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

April: If you own a business and you'd like to work with us, or you work for a brand that you think would be good fit contact us at fyi@shesallfatpod.com.

Sophie: Yeah I mostly hear people talk about it and like isn't that funny now it's poor people who are fat, I'm like, “Jesus Christ”.

April: And every time someone says that they say it like they're the first person to have that idea, which really makes me laugh.

Sophie: I'm like, “No you're wrong.” 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 will discuss Disney Channel. Original movies, Missy misdemeanor Elliot, and perceptions of fatness. Through the Ages. April, what are you obsessed with this week? I said I'm as if I was going to say absolutely anything else.

April: And then you did not. I got excited to be honest. You're gonna throw a curve ball. That's okay. This week I’m obsessed with a couple things. Number one, so I have a good friend named Rachel Gladney, shout out to Rachel. Rachel and I went to college together in college. Rachel was like pre med like she was doing biology but she was in a lot of dance groups. And she was always-

Sophie: One of those.

April: Yeah, like, and she was like, “I feel torn. Should I be a doctor? Or should I be a dancer?” And then like, She's good at biology, but like, amazing at dance and she was always doing this thing where she's like, “I don't know like, I don't know if that's really a career. I don’t know if I could pursue it”. Everyone is just like, “Rachel shut the fuck up”.

April: So anyway, cue two, three years later she performed at the BET awards like a couple weeks ago. It was incredible. I'm gonna link to her Instagram. Rachel She's like a hip hop dancer. Rachel's one of those dancers that it's just like the only way I can describe it is like water, like all her movements are like so fluid, and she's just like expressive, so when you see somebody that talented, it used to honestly piss me off, I'm like, “You're gonna be a doctor”. It used to really upset me.

April: I'm like, “You're an incredible dancer like you have this incredible talent”. But she just ... It's hard jumping into a creative field.

Sophie: That's wild, she's a dancer backup doctor.
April: Backup doctor, I'm like, “Rachel, your dancer”. So now she's like, finally accepting it, she just signed to an agency as a dancer. So I'm linking to Rachel. If you like watching, like hip hop choreography videos, which I do while I'm like, posted up in the house with my Cheetos puffs. I love that shit.

Sophie: Hell yeah.

April: Follow Rachel. She's an incredible dancer. She's so funny. She's so sweet. She's so talented. I'm obsessed with Rachel. So I'm obsessed with that, so I'm subscribed to SNL on YouTube but I'm never gonna like sit there and watch SNL, you know what I mean? But so this one sketch popped up Sunday morning and I was like, on the toilet. I'm like, “All right, I'll click”. And actually was incredible. Did you see any SNL last week?

Sophie: No.

April: It was a Liev Schreiber was hosting.

Sophie: Okay, Liev.

April: Is it ... Yeah Liev, who was hot by the way, so he was hosting and this sketch just popped up and it like killed me. Like I actually laughed.

Sophie: Oh my God, I can't wait, I wanna watch it.

Speaker 1: Stabilities, now it's time to choose.

Speaker 2: So what do you think of the split level.

Speaker 3: Level was nice it was moving ready and I like the granite countertops.

Speaker 2: And it was moved from my man case.

Speaker 3: But it didn't have any windows, just drawings of Windows.

Speaker 2: It was five cents of our budget.

Speaker 3: Should we cross that one off the list?

Speaker 2: Yeah I think so.

Sophie: Amazing.

April: It actually really made me laugh, somebody who watches all those like ancient TV, it made me laugh.

Sophie: I like that.
April: The vertical florist.

Sophie: That's incredible. Wait, did you see the Jonah Hill? I mean this is obviously very white people sketch. But I felt like this was very accurate to how I felt before the mid terms.

April: Let's see.

Speaker 4: There's a blue wave on the horizon and I have never felt more confident.

Speaker 5: White women promise to do the right thing this time. They're not gonna let us down, right?

Sophie: That sketch really made ... I was like, yeah, that's literally exactly the when Beck Bennett like squeezes the coffee so hard at first that's exactly how I felt, those two sketches are pretty good honestly I feel like SNL was really only good for a sketch every so often, but those two were pretty good.

April: And every once in a while they're very inconsistent, which is funny I think all the ones I like are run by Julio Taurus, I think if you did some Googling, it would just be him.

Sophie: That's interesting.

April: He's great, okay so I'm obsessed with that quickly there's this little video of like an Alicia Keys and Nicki Minaj performance going around, I hate Alicia Keys I think she cannot sing and she should stop, like I really don't like it. Okay because you know it's just a little things that get through the day these days. Okay so the caption said Alicia only hit one note in this video and it was still the wrong one. So it's like the whole video you're waiting for her to finish her verse. Because you know the song is this girl is on fire, whatever. And she's so off.

Sophie: She's very off. The original caption the Tweet was mama's we miss you. What does that mean?

April: Oh, they just love Nicki and Alicia Keys.

Sophie: That's the clip that they choose to show?

April: That's hilarious.

Sophie: Damn.

April: And finally, I'm obsessed with my mattress this week and every single week, so we were earlier this season sponsored by Big Fig Mattress. This is not sponsored. This is just me genuinely standing about my mattress, so strap them. Okay. So I've always had like cheap shitty mattresses. I think maybe when I was a child I had a nice one. But since I've been buying my own mattresses, I've been severely cheaping out. That's the kind of
bitch I am. So when we got our Big Fig Mattresses literally my whole life has changed. Like I wake up in the morning and I'm like ready to stand up.

Sophie: That's amazing.

April: Like I feel so supported. I'm getting the best rest of my life. And I've always been someone that can like knock out for seven hours regardless of what's going on. But now it's like it's a restorative seven hours, I wake up and I don't need to like lay in bed and think about everything for 45 minutes. I could just stand up. I'm so comfortable. My sister is my roommate. And every time I leave the house I come back and she's in my bed, like she wants to be in the bed. It's incredible. So we are going to link to where you can get your own Big Fig if you're in the market for a new mattress specifically for fat people, and you can save if you use code SAF, get that discount it's going to change your life. It has changed everything for me.

Sophie: Our friend Nina calls it our fatress.

April: Which it truly is.

Sophie: Obviously is a good hashtag.

April: Fatress is good just putting it out there. The Big Fig's cute too. It has little like figs stitched into the mattress, which is a nice touch because its like big figure figs, get you a big fig, they're so good I'm so serious.

Sophie: We stand our Big Fig.

April: We stand a Big Fig and with are you obsessed with this week?

Sophie: Okay small thing I'm probably the only person in the world to didn't know this but because of the read this week what Missy is short for, Missy Elliott.

April: Oh misdemeanor.

Sophie: Yeah.

April: That's pretty good right?

Sophie: I was delighted by that.

April: She's very smart because her name is also Melissa, she's an icon.

Sophie: Wow that's so smart honestly.

April: So smart.

Sophie: So smart. I did not know that and I was like what? That's so cool.
April: I love Missy Elliot.

Sophie: Okay, couple other little things, did you watch this Jason Derulo opera videos?

April: It was everywhere. I don’t ... But do you have a context for this?

Sophie: No.

April: I only saw it out of context too.

Sophie: I only know that he posted it and he was like, very proud of it and it’s him, Jason Derulo singing an opera.

April: I mean, I appreciate him for being self aware. I was stunned at the quality of his voice. I just couldn’t believe.

Sophie: He was really good. I was like I don't want him to be relevant again please.

April: Oh he insists on it.

Sophie: Geese, okay and then I also just have a couple recommendations here, first thing is if you’re looking for like a good Wikipedia whole, I’m not very up on the order of how things went in France after the French Revolution, it’s like revolution then this group was in power than this group, and Napoleon’s in there somewhere and whatever. Okay but there’s this really good Wikipedia article on the show notes, it’s called the Ball Davic team, they were like ball like dancing that were put on by dancing societies after the reign of terror, which is when basically just like all the rest of aristocrats were getting guillotine to get into the ball, it was like young people whose parents had been guillotine basically, so it was like trauma people only.

April: Trauma vibes only-

Sophie: It just all these wild things. It’s unclear if they actually happened or not, but there’s like a lot of writing about it, where it’s like, okay, they went to these things. And then like they were crepe armbands because they were mourning and then some of the women would wear a red ribbon around their neck to symbolize like my mom had her head shot.

April: Oh my God.

Sophie: Like holy moly, and then also like there’s a popular hairstyle known as the cwoffer olevic team, which is just like the short hair that they would use to when they would like shave your head before they cut it off.

April: Oh my God that’s just so dark.
Sophie: It's so dark but like yeah, a lot of French culture stuff like around how they tried to process all that time, is like very interesting. Yeah. So there's a really good Wikipedia whole there, isn't that wild?

April: Actually interesting. I'm into it.

Sophie: isn't that wild?

April: Interesting.

Sophie: Okay. And then the other two things is I just heard a really good episode of uncivil, it was just about this book that's out about one of George Washington's like slaves who escaped and then like he tried to get her back for a really long time and then she ... It's a whole like basically the story of her life, so William Pepelo, I really like uncivil, finally just short story that I read that's really good ... Here what's it called mother's lock up your daughters because they are terrifying by Alice Sola Kim. And it's about like a group of like Asian American teenage girls who do like a witchcraft ritual and like, what happens its kind of Sci-Fi.

Sophie: But it's very interesting and the way that it uses Sci-Fi conventions to like talk about the experience of being alienated from like a white adopted parent, because it's like they're all adopted. It's very interesting. I don't want to like give up what happens in it.

April: No spoilies.

Sophie: But it's really good. And also like, then I googled the author and she's engaged to the guy who hosts BuzzFeeds Twitter show AM Todio.

April: Oh my God.

Sophie: Isn't that funny?

April: What's his name? Fitzgerald something? Because he used to have a podcast on BuzzFeed that was really good.

Sophie: Really?

April: Yeah.

Sophie: So they're engaged and they both work out of this like writer's colony house in New York that like got written up and they seem like a very hot couple.

April: Very rock and roll. How did you find out about the short story so people know like where to follow.
Sophie: Oh I think I found this one because this writer who I follow Esme Weijun Wang retweeted it, I think they're doing a book event for Esme's new book which is called the collected schizophrenia I believe. I love any kind of Sci-Fi that's not just like white dudes.

April: Yeah, they're already scary just walking down the street so it's not interesting.

Sophie: Yeah this is like very good because it's like white dude Sci-Fi just always like but what if. That's all it is.

April: They literally bring that exact energy and it's too much.

Sophie: It's like there's already so much interesting stuff to explore here.

April: Exactly. Oh my God. That's so cool. Thank you for sharing that, that's very much up my alley.

Sophie: Thank you.

April: let's move on to our shout out corner. You start because I can't read.

Sophie: Okay, let's move to our Apple podcast review shout outs. Thank you so much for writing us review on Apple podcasts. We really want to be on New and Noteworthy, honestly I sent April, a new podcast that was all new and noteworthy this weekend she wrote back my, feelings are hurt.

April: And I support other new podcasts. It's literally not that, it's about my personal feeling and the fact that this podcast is obviously very good, and yet here we are unacknowledged. It hurts my feelings.

Sophie: One day. We will get there one day, one day one of our listeners will know someone in Apple and it will happen, okay so thank you so much the following people who left us a review on Apple please do so. It's our only way of getting there. And we also read it for our self esteem. Thank you. Okay, thank you to HBP2_KGH93 to Alanis Sore, to shop Zebella to AJ_queer vegan runner, Sammy Thurston, and Louis V Lan. Thank you all so much.

April: And now we're going to shout out our patrons of the week. These are people who have supported us on patreon.com/shesallfatpod. We love them. We appreciate them here are some of their names.

Sophie: They are keeping us independent media.

April: Yes, iconic. Thank you so much, here are some of your names, Haley Melon Verano, Bell Gabby, Greg, Jennifer Anderson, Elizabeth Underhill and JC Shupoc. Thank you all so much we appreciate you and if you're waiting for your name to be shouted out it'll happen keep waiting, we love you all.
April: Okay next let’s do our correction/news corner we have a couple of bits of news this week number one, the seasons almost over.

Sophie: So sad.

April: I’m so sorry but also haven’t you had a great time with us? There's been a lot of delicious content.

Sophie: This will give people time to catch up who aren't caught up now by winter break.

April: Yes send your friends and family over the holidays this pod and they want to avoid the people in their life that they're avoiding. Please listen to this podcast and we'll be back in the new year, we're not over, this isn't the finale but we never want to leave you because I too have abandonment issues. So I’m warning you.

Sophie: We just like to let you know, when the end of the season is coming up. And then that way we can let you know what we're thinking about doing for next season, what we're going to work on, you can let us know your thoughts, etcetera, etcetera.

April: We love you. We’re here for you. And we can't wait for the holiday break. Another piece of news. We've been guests on two really cool podcast recently. The first one being almost 30. It's a podcast about two ladies who are almost 30, talk about all the issues around that. They're very cool, thoughtful ladies. We went to one of their apartment to do the podcast, and it was gorgeous apartment.

Sophie: It was beautiful.

April: I was thinking about it for days after that.

Sophie: It looked like Urban Outfitters.

April: It was so beautiful and we had a lot of fun chatting with them. So we'll link that in the show notes. And we were also on the podcast called More Tan A Pretty Face that was fantastic too, and you should take a listen and subscribe to them as well.

Sophie: I have a mini correction.

April: Okay.

Sophie: Okay. Well, first of all, I guess like some good news, which is that I have gotten zero inappropriate messages since you threatened to roll up on our listeners.

April: You're so welcome.

Sophie: And I do appreciate you so much. I do want to let people know it's okay to message me about other things. Just don't be in appropriate.
April: Okay. Should we act some scenarios out?

Sophie: Okay, sure. Just because I got one message that apologized for telling me my dress looked pretty. And that is fine.

April: Okay, so let me name a couple things for you to ... And just we'll spitball, you tell me yes or no.

Sophie: I wonder whether podcasts have this issue.

April: I think they do. But they just don't speak about it. But this is our way to speak directly to you. And clearly it's effective.

Sophie: It's just funny because I think this is kind of interesting to talk about. Because, I do like talking with people. And it's just like the same kind of things I'm always interested in talking about, which is communication, having boundaries, knowing how to be with other people on the planet.

April: And things are changing, pods are new. I get that it's a new arena, but we're all learning together.

Sophie: I think you scared people that's what I'm saying.

April: And you know what? I don't apologize for that but I am happy for you all learning boundaries.

Sophie: I've gotten zero messages, like literally like, “Okay, sorry”.

April: Okay. Let's give a couple things. You just tell me. Yes. That's okay to DM you and that is not okay to DM you. Okay, so you posted a lotion and I bought it and I love it.

Sophie: Yes.

April: Okay. My boyfriend broke up with me. And I think I'm in love with him.

Sophie: No, no more of those.

April: I really like your new haircut. You look like the new Sabrina.

Sophie: Yes.

April: Okay. All my friends hate me, because I'm inherently evil.

Sophie: No.

April: Okay. What books are you reading right now?
Sophie: Yes.

April: Okay. I think those are good, right? So we'll just go from there. And we'll just keep learning.

Sophie: Just like things that you wouldn't tell your therapist but not one of your acquaintances, are not for me, that's the best way I think to think about it.

April: Fantastic.

Sophie: Acquaintance, not therapy.

April: Y'all are doing amazing sweetie.

Sophie: Relationship in that way. I'm just interested in how it happens. Because I don't think I have a very clear understanding of how people see me, so I'm never sure how to set the boundary because I'm still just thinking of myself as me.

April: Exactly.

Sophie: So we'll keep working on this but yeah, thank you for ... I can't believe how effective it was, literally for months I've been posting these, like please stop and then you get on and you're like, “I will” ... And everyone's like, “Okay, sorry"

April: I was telling Soph because I listened back to the like rough cut of the episode Maria puts in, and when I was listening to it I heard myself be like, “If you ever want to send Sophie a message again, I could kill you myself. You better not”. So I did bring an intense energy to it, but really what I just mean it's like please respect this girl's boundary, she's very sweet, don't take advantage of her.

Sophie: Its so funny. Everyone really listened to you.

April: Thank you.

Sophie: They listen to you, they respect you for sure.

April: They're scared of me.

Sophie: Which is very funny because honestly I'm much more likely to fight than you are.

April: I mean, I'll physically fight, you'll get into an argument with someone.

Sophie: That's true, I don't think I could physically fight someone I think-

April: I would love to hit someone today.

Sophie: Oh my God.
April: I really would.

Sophie: The thing is I'd be afraid, I think I would hit someone and then I would flinch. I feel really afraid of being hit back.

April: For sure.

Sophie: I would do like a jab and then I'd run. I think that's what I would do, anyway I just want to do that. Okay little tip jar from our listener. This is from a while ago, but one of our emails that we got in I think April, said that if you are trying to not spend as much time on your phone, which I am always trying not to do, the new like iOS or whatever has the ... It makes it much more available to you to see how much time you're spending on your phone. It's too much. Especially for people who like its part of our job to be on Twitter and Instagram and stuff.

Sophie: I spent a lot of time on Instagram, like as we were just talking about, like talking with people, responding to DMs on the show account, like managing the show account and on Facebook too. But like I often will do that thing where I'm like, Okay, I gotta text my mom about something and then I opened my phone and then I'm like, “Why I'm on Twitter?” Like it just happen. It's absent minded. I will close Twitter and then reopen it immediately.

April: Oh my God. Same.

Sophie: It's awful.

April: It's horrible.

Sophie: So this is a little tip for how to combat that, it's very interesting. Basically, this person suggested that you use the setting on your phone to make it gray scale. Which is hard I guess to find but in this New York Times article we're linking in the show notes. There's like, instructions for how to do it or whatever. You can just Google. Like, if you have an iPhone, I'm sure there's the same setting for Blackberry, but blackberry ... Not blackberry. What's it called?

April: Android.


April: Took me back there for a second, yeah like BBM.

Sophie: Androids are much more customizable. I think this article is interesting because basically what it was talking about, is how like all the different colors of the apps and stuff, it works kind of this they might have lights in Las Vegas do, it just like pulls your attention, and they're not colors that are designed to like be pretty as much as it's designed to like suck you in. So I don't know that's just interesting, right?
April: That's really interesting.

Sophie: I might try it I mean, yeah, I need it to be on so I can edit photos for Instagram, but I do think it's an interesting thing.

April: Next is a call for submissions for our episode coming up. I guess this will be next week. Okay. So very interesting for this episode, we've gotten the least amount of voice memo so far any episode and I think-

Sophie: Y'all are cowards. Grow up.

April: Step to the front you Hannah cowards. Honestly which I think to me just proves why we need to do this episode is because I think people are scared of their opinions on these things. So I get it. But if you are interested in sharing your opinion on like weight loss surgery or body modifications, or just like the things that you have seen people get kicked out of quote unquote fat community for, I would love to hear your thoughts, because I think a lot of-

Sophie: All the things you're afraid to talk about or ask about.

April: Yeah, or the things that you are worried we have the wrong opinion on because I think a lot of people feel like there's one way to be body positive. And if you're not that way, you should either like hide yourself or you're kicked out, and like that's not how I feel. But I'm interested to hear how y'all feel. So if you're up for it, I would love to hear your voice to the three people who have set their voices, shout out to y'all.

Sophie: Thank you for being brave.

April: You're being brave, it's a very controversial episode that's why I'm excited to do it. So thank you for sharing. Okay, next let's just shout out the Facebook group really quickly. So the Facebook group again is for people who support us at $7 a month or more on patreon.com. That's team Paisley, moo, moo and above. So we have a lot of fun in the Facebook group this week people are talking about shoe recommendations for fat travelers, our favorite causes to donate to and shopping for denim, very helpful space. Very beautiful space. Come join us patreon.com/shesallfatpod. And finally we just want to plug that if you give $15 a month or more on Patreon you will hear our special blast from the past segment that is an extra segment we are doing just for team I love bread, and people who give more than that where we tell stories from our past.

Sophie: Next season it's going to be a different theme and everyone on team I love bread will be able to request, so it's essentially it's usually about 10 to 15 minutes it's like an extra minisode every week just for you all.

April: And it's very I... It's loose, we take our ties off, we unbutton our bras, it's fun over there-

Sophie: Our bralettes. We are usually not even wearing bras.
April: You're bra less my sports bra from Tomboy X. So come join us if you're interested in that. We're having a lot of fun over there and with that we should really get to the meat of it, don't you think?

Sophie: Let's do it.

April: The meat of it. So for our listeners at home we're recording this little section at my house this time, instead of Soph's house. So you might hear a little character in the background. Little a texture if you will.

Sophie: April lives in a war zone.

April: Unfortunately I live in Afghanistan, but the truth of the matter is I live in a flavorful neighborhood. You might hear like a LaCucaRacha playing from the ice cream man. You might hear the elementary school across the street, the children are leaving and they are screaming.

Sophie: They're chanting in unison. It's kind of scary.

April: They're always chanting something like sometimes it'll just be like a whole sentence. And can't hear what it is but I'll just be like na na na na mbu na na wa wa ku, I'm like what's up? They have recess seven times a day. Like my neighbors to the left to me play reggae ton, to the right of me they're always playing like Snoop Dog. They like the negos. So there's some character. There's some character, but we're mixing it up. I hope you enjoy. Maria I'm sorry this week on the meat of it. We're talking about fatness throughout history.

Sophie: This is this just a very light overview of stuff? There's a lot of people who have PhDs and stuff who have gotten into this a lot more detail than we can. It's kind of hard to do academic research on this stuff, because we're not academics, but there's a lot of other people who are doing fat academic research. We can link some of them in the show notes and they're all like listed on our resources page as well. We just wanted to talk about a few of the like generalized statements about fatness through history that you might hear or see in the media or from people on a daily basis, the kind of like pseudoscience kind of things.

April: Like what would pop up on Facebook and the videos just keep going.

Sophie: And we're just going to be doing a very surface level review of these, and just some food for thought.

April: Delicious.

Sophie: Yeah, let's do it.

April: So first, before we get into it, we want to shout out Kathy. Kathy is a listener of ours, who offered up her expertise as a librarian to help us research this episode, and
hopefully future episodes. So to our reference librarian Kathy, thank you so much. We're going to link to everything she sent us in the show notes in addition to everything we mentioned. And if I come across anything else before we do the show notes, I will include that. Kathy also wanted us to encourage you out there. If you have questions to lean on your local reference librarian. They know this stuff, ask them that stuff. They can help you, thank you again Kathy, and let's talk a little bit about why we wanted to do this episode.

Sophie: I wanted to do this just because I took a class in college called theory of mind. And in that class, which I only went to about half of, because I was depressed.

Sophie: So theory of mind is basically whether or not you have an idea about other people having a brain essentially.

April: Like assumptions about humanity?

Sophie: Yeah, it's like ... Let's see, the presumption that others have a mind is termed a theory of mind because each human can only into it the existence of their own mind through introspection, and no one has direct access to the mind of another.

April: That is an interesting school of thought I always love reading articles kind of in that same framework.

Sophie: I'm sure like a lot of academics who listen to this pod are going to be like she's explaining it right, but that's kind of like one thing I wanted to start off with is just that like, it's not very useful to look at things like look at history with only a modern mindset, like you have to look at historical artifacts in context to understand them and make judgments about them, and we're not experts on like all of history.

April: No, not at anything. [crosstalk 00:26:10]

Sophie: But so we're going to try to bring a little bit of that to this.

April: I also think I was excited when Soph told me she had this idea for this episode, because I think it'll be kind of helpful for people who encounter like, fat stereotypes about where we've been historically and otherwise, like you'll encounter a lot of assumptions like, yeah fat people just started being a thing in like the 80s and before then we were all doing fine. And everybody was like eating their cottage cheese in their cantaloupe and no one's ever been before. And sometimes people will use that as an excuse to shame you into wanting to lose weight by being like, "You're fat, because you're not trying hard and everybody else before you has tried hard".

Sophie: Exactly.

April: So I think it'll be fun to kind of talk about that in a in our own sort of a myth busters episode. This is us fat myth busting history. It'll be fun strap in. So go into a little bit of over view of what we're gonna jump in on our hypothesis if you will, what we're going
to jump into. So number one, we're going to kind of explore and talk about the theory that everyone will be fat like Wally in the future. So for this episode, I've never seen the movie Wally this just like missed me, but I watched all the clips on YouTube that say like, "Wally you're fat." And like, wow, we'll get into it. But Wow.

April: So we're going to jump into that and then we're going to also just talk about how people have perceived fat people in the past, or how you're told that fat people were perceived in the past. And we want to kind of explore these ideas and figure out what's the truth. Maria drop that Oprah clip. Okay, let's get into it.

Sophie: Okay, so first there's this idea that I've heard from a lot of people that are like okay but like also people in the past who were fat were like rich and popular and like those paintings that are like fat girls and the sculpture.

April: What are people trying to accomplish when they say that?

Sophie: I don't know.

April: I think they're trying to make it seem like ... Maybe they're trying to help people feel better about the stigma?

Sophie: No, I think there's trying to be like ... I think it's a precursor. They follow it through them. And it's like, and now being sin is a sign of being rich. Which is actually true. Like if you're going to be thin by force. Then rich people definitely have more access to that because you can hire a cook and a trainer and like whatever to just-

April: You can get that machine that shakes you till you're thin.

Sophie: That electrical impulse thing? Yeah, I mostly hear people talk about it and I'm like isn't that funny now it's poor people who are fat, I'm like Jesus Christ.

April: And every time someone says that they say it like they're the first person to have that idea, which is really makes me laugh.

Sophie: I'm like, “No you're wrong”.

April: You're absolutely not.

Sophie: Okay. So before we even talk about that I want to talk about another one that I've heard which is, nobody used to be fat.

April: Fat people just started existing like around 1987.

Sophie: The fat epidemic happened and before that people were thin, so we just wanted to give a little bit of evidence about like fat people existing in history, there's the easy one which is the Venus of Willendorf which is that cute little statue from like 20,000 years ago.
April: She's thick. Linked in the show notes. But you've probably seen her before.

Sophie: And then there's like a couple of other examples in in Western art especially because that's the kind that was valued by the white colonists, and preserved for a long time, of chubby white women from various areas of time, like being being thicker, kind of went in and out of popularity. And there's also a difference I would say between like chubby and fat.

April: For sure. I was say Venus ... And this is a helpful thing. I would say Venus is like fat. I think the the ladies and sort of Baroque paintings you see where they're like chubby and they're like fanning each other. They're-

Sophie: They're chubby.

April: They're like size 16. They're cute, but they're not evidence of fat people.

Sophie: Right. Exactly.

April: So the Venus of Willendorf that we mentioned before, allegedly is from 20,000 years ago who knows? But that would mean that it would be existing-

Sophie: Sound like you're a Just Jared article.

April: Allegedly. Hailey Baldwin allegedly married Justin Bieber, but truly it's like we have no facts on this, like who knows how this glitches, but allegedly 28,000 years ago which would put her sort of in the same timeline as cavemen, and so if you were around from the years 2015 to 2017 then you've heard of the Paleo diet, which basically the whole diet was you should eat like a caveman because cavemen were like the most healthy people. So if you really follow that thought process out, then it kind of doesn't align with the idea that fat people are like a new concept.

April: So I'm going to read a little bit from an article about this topic from the Washington Post. To be sure no one knows why these images were carved where they related to fertility gods or beliefs as some have suggested, a hope for plentiful food. But whatever the purpose of the figurines, their anatomical correctness indicates that the sculptors must have seen fat people. Some experts say, meaning that obesity was not unknown to Paleolithic people's however harsh their lives may have been in general.

Sophie: I love that. That kills the necessity to be like, "Look, I don't think they imagined fat people experts say that some cave men were fat".

April: Its like look at it. Yeah they saw a fat chick and they carved that chick in stone. Obviously.

Sophie: Oh my God.
April: Which I also think it's kind of an interesting concept because it's like, Okay, first of all, some of these cavemen were fat. So once again, diets don't work. paleo doesn't even work number one, and number two, if cavemen were fat, and that was a long time ago, then how long have fat people existed?

Sophie: Like forever.

April: Forever.

Sophie: Because biodiversity is the thing.

April: Exactly, exactly.

Sophie: Even if we're going to talk about the 70s or whatever, like McDonald's didn't invent fat people you know what I mean?

April: Totally makes sense.

Sophie: Like it's not like all of a sudden people eat sugar and they grew a new arm.

April: Yeah like what she doing here? Oh my God. A lot of the things we talk about on this podcast is to be fully transparent. It's like when you sit and think about it for more than five minutes, you're just like, "Oh my god, everybody's an idiot". Like it doesn't even make sense. And people just say this like it's so obvious so like obviously people just got fat. America's having a new crisis like no.

Sophie: Okay, I also wanted to touch on this piece we're going to link to the metamorphosis of fat, history of obesity reviewed by Dr. Catherine Harvey, so basically this is like a review of a book that I didn't read. And if I want to, but essentially this is just a book about how fat people were treated throughout history from the 12th to the 21st century's, so like-

April: They existed.

Sophie: They existed. But also this book kind of has what I was talking about about like different kind of perceptions of fat people, it says like part one is about the medieval glutton, part two the modern O for just 16th and 17th century and then Part three, from officiousness to powerlessness, interrogates the 18th century and uncovers new more subtle ideas about the fat body. So actually sounds like really interesting, wait like that's the kind of theory of mind stuff we talked about in that class ... Start my computer. That was like, okay, how are people thinking about this and why and how it is like everything else that's going on around this time effect this.

Sophie: There's a lot of sources that you can look at, just to show that like, yeah, fat people definitely did exist. I want to bring up that representation. Modern representations of the past are not the same as the truth of the past. So when we're talking about looking at art and literature and stuff, those are artefacts that have survived because we've decided that those are the most important things. Those are not really accurate
representations of stuff, and nor are like modern representations of the past. So my favorite way to explain that is like if you think about or look at the five different adaptations of Pride and Prejudice.

Sophie: You can see when all of them are made, because even though when they're made and put out, it's like, "Oh, yeah, they're dressed like the 18th or 19th century". You can be like, "Oh, this is the 80s version of this". It's very obvious when you watch it, how much the modern interpretation affects it.

April: Yes. Like our perceptions of history are highly curated same as like with modern representation, like my fun members in other countries think a certain way about America because of what white guys put on TV. That's not all of the exact existence, so they just think that like I'm a millionaire and like surf, because of one has been selected as a representation of what our culture is, so that is an important thing to keep in mind for this conversation for sure.

Sophie: Like it would be really convenient if fat people only existed now now because that would mean that it's a problem that could be solved.

April: Absolutely and that does help the diet industry by the way, to clean it as a very modern failing on our society's part, but it's not the truth. Myth busted.

Sophie: And then just like another fun little thing is I just wanted to say apparently when we were researching this, found this article about Queen Victoria's knickers being auctioned off.

April: Link in the show notes, you gotta see these panties.

Sophie: This Daily Mail article is so fucking rude, literally the caption for one of the pictures says fit for a ..... giants, so rude.

April: But I like that they write about everybody on the same playing field. Like no matter if you're Meg Ryan, if your Queen Victoria. You are so getting roasted in the Daily Mail, it's incredible.

Sophie: Yeah, also just that I follow a lot of like historical fashion Twitter and there I've seen a lot of people talking about these things that I think are interesting but we don't really have time to talk about, which are called stout corsets. Basically it was like corsets made for plus size woman, and they're called stout. And there's like a couple of museums that people have been talking about it, I think that's really interesting.

April: These are Spanx aren't they?

Sophie: Well, it's just like people are always like, "Oh my God we have corset's people were selling in the past and like 18 inch waist". And it's like, "No, there is still fat where we do have to wear corsets".
April: For sure. Why do they assume that? Oh my God. People are foolish.

Sophie: You know what I mean? And also when you Google like fat history celebrities, you come up with Lord Byron who is that poet from the romantic era and like Gothic kind of shit. And he was part of a time period that really romanticized like looking kind of, like pale and way fish. And like he literally had an eating disorder like this articles, like he made himself skeletal and one, so then he could like be fashionable and he had one piece of bread a day I was like, "Are you okay?"

April: That doesn't sound good.

Sophie: Lord Byron, are you okay?

April: Oh my God. Researching historical figures. The word plump comes up so much just people just being described as plump like in 1800 people describing themselves as plump and pums. It's a nightmare, she's all plumb.

Sophie: Okay. And then I want to kind of transition to talking about this other idea that we mentioned, the idea that like, well in the past fat people were rich, which is really based on this idea. That's like you're only fat if you overeat. And so rich people can overeat, because they have the resources and poor people were all thin and hardy. Which is so not true. I know some of ... A lot of the articles say, like, "Oh, well, the 20th century is when these negative views came in". But that's not really true. There's like, more intense negative views of fat people in the 20th century.

Sophie: I think partly having ... I mean, there's a lot of different reasons that that would be true. A lot of the stuff we're going to link has interesting things you can make your own mind up about. Fat people have not only existed for a long time, people have been mean to them for a long time.

April: Absolutely.

Sophie: In the past, though, definitely like there's this article April found that says in the latter part of the 20th century only being fat become stigmatized. As a result, the literary and folkloric stereotypes change from that of an amiable chubby individual as reflected in the characterization of Job by Charles Dickens as a wonderfully fat boy to that of Marty the hero. The 1953 play by the same name by Paddy Chayefsky who attributes his rejection by girls to being an ugly fat man.

April: Comment down below, are you an ugly fat man or a wonderfully chubby or wonderfully fat boy. I think I'm wonderfully fat as well.

Sophie: I'm also wonderfully fat. I mean, that's one way to look at it. I do you think it's true that there's factors that have increased our critique of body size, but it's not true that everyone was happy about being fat in the past.
April: No, I just think the way that we talk about it has changed. And Kathy's also said some resources about the way that people described fatness being like in terms of BMI versus using words, just like chubbier, plump or whatever that was what gave people like the tools to be able to talk about fat in a more like biting way, but it has never ... There's never been a fat people, fat person that walked around and existed and nobody called them fat in a negative way. No, they never got to just walk down the street and just live as if they weren't fat.

April: Someone their aunt always ... It could be the year too their aunt was like cool it with the mash potatoes like always.

Sophie: Okay so there's some links in the show notes for times when being plump was more popular, and there's also a link to studies about the kind of like evolutionary biology shit about like, well if you were fat you could survive the famine in the whatever whatever it's like okay sure, but also the Greeks 2000 years ago had died advice and we're basically like, get off your ass fatty, just like-

April: Sounds like revenge body by Chloe Kardashian.

Sophie: Literally like yes there were times when being chubby but again as we said before, like those titian bodies are not really fat, they're just chubby. There's times when, like being sin and being chubby, go in and out of fashion, being fat is almost always denigrated. One thing that's left out of a lot of these kind of pop psychology conversations, is how religion plays into them, in a western perspective you can really easily talk about how much of religious devotion is centered around denying yourself things.

Sophie: And gluttony is like literally a sin. And so even in Bible stories or in like morality plays from the middle ages, or from other kind of religious texts you can see an equation of like fatness with like laziness, gluttony, sin, avarice, and kind of denying yourself things, fasting, eating bread and water, like those things are associated with Godliness, with holiness, with like being in control of your body with being in control of your morality.

April: Absolutely.

Sophie: And that's been the case ever since Christianity started.

April: It's a long time ago, and it's still ... The seeds are still there. Even if you listen to like a modern day like TD Jakes sermon or something. He'll be like, "Rely on God to get you through that diet". Like it's very much linked. It'll be like let the holy spirit guide you away from the Baghdad. I'm like "Let's cool it with that".

Sophie: And then this article that I'm going to link that you can access if you have like a Jstor login. It also says obesity was stigmatized in medieval Japan in part at least because it was viewed as the karmic consequence of a moral failing in a Buddhist context. Not even the non Jesus freaks got away from it.
April: Who was safe? Like, I also want to hear from our listeners, do you know of any society of any time, where genuinely, genuinely fatness was encouraged and not stigmatize in any way. I want to know.

Sophie: There's just so many ways that like fatness has been used throughout history to demonize people. I don't understand a lot of these like weird perspective.

April: It's fucked up.

Sophie: It's fucked up.

April: It's really just to make it seem like you can fix it, like I think why people keep having the same opinions and they're so pervasive and culture, is because people really want to make you feel like if you just keep trying you can fix it and here examples of other times when it's been different, no you're not just fat because you're not trying hard enough. It's just wrong like this is like this idea is evident in any sort of school of thought, you can pick it up anywhere it's about history. Yeah, it's everywhere.

Sophie: People find ways that they feel like they're in control.

April: You're not in control of your body I'm so sorry.

Sophie: And people want to find ways they feel like they're better, that's all that it is, that's the commonality, honestly. Sounds like a very brief overview of just those two ideas and how they're kind of more complicated than people want to say. It really ... The one that makes me the most uncomfortable is the thing about like, fat people use to be rich. That's just very weird to me.

April: It feels like, yeah, which fat people? Who said that? What's the drill?

Sophie: What are you talking about?

April: It's not realistic. Researching these concepts is really tricky, because it's so pervasive, like the idea that these things aren't true is an idea of that only, like 10 people are talking about, if you google fat as a signifier of wealth, and it was like $10,000 articles about how fat people used to be rich and that was great, and like very few articles dealing with like the sort of intersectionality of what that really look like in the past, and what it would look like in the future, so basically all that to say like thinking about this critically is not common, but I encourage you to do so, it's not the norm though at all.

Sophie: So just to wrap up this part we wanted to talk about fatness in the future so like in Wally basically the Disney movie, the point of view is that everyone's fat because everyone just sits on there butt and drink soda.

April: In like this cute little jumpsuit, okay so yeah like I said I've never seen this movie before, I was like what is going on in this clip? So it's like all these fat people in their little pod that is like basically a hover car, and they all wear the same like plus size a little jumpsuit
and they just like talk on an iPad all day, they never get up and then at some point one of them does get up and like falls out of his chair. And then there's like these emergency robots to get him back on the chair. I was like, "Oh my God it feels like that". But yeah, it's basically just like people are so obsessed with screens, are they're just going to stop and then businesses will Continue to benefit off people being fat, and they were like going to sell them more fat jumpsuits instead of shaming them into like getting out of their pod and losing weight.

April: Like that is kind of the vibe of Wally, I did not know it was that intense. Oh my God.

Sophie: Yeah. The first half of Wally is great. The second half is that.

April: That's fucked up.

Sophie: Yeah. I mean, it's so I feel like people when they talk about the future, they're like, I'm just gonna keep getting better. Or it's like, we're gonna lose 80% of the population to like the super flu or something like that. And then we'll all be living off the grid and then people will be thin again is like literally something I've heard.

April: That sounds like something McDonald's would say.

Sophie: Literally, there's not enough resources.

April: There's not enough resources [crosstalk 00:44:44] 80% off and I we'll be good. And yeah, it's not just in Wally. So there's this website I love that's called TV Tropes.com and they pick a popular trope from TV and film and then list a bunch of instances ... I'm so close instances, one more time instance of that occurring. So the page I'm linking to it was called Big Fat future. And it's a list of about 100 times that people in their various like media creations have shown fat people in the future to just be like in their pods with their headphones on. So a lot of people feel that way that that's where we're headed, which is bleak.

Sophie: Okay, so we're linking to this half pope piece that our friend Michael Hobbes wrote that featured our beautiful friend Krista Anna King, where basically he says quote we're not going to become a skinnier country but we have a chance to become a healthier one. Basically, his point of view in that article is like diets don't work and so doctors need to treat that people for their health, not just to become thin people and that's my vision of the future that like in the individual, people are treated with more humanity and if we want to address things like the corn lobby, we could do that in general but that people stop, or people become more educated about how to increase.

Sophie: If you're worried about health, how to increase health, like through practices and not through your misperception that a smaller body size will make you more healthy.

April: Yeah, that's definitely how I feel about the future. Because the reality is like, yeah, people, especially in America are pretty fat and probably getting fatter. But I just see a future where more people are fat and also practicing Hayes if they're interested in
health, and that is sort of where we push as a nation and less quote on quote obesity epidemic. So we will link to that piece because he really gets into it in detail and talks to a lot of fat people about their experiences. And to me, that seems more realistic. I don't see myself getting in one of those pods and I don't like the jumpsuit from Wally's, it's not not cute.

Sophie: I mean, there's also just like, we don't really know what the trends are going to be. The trends are ... It's like the trends are always the same with beauty. First, it's fashionable to be a little chubby that's fashionable to be a wave, then it's fashionable to be a little chubby, then it's fashionable to be a wave. It's always fashionable to be white, like it's the same, it's always the same like they're racist things, and there're colonialist things, and like that's how it works.

April: I also just don't think the future is decided, like first of all let's see if we're alive in 10 years number one, number two, we are live in 10 years what will our resources look like will we have hovered cars, what is our like modern every single day going to be like. I think that will affect this vision of the future and less so just we're on our phone, so this is where we're headed.

Sophie: Also like okay say there was a kind of apocalyptic event, a much people died. I do not think that people would all of a sudden be thin.

April: That would be my first concern is my body. I'm like, "Oh my God I need to break into the mall and get a smaller pair of pants".

Sophie: No.

April: Like no, I would be like, Where's my mom? I just ... I don't see the future in the same way.

Sophie: Again, that's based on the idea that all the hunter gatherers were thin, and we just showed that fat hunter gatherers existed because they freaking made statues of them.

April: And they didn't have McDonald's. So what's the deal.

Sophie: So what did that Venus do? How did she get so fat?

April: How did she get so fat? She's on paleo.

Sophie: How did she get fat on paleo? She wasn't doing her keto correctly.

April: No. She wasn't testing her pee correctly. Oh my God.

Sophie: She wasn't peeing on the strips correctly.

April: [crosstalk 00:48:12] Pee on strips.
Sophie: So fucking weird. I mean, yeah, but talking about fat as only a thing of health, like is part of our current, like body, gamification, mindset. And that wasn't as big of a part of the conversation at different points in time, like in the 20s we were more about fashion and stuff even though the health part is like always there. I don't really have hopes for people's ... The way people's bodies look in the future. I more have a hope for how society acts in the future, which is like more of a concern for people's mental health, more for people's practices and for people's ... Like taking care of people through like socialized healthcare.

April: Like honestly. So for all the people out there who you talk about body positivity, and they're like, that's not important. Just try harder. Like why are you wasting your time glorifying obesity? The reality is this future we're describing that's more Hayes minded and less fat equals health, that's only going to be possible through body positivity spreading, that's it. So like that's our shot at it like recycling and body positive view, like our only hope literally.

Sophie: I wish we knew more about this, academics who know about like perceptions of fat throughout history, please email so we can like read intelligent updates from you.

April: We would love it. Yeah, I want to know more about like the societies we don't know about. We're really interested in how attitudes have changed because it's helpful to think about how attitudes could continue to change. And where we are right now, might not be where we are in 50 years, but we don't really know. Fingers crossed.

Sophie: Yeah, and that's the meat of it for this week, we presented a vague set of responses to a couple theories about the past.

April: This is not a convincing outro... Just read what I wrote, it was fine.

Sophie: Okay, so that's the meat of it for this week. We dipped our toes into the history of fatness. You're welcome.

April: Today's episode of She's All Fat is brought to you by Tomboy X, we love Tomboy X, you love Tomboy X and the holidays are just around the corner, so why not get yourself a gift you'll really enjoy.

Sophie: Tomboy X has lots of styles cuts, colors and prints, from bikinis to boxer briefs to trunks as well as super comfy bras, and all options come in sizes extra small to four X, whatever kind of underwear you want, Tomboy X has got year butt covered.

April: The materials they use can make underwear are all eco friendly from the quick dry moisture wicking fabrics of their active wear line, to the super soft micro modal fabric and the new Joe's line. We also love the Tomboy X works with women own factories and make sure that everything they make is ethically produced. We stan a comfy, cute, ethical undie.
Sophie: My favorite around the house outfit is my old dirty athletic shorts and a beautiful clean new Tomboy X sports bra, I love the one I have with it's cute rainbow band under my chest. It's comfy, supportive without being restrictive and the exact right five person karaoke in my mirror.

April: I love that the neutrals line is a truly wide range of colors and chains when I tried it on my shade number two bralet and boy short set for the very first time, the color matched me so well I could have sworn I was actually nude.

Speaker 5: Go to tmboyx.com/saf2019, and check out their special bundles and pack pricing. She's All Fat listeners get an extra 15% off with code SAF 2019 that's a new code. So listen again code SAF 2019 for an extra 15% off. Ditch whatever you're wearing for a pair of Tomboy X underwear, tmboyx.com/saf2019.

April: And now it's time to ask a fatty, if you want advice you can send a voice memo of yourself asking a question to fyi@shesallfatpod.com. You can record it on your computer or the voice memos app on your iPhone. Just keep it short, about one minute max or if you're shy you can send us a plain old email at fyi@shesallfatpod.com. And we might answer your question right here on the show. This week on ask a fatty, we have a very special letter from Hannah again.

Sophie: Hannah? How wild is that?

April: Hannah figure your life out. Hannah you're always sending us letters, its like get it together Hannah.

Sophie: Get it together Hannah, okay here's the question.

April: All right.

Hannah: I had a question for both of you, a fun question I want to know what your favorite DCOM Disney Channel original movie is. And why? Thank you.

Sophie: Can I start with the one that I hated?

April: Okay, please do.

Sophie: Don't look under the bed.

April: Oh my God, that's one of my three.

Sophie: It's so scary, it's too scary.

April: Sophie I can't believe you.

Sophie: The other one ... It's too scary for me. It gave me nightmares.
April: Because of the face yeah.

Sophie: It's also the movie that gave me my fear of light eyes.

April: Okay that would make ... Oh yeah we've talked about this before that would make perfect sense, but you are undercutting the fact that the black guy, and the redheaded girl have amazing chemistry.

Sophie: But he turns ... Okay. No spoilies.

April: No. But it really came out 19 years ago.

Sophie: But he turns into a monster.

April: No but then he also turns back into the black guy. Doesn't he? Now I don't totally remember. He was a monster the whole time-

Sophie: I don't remember. He's the invisible friend.

April: But then also the monster was another redheaded woman. Do you remember that?

Sophie: Yeah, it's complicated I don't remember the plot.

April: Its complicated. But all I remember is their chemistry was palpable. They had this like, really intense kiss. I was like, "Oh my god. This is a Disney movie". It was very scary. But also remember the storytelling being really riveting, and I loved the vibe. And I loved the girl who was like, "I'm just trying to take care my little brother and have time for this". She's like, making out with a ghost. It's hot. Anyway, I can't believe one of your least favs is one of my number one favs. So that's one of mine. But you You go first.

Sophie: Too scary for me. Okay. My number three favorite DCOM is mom's got a date with a vampire.

April: Okay, I do like that one.

Sophie: Yes, I'm staring Caroline Ray, who lives near me? I see her all the time.

April: Comedic character actress.

Sophie: Comedic genius.

April: So funny.

Sophie: And what's his name, Mr. Sheffield as the vampire.

April: Oh my God I remember that movie being so good, but it doesn't come on alot, I remember only seeing it maybe like two times, slept on classic.
Sophie: It also has Craig Manning in it.

April: Craig from Degrassi?

Sophie: Yeah.

April: Craig take your meds. Honestly.

Sophie: I don't think the movie made much sense but I thought it was very fun.

April: Amazing, what's your number two?

Sophie: Smart house.

April: Nice, amazing choice.

Sophie: I really liked smart house, I really liked the dancing scene, I just liked the fun tech elements of it.

April: Do you feel like it accurately predicted [crosstalk 00:54:45]

Sophie: Somewhat I think a lot of ... I think most of the stuff happens honestly, just in a slightly different way.

April: Amazon pretty much is on their way to making a smart house. That's wild.

Sophie: And then number one for me is Xenon girl of the 21st century.

April: Nice, I knew you would pick Xenon.

Sophie: My number four and five are probably cadet Kelly and Halloween Town.

April: Oh my God cadet Kelly is my number two fantastic, oh my God I love that you pick seen on this podcast was pretty much to just Xenon and her black friend. This podcast is just fat Xenon.

Sophie: Oh my God fat Xenon.

April: So good, I love Xenon, I love Raven's little ponytails.

Sophie: It's so good, and then how is it different black actress from two they just don't talk about it.

April: They just don't mention it, let me see if I remember the song.

Sophie: Supernova?
April: My supernova.

Sophie: Show you to it?

April: Yes please do.

Sophie: My God. It's so good honestly.

April: Wow, it's in there.

Sophie: It's so good. Right?

April: It's wild at the mind. We'll just keep that in a pocket. Just back here.

April: It's a good, it's very 98 degrees. It's good wow. Thank you so much Disney Channel. Yeah so good. Okay so my three ... Don't look under the bed, interracial relationships, familial conflict. I remember I think her parents were going through a divorce or something. I felt the acting was like really good.

Sophie: Oh and yet you don't like the color of friendship?

April: I like the color friendship but just in concept. The white girl pissed me off. Okay, my number two-

Sophie: Oh yeah she's like, "what is was is racism?" That's her whole vibe-

April: And her dads like, "Shut the fuck up white girl". Like it in a way resonated but also anyways-

Sophie: It's ridiculous.

April: Okay. Number two cadet Kelly. I Tweet about this all the time but they're gay, next movie. The tension in that was out of this world and I remember like Christie Carlson and Hilary Duff would do interviews around this time, and Hillary be like, "Dad, we've gotten so close we like go shopping all the time, we're so close". I'm like, "Really bitch. So close?" The chemistry-

Sophie: And then Christie was Bell on Broadway.

April: Yes. Fantastic.

Sophie: I wanna be Christie and Romano.

April: This is the only one that's on Netflix for some reason. So this one isn't seen through the cracks of the Disney vault. Go watch cadet Kelly right now. And my number one is the cheetah girls. I have to-
Sophie: I did like the cheetah girls.

April: Love it. I remember all the songs. I remember feeling empowered. By song Cinderella specifically, I remember it coming on at Burlington Coat Factory. Way after the movie came out. And I was like doing the choreo with all the jackets. I was like I can swing, I love it. It just been so much to me.

Sophie: Thank you so much for asking, we had so much fun answering this question obviously, hope that our like non millennial Hannah's, don't mind us geeking out over this.

April: Now if you want, it's okay you can ask, a segment where we both play the race card.

Sophie: You're fired. I can't believe you.

April: Read your line Sophie.

Sophie: Both offended, both at played, Jesus Christ. We'll find out the answers to our burning questions like who is booboo the fool, you still have not answered that question.

April: He's just a person in your imagination who looks like an idiot, he's the fool or who is Rachel Hollis? And why does she want you to wash your face?

Sophie: See this is like unfair because the ones you make me read are things that you've been like, you know this is, and the things that you read are things I was like April look at this interesting thing.

April: No I found this on my cell phone Twitter.

Sophie: No you didn't I send it to the group.

April: Did you?

Sophie: Yes, you jerk.

April: So that's proof that I'm opening some of your links so like where's my credit.

Sophie: Oh my God, I'm done with you.

April: Okay Soph it's your turn.

Sophie: Can't believe this. Okay, well, I don't have any great questions this week. So I'm just going to go through some of our new ... The things that I've sent to you on Twitter because people seem to like those and you also like those.

April: Okay cool. I enjoy those as well.

Sophie: So this is that mean picture, that's all the spider man's pointing to each other?
April: Yes.

Sophie: Okay. And it's like you don't know who is who. Who's the real Spider Man. And then and there's an NYPD bus in the back. Okay and then the caption is when black men two Cs, I don't know if that means something special, link up and a quote. Nah, I'm trying to get like you quote battle pop off.

April: I love this.

Sophie: What is that? What is this talking about?

April: Okay, this is a really fun like ritual I love where like black men will see each other and what they're saying is like, "Oh, I'm so proud of you. I see that you're doing well". So they'll be like, "How you doing man?" And he's like, "I'm just trying to get like you". Meaning like I see that you're doing well I want to be like that too. And he's like, "No, I'm trying to get like you". Like affirming each other. But you just ... I literally see sometimes people do this. I'm trying to be like you, no I'm trying to get like you.

April: Its really cute actually.

Sophie: That is pretty cute.

April: Friendship.

Sophie: Okay and then the replies this guy said this is actually what happened when I walked into the last blah blah and saw this guy and this guy and then the guy replied I'm still trying to get to like you.

April: It's very sweet actually.

Sophie: Spent every day since then trying to get like you bro, I'm like to class still trying to get like you. This is cute.

April: That's love, I love it.

Sophie: And then someone random replied y'all killing me, and then the first guy replied bro I just picked your profile picture low key trying to get like you.

April: I love it, we got a holy coming down you know.

Sophie: That's cute. I love these kind of positive one.

April: Yes for sure.

Sophie: It's very sweet.

April: That's so funny.
Sophie: I'm honestly surprised by the number of Tweets I've seen that are jokes about who black people don't want to kill in the race for-

April: Those come up a lot.

Sophie: Slightly afraid of them.

April: It seems you know Mnet.

Sophie: Tweets scare me a little bit.

April: We're just getting ready. And I encourage y'all to get ready as well.

Sophie: But I did really laugh at the one when the race wars happening. And I gotta kill Tony Hawk and he's like crying but pointing a gun, and then Tony Hawk replied, I appreciate the hesitation bro.

April: That made me laugh [crosstalk 01:01:14]

Sophie: Really? That's another thing.

April: I don't know.

Sophie: Why?

April: Some sports you would not expect for sure.

Sophie: You sent me this. It says day woke queens. And then it's a screenshot of a Tumblr posts by Vonte Snapped.

April: Don't look at me and say Vonte Snapped.[crosstalk 01:01:32]

Sophie: And then it's soft day and words with beards is just N words without beards with beards. It's just referring to the fact that people like men with beards.

April: I just think it's like a lot of us are out here because really the look right now is like, shaved head full delicious beard. And it's just like you can't throw your whole life away because of men grew beard, and I know that that's hard to take, for a lot of people. But it's like he just has a beard. He's not a better person. He's still disrespectful, he's still doesn't like contributing to society, he just grew a beard. And like I can not point fingers because we all have a kryptonite, that's all I'm saying.

Sophie: Okay Who is this lady who says period?

April: Okay I don't know I think they said they're non binary but I always for ... Or it might be miss Perez I think is the name of their Instagram handle.
Sophie: Who are they?

April: But like literally they just started making videos, the first one I saw where like they were saying that they saw people on the highway on those bird scooters and they're just like, "You're going to jail period?".

Sophie: Oh my God.

April: It was instantly viral. Those bird things are getting out of control.

Sophie: And to finish out I just want to talk about like those way women on Instagram who are trying to look black.

April: Oh my goodness. Okay. The word that people are using is N word fishing.

Sophie: It's not okay.

April: Here's what I'll say. Because of course, this isn't a new thing, we all know about rich dojo. I will say some of them honestly are pulling it off and it's not acceptable but it's just game recognize game and it's just I would never like not ... I have to give them their flowers like some of them are really-

Sophie: Give them their flowers?

April: Wait do know that phrase? Like, give someone their flowers while they can still smell them, that kind of thing like basically you like compliment somebody and you make sure their lives to hear it, don't just wait till they die.

Sophie: That's a very Elizabeth Ethan's on it kind of thing.

April: Really?

Sophie: Yeah it's like a very memento mori thing to say.

April: Yeah just meeting like you know what I can't take it from or like some of them have their edges slick just right that said you are white.

Sophie: That is so weird-

April: It makes me laugh.

Sophie: I would love to read a long form about what they're doing.

April: And then a lot of them will deny it, they'll just be like, "I went on vacation for a long time and I got tanned". I'm like, "You got a texturizer in your hair".

Sophie: Okay, how come nobody's mad at Ariana Grande?
April: Oh my God actually people are mad my friend, shout out to Olivia Peace, she actually made a video on our Patreon. She texted about this, this week she's like, "I'm worried that Ariana Grande went fishing".

Sophie: She's white like look at those photos of her as a teen.

April: We all remember season one Victoria's, go on her Instagram. Now she's way darker. And when people ask her, I think she's just like, "Well, I'm Italian". I'm like, "So?"

Sophie: Okay. But who is booboo the fool?

April: Booboo the fool is just ... You know what? [crosstalk 01:04:14]

Sophie: You know what the sad thing is, by asking this like-

April: You are booboo.

Sophie: I'm booboo the fool. Can't believe you did this to me.

April: You did it yourself. So thank you for showing me your means with the look up concern on your face.

Sophie: I just want to understand the discourse on Twitter.

April: There's so much you could never honestly-

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

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

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

April: Our music was composed and produced by Carolyn Penny Packer Riggs, our website was designed by Jesse Fish and our logo is by Britt Scott. This episode was mixed an edited by Maria Wartell. Special thanks to our fairy intern mother Lyn Barbara and our brand new intern Kiersten Berg, our Facebook, Instagram and Twitter handles are @shesallfatpod, you can find the show on Apple podcast, Spotify, Stitcher, Google Play and wherever else you get your podcasts. Bye.

Sophie: Nop.

April: Wait, that's a different website.

Sophie: That's just our website.

April: That's our website. So-

Sophie: You can go there and click through the Patreon.

April: But what would be easier is ... God damn it there's so many websites. Okay.