you want advice, you can send a voice memo of yourself asking a question to fyi@shesallfatpod.com. Just record it on your computer or the voice memo app on your iPhone. Keep it short, about one minute max, or if you're shy, send us a plain old email at fyi@shesallfatpod.com. We might answer your question right here on the show.

April: This week on Ask a Fatty, we have a very special letter from Hannah.

Hannah: Hey, all.

April: Hannah.

Hannah: So recently I went to my local drugstore to look for some stockings for the day. I couldn't find any in my size, I'm a 14, and I also couldn't find any in my skin tone. I'm a dark-skinned black girl. So I decided to go to five other ones in my area, and absolutely no luck at any of those either. This isn't the first time that this has happened. How do you deal with being excluded just to get everyday items that smaller and oftentimes whiter women have access to on daily basis? And do you have any recommendations for stockings in a lot of skin tones and sizes? It's about to get colder here in Chicago, and stockings really help create my hocus-pocus meets the craft looks. Thank you, guys. Bye.

April: Thank you so much for that question, Hannah. I have been through the exact thing you're describing. I'm from Minnesota, so obviously it was cold. Growing up, my mom was always like, "You're not going outside with your bare legs. Put some stockings on."

Sophie: Really?

April: Yes, I think I stopped wearing stockings when I went to college, 'cause she just insisted on it.

Sophie: Is stockings the Midwest word for tights?

April: It's different than tights 'cause it's a little thinner. It's like the same idea.

Sophie: Oh, it's like nylons?

April: Yeah, I think nylons is what other people call it. But I think only in the wintertime my mom was always, "You have to wear stockings." So I've been through this.

Sophie: Do they keep you warm? I don't feel like nylons do.

April: Kind of. No, it was just about covering the actual skin. I don't think they actually kept me warm, but I guess that's what tights would be for. Anyway, Hannah, been there, girl. I understand where you're coming from, especially with the skin tone thing. We'll end with tips, but just in general, the accessibility thing is so frustrating. I talk about this a lot, not only with tights but with bras. I bought my first nude bra this year because they didn't sell bras for black people until like two years ago. Having one, as white women know, changes the game, because you can't see my bra under my clothes. It's amazing. So you learn to go without, but then once you have the same things that other people just take for granted, you're like, wow, I've been missing out.

Sophie: Damn.

April: A lot of times when you go to a store and you look at foundations, it's like white, lily white, pure white, one for black people and it's a white-skinned Dominican woman's color. It's like, cool, you feel left out and you feel like there's something wrong with you, that you don't belong there because if they're not making things for you, then do they even acknowledge that you exist? You feel left out. It's a horrible feeling. I understand it, Hannah.

Sophie: This is funny, thinking about how you laughed at me this week, because I needed a lighter shade of NARS foundation and then I got upset 'cause I already have the lightest shade. I couldn't get any paler.

April: Wasn't it called Zero?

Sophie: It was called Light Zero. Even though that particular thing is annoying, this is a good example of how just because things are hard for everyone doesn't mean that they're not harder in ways that's addressing intersectionality 'cause that is an annoying thing that happened to me this week, that I couldn't get my preferred tinted moisturizer in my pale, pale, pale color. But there's like 10 different options for me, and it just super sucks when it's not even available, which I don't understand 'cause people who have dark skin also want to buy things. It's the same as with fat people. We also want to buy things.

April: But I think it's just discrimination. I think even Hanes Her Way is like, stockings for a black woman? Why? I really think 'cause in fashion you know if you wanted, you could make it, if you wanted to.

Sophie: I wonder what the conversations are behind the scenes or if they're even having them, because it was really interesting to me what Gabi said about places don't want to sell above size 28 because they just don't get bought. I wonder what those conversations are with makeup or with tights, with skin color related things, where it's like is the fact that there's 30 different gradations for pale and then there's light brown, dark brown. Is it because they're like black people don't want our thing. Is that the surface level of their convo? Do you know what I mean?

April: I'm sure that's what they say when people ask. I don't know that that's the truth of why they're not offering that.

Sophie: Obviously, it's not the truth, because they would just offer it because there is a market there. If you're like purely capitalist, why would you allow racism to get in the way of your money? Be less racist, you get more money.

April: Be less racist. But as far as the question of how I deal with, especially the skin tone stuff not coming in my color, the sad answer is just work harder to find the one that does. So growing up MAC was the only one who sold my color, so now I'm devoted to MAC forever makeup wise. Tights, like I said, I grew having to wear stockings and my mom also wore stockings and she's a dark skinned woman, too, so we spent all our time finding the spots.

April: The go-to, and I'm sure there's probably clothes in the Avenue where you can still go online, is Avenue. Avenue does a lot of colors for black women, and their sizing is letters, so they go up A through EE, and EE is like a 6X or something. I would try the Avenue website. Also, a brand I haven't tried, but I've heard good things of, Nubian Skin. We'll put a link in the show notes to Nubian Skin. They also have a plus size line, but it only goes up to 3X, but they have colors specifically for women of color. So I would try that. It sucks, they don't sell stuff for us 'cause they're friggin' racist. I'm so sorry.

Sophie: How can consumers who apparently are the market help, other than just like tweeting at the brand? Because I wouldn't have a reason to buy dark shaded hosiery, how could I push for more inclusivity in things like this, where the only way that I can think of is to tweet at them and be like, hey, you're being non-inclusive, but if you made it, I wouldn't buy it.

April: In seventh grade, I had a teacher and she had us all write letters to Band-Aid-

Sophie: Really?

April: ... because she was pissed that Band-Aid, their flesh color was white people flesh. We had trimesters, so the whole trimester once a week we would all write really passionate letters to Band-Aid and ship them off and basically just say, listen, it's important that students of all colors are able to cover their cuts and feel like it's blending in with their skin, and you calling flesh, like one type of flesh, is really sending a really problematic vision, so let's not. We all sent these letters, and by the end of the year, they wrote back

and they're like, "We understand where you're coming from and we're going to try and develop more flesh colors." I don't know if they every actually have or whatever.

Sophie: Really?

April: But they responded. I think it's more just coming from a place of no, I'm not going to buy this when you're talking to the brand. No, this product isn't for me, but it's important that it exists in the world because otherwise you're being exclusionary and that's wrong.

Sophie: Oh, yeah, I understand the message. I'm just like what could I say that would make them listen?

April: I think it's just that. It's just that you are making people feel invisible. That was the idea when we were writing the letters to Band-Aid was just like, it's not just I pick up a box that says flesh that doesn't match me, I put it down. I pick up a box, it says flesh, that's not the color of my flesh. What's wrong with the color of my flesh? Especially if you're a child, it sends you on this whole path. I think, especially for people who are it's not going to be directly affecting them whether or not this product exists, it's just about reminding them, hey, I know that to you it's just stockings, but to everybody else this is more indicative of this othering that I experience in every facet of my life, including just trying to put on stockings.

Sophie: I just have low faith in corporations as a whole. Are there people behind there? I understand that's like a one-to-one. I'm down to try whatever. Maybe what we could do is have a weekly thing we tweet out that we're like, hey, this week we're encouraging people to tweet at this brand and push for inclusivity, and it can be for both size and color.

April: Not a bad idea.

Sophie: That'd be cool.

April: Also, Hannah, please tweet us and let me know if you'd like the Avenue stockings or if you go with these, how it goes. Send us pics of those looks, by the way.

Sophie: Yes, please.

April: They sound good.

Sophie: They sound amazing, actually. I love these. Also, I explored all the links that she puts in there, but our friend Corissa at Fat Girl Flow has a roundup that we'll put in the show notes of plus size lingerie, and I bet a bunch of the online stores she links to would have different kinds of stockings or tights maybe, could be a helpful link. Also, I know that this is not what you're asking for, but I just want to make sure everyone knows, because you said it's cold in Chicago, which it's the windy city or whatever, Torrid has these leggings that are fleeced-lined.

April: Ooh, yes, I've had these.

Sophie: And they are so comfortable. I get a new pair as a treat for myself every winter, and then I just only wear them around. They're a little bit thicker than normal leggings because they are winter leggings and they have that interior fleece or whatever, and it just feels so warm.

April: It's so nice, girl, especially if you live in Chicago, if you're near Lake Michigan, it's windy as hell over there. Get you these leggings. Okay, so we will be linking all of those in the show notes.

Sophie: And stay tuned later today we'll tweet out the first Twitter campaign of the week, I guess. And we'll be pushing for that color inclusivity because we care about intersectionality here. That truly sucks. I hope that we can help contribute to pushing for change on some of those things, 'cause that's truly stupid.

April: That's just foolish, like do you not want your money or what's up?

Sophie: Right.

April: Ridiculous. Thank you so much for that letter, Hannah.

Sophie: Thank you, Hannah.

Sophie: Now let's move onto It's Okay, You Can Ask, a segment where April and I have permission to ask each other questions that would be off limits IRL and she takes an opportunity to force me to discuss my history with historical reenactments.

April: We'll find out the answers to our burning questions, like why do white people love the show Friends so much?

Sophie: Or who is Tyrese?

April: Okay. So it's going to be an interesting one this week. My It's Okay, You Can Ask is what is it like to blush? I've never blushed. I've never visibly blushed. For the people at home, I'm a dark-skinned black woman, and if I blush you can't tell. You know when you see somebody and they get embarrassed and they get red and their ears turn red?

Sophie: Like me?

April: Like all the time. For me, it's like, oh, I know how you feel, but I don't have anything like that. So what's it like to blush, tell me.

Sophie: Okay, well, once again I can only answer for myself, but my face just in general shows what I'm thinking always. I don't have that thing most people seem to have where you can hide your emotions behind a wall. It's like necessary for most of adult life.

April: You just look at Soph's brows and you're like, oh, she has a thought.

Sophie: When I'm blushing, it's way worse because usually it just means like a very strong emotion usually. I blush if I'm really embarrassed, and then people always comment on it, and then I get even more embarrassed. I also flush, which is just I get really bright red if I get too hot. If I'm ever exercising, it doesn't even really matter how strenuous it is or how fit I feel, I get red no matter what, because my skin is translucent to the blood underneath basically is what a blush is. I don't know, I hate it. It feels just like it's something happening that I can't control, and then everyone's like, oh, you're blushing. I'm like, yeah, I'm trying to tell you not to look at me, stop.

April: That's what I'm curious about, that feeling where everybody can see it, and then you're like, stop, but you can't control it. You can't stop blushing.

Sophie: Right.

April: How do you stop? It just goes away after a while?

Sophie: It's interesting, like the exercise one just goes away when your heart rate goes down I guess, but the feelings blush, it does go away if I can just go in another room and make myself calm down. I think it's like cortisol activated or something, feelings activated, but it's pretty hard to make it go away when everyone's looking at you. I don't know, I've never seen it written about in the female to male gaze, like he blushed and it was so cute. I've seen it always written about like a man teases a woman and then she gets embarrassed and blushes and everyone's like, oh.

April: Maybe in like a Sarah Dessen novel I've seen something like that.

Sophie: Oh, yeah, but I often feel like it's someone teases you and you get mad or embarrassed. I also blush when I get mad, when I get overwhelmed if I'm upset because I'm mad, then I get red. Mostly to me, it's just another way that I'm emotionally transparent and I wish that I could not have it happen, because when I get too many emotions of any kind, I just cry. I really hate that, because when I get too mad I cry, and then usually if that happens, people are like, "Oh, you're crying," and I'm like, "No, I'm mad!"

April: Then it's worse. That's horrible.

Sophie: If I'm that mad, I want you to be quaking, and instead you're like, "Oh, don't cry." I hate that, so it feels like another level of that, of all of a sudden everyone knows what I'm feeling and I can't control it, and it's just out on display. I don't like it.

April: Hey, it sounds real vulnerable. I'm really happy that my skin doesn't show that, because I have the feeling. I have that feeling of getting warm, but no one can see it really 'cause of my melanin so it's interesting. One time I knew a girl in college, shout out to Emma, and I said to her once, "Oh, it's so cute how you're always blushing." She was like, "I have rosacea." I went home and Googled rosacea.

Sophie: You didn't know what it was?

April: No, I had no idea. What a pretty name for a disorder.

Sophie: I have rosacea, too. That's also like a thing is that my skin also just gets red if it's irritated in any way. So if I use a new face product and it has something in it that irritates me, I could also just be red all day. So basically just sucks.

Sophie: I can tell when you're flushing or pale though. I can tell if you show up and you're really tired because you'll just look like there's less blood in your face, which is that's all blushing is, is just more blood rushes to the surface. Sometimes you'll look a little pale. Prince Harry's always blushing, all the white English people are always blushing.

April: What are they so embarrassed about?

Sophie: I think they just have the same skin as me, where a breath of wind comes along and touches your cheek and you're red, I don't know.

April: It's like living life as a dainty little flower, wow.

Sophie: I get sunburned through the car window, so yeah, I have to be very careful. One time I got so mad and I popped a capillary in my chin.

April: Oh my god.

Sophie: You can still see a tiny bit of it.

April: Wait, show me.

Sophie: I'll show up close later.

April: Tweet us you guys' blushing stories. Did you ever blush in front of your crush? I just think this is so interesting.

Sophie: It's pretty funny.

April: Your body is betraying you in some way.

Sophie: Yes, exactly.

April: That sucks.

Sophie: In high school, I remember one time this girl farted in class, and then everyone looked at her and she blushed really hard, so then it was like, ewe, it was you.

April: Oh, no. That's horrible. Oh, god, that sucks bad.

Sophie: I would have never thought for you to ask me about that. Again, I'm like what do you mean?

April: I'm just fascinated.

Sophie: What do you think it feels like? What do you imagine?

April: That's the thing, I know I have the feeling. If I do something embarrassing or I'm very clumsy, so sometimes I'll be at a department store and drop a class. That happens a lot.

Sophie: Knock it over with your back pocket.

April: Yeah, and then I go to put that back, and I think Lizzie McGuire is a klutz, actually it's cute. But I have the feeling of my cheeks getting hot and my ears getting hot. I just don't think you can see it. Sometimes I'll pull out my phone and look, and you can't see it, so I'm like dang, but then I have the face of who cares, I'm cool, nobody knows, 'cause my face isn't showing it. So I'm just interested of what it would be like if everyone could see.

Sophie: Yeah, it makes it worse is the answer.

April: Yeah, sounds like it would be worse, damn. Well, thanks for sharing.

Sophie: Yeah, it's cool.

Sophie: And that's our show. Be sure to check out the show notes for links of the stuff we mentioned today, and don't forget to send us your questions via email or voice recording to fyi@shesallthatpod.com.

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

Sophie: She's All Fat is created, produced, and hosted by us, Sophie Carter Kahn, and April K. Quioh. We are an independent production. If you'd like to support the work we do, you can join our Patreon by visiting patreon.com/shesallfatpod. When you pledge to be a supporter, you'll get all sorts of goodies and extra content. This week we're posting more information, resources, and readings about plus size fashion just for our Patreon supporters.

April: Our music was composed and produced by Carolyn Pennypacker Riggs. Our website was designed by Jesse Fish and our logo was by Britt Scott. This episode was mixed and edited by Victor D. Jackson and Maria Wurtelle. Our Facebook, Instagram, and Twitter handles are [@shesallfatpod](https://www.instagram.com/shesallfatpod). You can find the show on Apple Podcast, Stitcher, Google Play, and wherever else you get your podcasts.

Both: Bye.

Sophie: Also, April had this review copied and pasted into the outline, and every time I glance at the outline, at the end it says thank you A&S, and I thought it said thank ASS every time. Then I had to be like what? Then I saw it.

April: I say that every morning in the mirror, thank you, ass.

Sophie: You should, you got a good butt.

April: Hell, yeah.