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**Annie:** Hi friends! Welcome to another episode, one of your favorite episodes of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today.

But before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This show is sponsored by [BetterHelp](#). Social media is tough, y'all. I love getting to stay in touch with all of you, but it is hard to keep up with the ever-changing trends and tricks. And comparison can so easily creep into. We don't think about that having such a big effect on us when we're scrolling until later when we're in a terrible mood, can't figure out why am I talking about you or am I talking about me? I know. I know.

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**Intro:** All right. Today on the show, we are back with another episode with our friend Eddie Kaufholz. And y'all, we heard you when we didn't have a June episode with Eddie. Boy, did we hear you! Y'all let us know. For real, though, we are glad you love these episodes as much as we do.

And if you're new around here, our friend Eddie has been joining us every month, well, obviously except June and we're recapping the last 10 years in honor of the 10-year anniversary of That Sounds Fun. We've now made it all the way to 2019. And if you've missed any of the previous episodes, we've got a Spotify playlist. It's linked in the show notes where you can go back and listen.

Those of you coming to the Ryman on August 11th, get ready because Eddie will be with us in person there as well.

Here's my conversation recapping 2019 and the Olympics and all the other things you know we talk about with our friend Eddie Kaufholz.

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**Annie:** Eddie Kaufholz, welcome back to That Sounds Fun July 2024.

**Eddie:** Oh, we are really burning through the years. Aren't we, Annie? It's so good to see you.

**Annie:** Listen, I have not had a lot of internet chirping as of late, thank God, for whatever reason. That's probably knock on wood. But boy, when you were not on in June, did we get some chirping? "Where's Eddie? Where's Eddie?" What happened to the Eddie podcast? I was like, "You guys, we took a week off from the podcast the week that Eddie's always on." People did not like it.

**Eddie:** Well, first of all, that's sweet. Second of all, you got to save some of the magic. You know what I mean? Think of how much better this show is going to be because June didn't happen.

**Annie:** That's right. Let me start with-

**Eddie:** Go.

**Annie:** You're so very tan.

**Eddie:** I'm wildly uncomfortable.

**Annie:** I have known you for years and I'm not sure I've ever seen you so tan.

**Eddie:** Yeah, I'm real tan.

**Annie:** What have you been doing?

**Eddie:** Oh, spray tan. Just getting out there.

**Annie:** Oh, I hope that's true.

**Eddie:** Can you imagine? I mean, people are listening to this.

**Annie:** Why not? I get a spray tan all the time. It's wonderful.

**Eddie:** No, no. I have no problem with people getting spray tan. Can you imagine Eddie Kaufholz, the person who you know, dressing as I do living as I do with my... Now, we went to Florida for a couple days and you're just-

**Annie:** The whole fam? You and all the girls are you and your main girl?

**Eddie:** No, everybody. Yeah, everybody. All of us went down to Florida and-

**Annie:** To see Uncle Jimmy?

**Eddie:** We did see Uncle Jimmy. We've had a lot of guests up here.

**Annie:** Really?

**Eddie:** I feel like I've just been outside a lot. But I'm very intense about sunscreen. I just went to the dermatologist. I'm doing the thing. But I'm just darkening. I mean, I look great.

**Annie:** You look great. So this is the shade of you with sunscreen?

**Eddie:** Yeah.

**Annie:** Let me tell you what I would have guessed. I had to guess you said, Ah, we spent the weekend at softball tournaments and we were outside the whole weekend and I forgot my hat. That's what I expected. Not like I've been spending a month outside and just using 30 SPF.

**Eddie:** No, this is 50 spray all the time.

**Annie:** Gorry.

**Eddie:** All the time on my face too. Every morning I put the... Bri got me some sort of lotion, and I just use it every morning. And it's SPF because it's-

**Annie:** Wow, you have been outside a lot.

**Eddie:** Oh, like all summer. This is my base-

**Annie:** Yeah, keep talking. You're speaking the right language that you've built your base.

**Eddie:** No, I've laid down a base. Also, Lucy Girl has gotten into swimming. She joined a swim team.

**Annie:** A fairy that swims. Who can imagine?

**Eddie:** Hey, hey, have you ever experienced swim team and stuff?

**Annie:** Not as a... I was never a swimmer. I have seen other people do it. And I love that people write "eat my bubbles" on their back. Love it.

**Eddie:** It's a whole thing. The swim meet is four to five hours long.

**Annie:** Unbelievable. I know. So y'all have to sit outside there?

**Eddie:** Hence the tan.

**Annie:** Now I get it.

**Eddie:** You're just sitting outside. And maybe there's a tree, maybe there's not. It's a crazy commitment. Lucy is there swimming for an hour. Like this morning she was doing-

**Annie:** Is it in y'all's neighborhood?

**Eddie:** Close. Okay, you want to hear a weird thing?

**Annie:** Yep.

**Eddie:** This is a very DC thing.

**Annie:** Okay.

**Eddie:** The swim team is inside of a military base. So Bri and I both-

**Annie:** She's swimming for America?

**Eddie:** She is swimming for America. Bri and I both had to go and get military clearance to get inside.

**Annie:** Cool.

**Eddie:** The base opened up its pool and stuff to this swim team for the summer so you can get sponsored to be there for a summer. So we have spent basically the whole summer with people in the army and some swim families at this military base. It rules. Have you ever spent time on a military base?

**Annie:** No.

**Eddie:** They're like their own little world.

**Annie:** Yeah, they are their own little world. I watched my friends... Some friends of mine live out on KWAJ. I don't remember how to say it. I think that's how you spell it though. They live on the Marshall Islands out past Hawaii. Oh, my friend is-

**Eddie:** The astronaut?

**Annie:** Yeah, that's exactly right. Drew and Stacey live out there. He's the commander. He's like the general of the islands. And so I watched their life. That's as close as I've ever seen. I watched their life and how it operates out there. It's so cool.

**Eddie:** It's like a whole city. It's got its own Starbucks, its own grocery store, its own gas station. It's its own whole-

**Annie:** And so many secrets.

**Eddie:** It's its own full little world. It's so neat. And we get to just be in it for the summer. So it's fun.

**Annie:** I think I may have told you this before, but watch me say it again. One of my dear friends from college, she and her husband moved to DC after we were in college and were in secret full jobs.

**Eddie:** Wow.

**Annie:** In their small group at church... Apparently, this is like a DC thing. You can correct me if I'm wrong. Like you just don't ask people what do you do?

**Eddie:** 100%.

**Annie:** Right. I think that's so cool. You just don't ask people what they do because the majority of people... I remember at the spy museum in DC, it's like 70% of the people you pass by in DC are spies in some way or another.

**Eddie:** And some people you even podcast with that you wouldn't even know. Right? Because we can't talk about it if you're a spy. Can you imagine? I'm trying to infiltrate the podcast.

**Annie:** I have never considered that you moved to DC to spy because I have never considered that actually, Bri moved to DC to spy. That's the truth.

**Eddie:** It's the perfect cover though. Right? Just to talk about it openly as if it's a joke. And then to talk about how you're talking about it.

**Annie:** I'm never gonna know.

**Eddie:** You're never going to know if we were spies. So Military base all summer. Okay, here's a military base thing that's fun. At five o'clock every day... Well, first of all, they have-

**Annie:** P.m. or a.m.?

**Eddie:** P.m. Whatever it is in military time. So 1700.

**Annie:** 1700 hours.

**Eddie:** Yes. The whole place they play Reveley and the Star Spangled Banner on like a trumpet or whatever, and everybody, civilian and military, out of the pool, stand up, face the flag. Five o'clock every day. We were there yesterday. Lucy's swimming with her little buddy, everybody out of the pool, we stand up, do the thing.

**Annie:** Wow.

**Eddie:** It's just so like a whole different planet. This whole thing is happening right in our backyard. It's so cool. I know there are people here that are listening that have been military. They're like, Yeah, sir. But we've never had any experience with it.

**Annie:** I want to see that so much.

**Eddie:** If you can get here before September and our security clearance runs out, you can come to the pool with us.

**Annie:** Man, I did a wild amount of reading over the month of June because I was on social media. And so I just listened to audiobooks and read books and whatever. One of the books I finished was *The Women*. Have you read this or heard about it?

**Eddie:** No, I'm writing it down.

**Annie:** It is all about a female nurse in Vietnam.

**Eddie:** Oh.

**Annie:** Dude, we do not know about Vietnam. It is unbelievable. We all left elementary school and middle school with tons of information about World War II and World War I. But no, I don't know anything about Vietnam. I don't know that it was taught

to me very well. If it was, it certainly wasn't given the Star Spangled Banner treatment, which is interesting.

**Eddie:** Vietnam and Korea were just sort of mixed into like a PS. I mean, we were taught-

**Annie:** Or into like... what's the movie with Tom Hanks?

**Eddie:** Oh, yeah. *Saving Private Ryan*.

**Annie:** No.

**Eddie:** *Forrest Gump*?

**Annie:** *Forrest Gump*.

**Eddie:** Is that true?

**Annie:** Yes. *Forrest Gump* is what I knew about Vietnam and Korea.

**Eddie:** I was trying to be funny. But it's real. Turns out that was the right guess.

**Annie:** Oh, sorry. That was the right guess.

**Eddie:** It wasn't funny. *Splash* would have been another.

**Annie:** Oh, that's a good one.

**Eddie:** I think that would have been-

**Annie:** Big. Big. Would have been a good one. But I think you'll really like *The Women* because it is... I learned a lot about the military reading *The Women*. And listen, let me tell you, I did not cry in that book until the last three sentences of the author's acknowledgements.

**Eddie:** Oh, oh.

**Annie:** She drops-

**Eddie:** And you read the acknowledgments?

**Annie:** Always. Always. Do you not?

**Eddie:** It depends on how close I was to the book or to the author.

**Annie:** I am blown away that you can close a book without reading the acknowledgments. I think that is so interesting who people think.

**Eddie:** Okay. Will it wreck it if you tell me what the author said or-

**Annie:** I don't think it'll wreck it. I don't think so. So the whole book is about POWs, Vietnam War, PTSD, the amount of women that were in Vietnam that when they came home were treated as badly as the men when they came home. Except there was a lot of like women weren't in Vietnam, you're fine kind of thing. You weren't on the front lines, you're fine. So the amount of PTSD that comes from that.

One of the stories she tells in the book, this is kind of ruining it... So if you want to read this book and you're listening or you're in the middle of it, just skip forward 50 seconds and I'll be done. In the book, she talks about kids wearing bracelets with POWs names on them.

**Eddie:** Oh my word.

**Annie:** So she talks about that casually in the book. And then the last three sentences are "and to Sergeant Bill Smith, whose bracelet I wore for my own..."

**Eddie:** Oh.

**Annie:** I mean, I'm getting goosebumps telling you about-

**Eddie:** That's great.

**Annie:** Oh, she wore one of the POW bracelets and that was kind of the birth of wanting to write this book.

**Eddie:** My goodness.

**Annie:** And I really did that in about 50 seconds.

**Eddie:** Yeah, you did.

**Annie:** So if you're back and it wasn't spoiled for you, welcome back. I mean, it just made me teary. But it made me all the more interested in how... and grateful for what our military families do.

**Eddie:** Oh, man. We talked to some of these folks and you just are like they live in different lives. It's different consequences. It's different... I mean, it's just



unbelievable what they are doing on a day to day. What constitutes a normal day for them or a normal year for them is something we can not imagine.

**Annie:** In some ways, the respect they have for our country and our freedom. I watched this video from July 4th of Dax Shepard — Kristen Bell posted this — and he is explaining to his kids how lucky we are to live in the US. And he's saying your grandmother, his mom, was a janitor at night. Like, She worked all night long. We lived in a single-wide trailer and I grew up in that. And look at what grandma has done now. Like, look at where her life is now and where she's been able to move. Look at my life now that has benefited your life now. And he's like, I'm telling you, you can't do this in every country. My life would not be possible in every country. And in fact, most of my life wouldn't be possible. We are so lucky we were born here.

And then he turns back around to the front seat... Like he's in the passenger seat or something. He just turns back around the front seat. It was very moving. I guess one of his kids' friends was in the car because the last second is, "I like your dad's speeches." And then Dax laughs and that's the end of it.

**Eddie:** "I like your dad's speech."

**Annie:** What did y'all do for July 4th?

**Eddie:** Oh, I mean, we were at that pool.

**Annie:** You were outside.

**Eddie:** We were at that pool. We hung out at the pool, did the thing. We had people in town for two-plus weeks. DC is very popular to visit over the summer.

**Annie:** That's really generous of y'all to let people stay in your home.

**Eddie:** It was lovely. Uncle Jimmy was one of them. Uncle Jimmy and family. So it was sweet and good. But people had left on the 4th of July. And, you know, that feeling where you were like, it was good seeing people and you're also 1000% done. We were just like, quiet, quiet, quiet. What'd you do?

**Annie:** We have our big fan vacay. So 19 of us were on vacation in North Carolina.

**Eddie:** Oh, cute. Can you tell me generally where North Carolina?

**Annie:** I can tell you exactly where. Bryson City.

- Eddie:** Oh, I know exactly where that is.
- Annie:** It was really sweet. They had a little festival during the day. We didn't see fireworks because all of our little ones are all still very little. And the fireworks didn't start till 10 o'clock somewhere on the East Coast. Children are no children. 10 p.m. fireworks is probably not where you're going to catch AFD. So we had a great time.
- Eddie:** Because you're just tired. Because you're just sleepy or it's just on your thing?
- Annie:** I don't do things at 10 o'clock at night at this point in my life. No, no.
- Eddie:** Yeah, no. I understand that. Listen, Bryson City. Do you guys go there a lot or was this like the one off for this year?
- Annie:** First time.
- Eddie:** Okay. My parents live... That's like their closest Target. We used to go into Bryson City.
- Annie:** No.
- Eddie:** Yeah.
- Annie:** We could have seen your parents?
- Eddie:** Oh, I gotta imagine they were roaming around Bryson City.
- Annie:** Have you been to Darnell Farms near their house?
- Eddie:** Darnell Farms? No. No.
- Annie:** Oh, it's wonderful. It is so sweet. They have like swings. It's right by the river so you see a bunch of people. Me and my nephew Sammy were joking that there was a tubing parade going on because everybody tubing down the river in front of us.
- Eddie:** Oh.
- Annie:** It's a farmer's market. They have bull peanuts. They have like Dole Whip, but multiple different flavors. The blackberry was extraordinary.
- Eddie:** How could blackberries be in Dole Whip?
- Annie:** Instead of it being pineapple flavored is blackberry flavored.

**Eddie:** But that's not... it doesn't matter. This is not the story.

**Annie:** Whereas Dole Whip is the pineapple-

**Eddie:** I understand.

**Annie:** Oh, sorry.

**Eddie:** I'm messing it up and you had a flow going. And I'm so sorry.

**Annie:** No, it's great. Anyway, it's very cute. You can pick your own strawberries. They had a sweet corn festival the day after we left. Love Darnell Farms.

**Eddie:** Oh, precious. That is Americana.

**Annie:** I know.

**Eddie:** Okay, I didn't know.

**Annie:** You're also gonna be so proud of me, Eddie. I did a 5k on 4th of July.

**Eddie:** I saw a picture.

**Annie:** I ran without stopping. I've never run a 5k without stopping. Thanks to couch to 5k. I know. I mean, when you and I both did couch to 5k-ish running things during COVID, I had done this distance, but I'd never done it in a race with an actual timer. So I did it.

**Eddie:** Annie, you got to feel good about that.

**Annie:** I was thrilled.

**Eddie:** That's hard to do.

**Annie:** I mean, I had done the distance already two times so I knew I could do that. You are not going to believe this. My last training run before the 4th of July was on the 2nd of July.

**Eddie:** Oh, yeah.

**Annie:** We're at my parents' lake house, and I'm like doing the lap and I'm at like 2.9. And I'm like, "Oh, instead of going to their house, I'm going to U-turn and go back up

the road." And there's this little road where you turn right, like a little inlet kind of road. It makes like a triangle.

**Eddie:** Yes, I understand.

**Annie:** I go down that about halfway and I turn to come back up and I look to the right, 10 feet ahead of me walking down the road away from me is a mountain lion, Eddie.

**Eddie:** A mountain lion.

**Annie:** On the street swaggering, the tail going back and forth like this just...

**Eddie:** Casually. Casually looking for a runner.

**Annie:** And I thought I was so close to not stopping in a 3.1 and now I have to freeze because there is a freaking mountain lion 10 feet from me.

**Eddie:** I don't even know the protocol for Mountain Lion.

**Annie:** Uh, panic?

**Eddie:** What do you do? Just...

**Annie:** No. You stand still. You stand still. And as soon as he... I'm assuming it's a he, though. She looked more Nala than Simba.

**Eddie:** I understand.

**Annie:** And so, I think it might have been a she. Walking on the road. I'm so glad I remembered to tell you this. So, as soon as he turns a corner, I'm like... I can't stay here. I have to go. So I tear out running back toward my house. Eight-minute mile for half a mile. I had an eight-minute mile for half a mile, which for everyone to know, I am a 12-minute miler. So I was sprinting.

**Eddie:** The perfect speed.

**Annie:** And I just keep turning and looking back and making sure it hadn't... because what if it U-turns and starts chasing me? I really don't know what to do.

**Eddie:** I mean, you thank God that you got to do a podcast and got to do this cool life.

**Annie:** That's right. And I lay down and surrender to it. Yeah, that's exactly right.

**Eddie:** Say goodbye.

**Annie:** So there are these two women and they're like late 60s, early 70s, who I'd seen walking, and I was like, I at least need to... two things. I at least need to get to them and tell them, and then I need to get in front of them because-

**Eddie:** Just feed them to the mountain lion.

**Annie:** Thank you, thank you.

**Eddie:** That's just survival. You've not done anything wrong.

**Annie:** That's just fight or flight, and I was doing both.

**Eddie:** No, you're doing great.

**Annie:** So I get to them, and I'm like, "Hey ladies..." I take my AirPods out, and I was like, "Hey, about half a mile back... just don't panic, I'm checking to see if you have bear spray or something, because about half a mile back, there was a mountain lion walking on the road, and so I'm gonna hurry home." And they were like, "Oh, you know what? I've seen him in my yard." And she said, "Now if you see a bear, let me know." I was like, "Well, you're going to hear it if I see a bear." But y'all are way too casual about a mountain lion."

**Eddie:** I feel more scared of a mountain lion.

**Annie:** Mountain lion, yes. Bears are scared of sounds. So we're told to yell, but that will be my last jaunt on that street.

**Eddie:** My goodness.

**Annie:** Walking down the street?

**Eddie:** Annie, and you'd gotten so far on your 5K.

**Annie:** And I was so close, Annie. I was at 2.7.

**Eddie:** 2.98.

**Annie:** By the time I get to the ladies, my watch is like 1.23. And I was like, "I don't know how long. I can't even do it. This doesn't count at all. I mean, it was such a mess. It was such a mess.

**Eddie:** Listen, I don't even know what a mountain lion looks like. It doesn't have hair like a big lion, like a mountain, right?

**Annie:** No. Picture the size of a golden retriever, but not hairless, like a hairless cat, but like a Nala, like a female lion. Like very, very close hair. The way you know it's a mountain lion versus a cougar or a bobcat is the tail. They don't have tails. Like, a bobcat doesn't have a tail. It just has a nub. Those look like little cats. I mean, this was a...

**Eddie:** The mountain lion is kind of keeping balance, I see.

**Annie:** Yes. The mountain lion is sauntering.

**Eddie:** Couldn't you take it? You could have a good fight with something that's...

**Annie:** I think I'd have kicked and yelled. I think she'd have bitten me, but I think I'd have kicked and yelled enough maybe, that someone... Because it was also 4th of July week, all the houses were occupied. I mean, if that would happen in December, I'd have been a lone wolf because there are people up there all the year round. Lord have mercy, Edward. So I was real ready on July 4th because I had just done a half-mile sprint on July 2nd.

**Eddie:** But you did it. You ran a 5k.

**Annie:** I know.

**Eddie:** You look so proud of yourself in the picture. I mean, it was super neat.

**Annie:** I was so proud. My cousins ran with me. And it was very kind because we originally were kind of like, let's all do this, and then people kind of dropped off here and there and here and there or never signed up in the first place. So then when it got to it, I was like, "Oh man, I've been training for nine weeks. Nobody really wants to do this. I'll go do it by myself because I've been training." And they're both like, "No, we'll do it. We'll do it with you." So they both ran slow... Well, they ran my pace, which is slower than their natural paces.

**Eddie:** Right. But y'all went together.

**Annie:** Yeah, they ran with me, which they totally didn't have to. I was like, "Y'all can go," and they were like, "We're not doing this to try to win a race. We're doing it to all run together."

- Eddie:** I take Higgins on runs all the time. When he was a puppy, we had the same pace. It was great. But now that he is growing up, I'm like, do you just want to go ahead and not run anymore? Like, it's fine. I get it. I'm a 12 minute-er and you've grown into probably a 10, nine and a half-er. Like, it's okay. You don't have to stay with me. But yeah, your family was sweeter and just stayed with you.
- Annie:** Yeah, they stayed with me. I set a PR for a fastest time, which is going to happen when your two cousins are running with you. The big goal was to... I think I'm going to set a life goal that I can finish a 5K in less minutes than the years I am of age. So I was like, I want to finish an under 44. I turned 44 two days later. And so I wanted to finish in under 44 or three days later.
- Eddie:** A birthday girl, just the other day.
- Annie:** Birthday girl.
- Eddie:** How was your birthday?
- Annie:** It was really fun. It was great. We laid by a pool and ate French fries, which is kind of like my... that is my favorite thing.
- Eddie:** That is...
- Annie:** And then we saw *Inside Out* too. Have you seen it?
- Eddie:** I don't really want to, and I know I should. I live with two of the... what's the main character's name?
- Annie:** Joy? Oh, Avery. You live with two Averys, you do.
- Eddie:** Yeah. And I'm sure it's great. I'm sure I will say it. But I'm like, I do not need to feel at a movie at this point in my life. I just want to... okay. So, but you saw it.
- Annie:** Yeah.
- Eddie:** And was it so good?
- Annie:** You know, the first one better fit my personality than the second one. I can see how the second one is very helpful and it is helpful to me too and it was very sweet and there were some funny parts. But I kind of joked with our team on Monday. I was like, Why did Joy have to go on a hero's journey for us all to realize that Joy can solve the whole problem? I just told you that from the start. So... Not to spoil it, but guess who makes everything all right? Joy. Duh.

- Eddie:** I haven't seen it, and I know I'm wrong, but I feel like that movie is like, remember when you were a kid and there used to be the Goofy cartoons, but he was like learning things? It wasn't like normal Goofy, it was like... You know, the modern man learns how to drive.
- Annie:** Yes, yes, yes, yes, yes.
- Eddie:** I'm like, I don't want to learn while I'm watching cartoons, man.
- Annie:** Yeah, that's right, that's right.
- Eddie:** Joy's got it. We know how it works. We got it. I'm sure.
- Annie:** Their visual of anxiety was really helpful to me from some experience I've had in my life and some friends' experiences. But again, I'm, you know...
- Eddie:** I know. I know.
- Annie:** The first one was great. My favorite character in the whole series is Bing Bong. And he's not in the second one.
- Eddie:** The biggest regret of our parenting life with Lucy was right on the edge of being Bing Bong for a Halloween, the year *Inside Out* came out. And she changed her mind, and of course, that's fine. But is Bing Bong not the best character ever?
- Annie:** I'll tell you the little Easter egg I saw is that at one point you see everyone sleeping. You see all the emotions sleeping. And on Joy's shelf is a mini Bing Bong.
- Eddie:** Oh, precious.
- Annie:** It's adorable. Yes, Lucy as Bing Bong is... Were y'all gonna make the costume? Was Bri gonna make it?
- Eddie:** We had never gotten that far, but yes, it would have probably been some sort of measure of, like, yeah, getting the hat and figuring out a pink elephant and all that.
- Annie:** I love Bing Bong with so much in my heart.
- Eddie:** Well, when Bing Bong exits the movie, that was a deeply... Especially when you realize what's happening, why he's exiting. That was, like... Damn it, Pixar. How dare you?



**Annie:** Exactly. There's about three of those in the second one where you're like, yeah, I didn't like going from kid to teenager either, Pixar. So of course Avery didn't like it. None of us did.

**Eddie:** Right. That 45-second montage, actually, it's probably longer and up, when they go from little kid to her life, and then she's passed away, and then he's sitting in front of the house holding a single balloon, I'm like, you can't do that to a person.

**Annie:** That's rude. It's rude.

**Eddie:** That is just awful.

**Annie:** Yeah. Yeah. I'll be interested when you do see it what you think. Because I do know some teenagers who saw it that had a really emotional response and felt really seen by it. I think it will help a lot of my friends who are raising teenagers and a lot of my friends who are teenagers to have some language for conversation.

[00:26:32] <music>

**Sponsor:** Hey friends, just interrupted this conversation to share about one of our amazing partners that our staff cannot get enough of, [ButcherBox](#). Listen, if you're trying to be a protein queen and keep your refrigerator and freezer stocked with great protein sources, you have got to try ButcherBox. I am telling you, it is so good and so easy. You get a hundred percent grass-fed beef, free-range organic chicken, pork-raised crate-free, and wild-caught seafood shipped right to your door.

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Our team loves when the ButcherBox shipment arrives at the office. I live alone, I can't eat all that meat. But if you've been a friend around here for a while, you know they always have the best deals, and so we share it, and it makes us all very, very happy. They also send you a recipe inspiration and guides and tips and hacks. So if you feel stuck on what to make with everything in your box, those are helpful, too.

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Okay, now back to our conversation with Eddie.

[00:28:01] <music>

**Eddie:** So you turned 44.

**Annie:** Yeah, 44.

**Eddie:** Am I 44? I'm 44. You and I are the same age, but I happened in February.

**Annie:** You beat me in. Yeah, that's right.

**Eddie:** By a couple months, okay. How's it feel, 44?

**Annie:** I don't know. I mean, I have two sides to this coin. I'm not really into even numbers, so I don't really tend to like when my birthday is even numbers. But number two, we are in a double-digit situation that only happens nine times in our lives. God willing.

**Eddie:** Oh, weird. Yes. I've never thought about it.

**Annie:** So I'm leaning on that. And I'm kind of like the way in my journaling and stuff I'm saying in my 45th year, because technically... but I'll be in my 45th year for this year and then next year I'll be 45. So I'll just stay on the odd numbers.

**Eddie:** It just feels better to you.

**Annie:** Yeah. I just like it better. I mean, it feels fine. I like my life and myself more than I ever have. And so I hope that is how it keeps going, you know?

**Eddie:** Would you do your 30s again, knowing what you know now in your forties?

**Annie:** Oh, can I know what I know now?

**Eddie:** Kind of.

**Annie:** Yeah. If I could know what I know now, I think I would do... I would start over at like... if I could know what I know now I'd start over at about 14.

**Eddie:** Funny. I think I would hit mid-20s, but yes, I hear you. You'd start over pretty young.

**Annie:** I would just like give myself... I feel like I have some real solid tips that would have made high school much more enjoyable and made me a better friend, made

me a better human in general, and made me make different choices that would have led to me being who I work to be now.

**Eddie:** No, that's right.

**Annie:** It's not like you're trying to change the outcome. Like you would have just helped yourself on the struggle a little bit.

**Eddie:** That's right. If you could go back and meet with any version of yourself for lunch, 14.

**Annie:** Oh, yeah. Funny. Who would you eat lunch with? Which of yours would you go back? All you can do is know what you know now and go back and eat lunch with any of them.

**Eddie:** 20.

**Annie:** 20. You'd let high school Eddie just let her rip, Tater Chip. That's awesome. Well done.

**Eddie:** But only for me because I feel like I don't... it was just so convoluted in high school. 20 was when it just started to like... I'm starting to untangle. Like 0 through 20. And I'm like old enough and mature... not mature enough. But like I'm starting to see... I would have just given myself a couple of like, here's the thing. It doesn't matter. This is going to happen, whatever.

But then I also wonder, not to play up the metaphor too much, but like... Do you know, the salmon have to swim upstream when they spawn? And they have to do it. So basically they have to have that fight. I also wonder, like, if I could go back and be like, all right, 20-year-old-

**Annie:** Would it mess up?

**Eddie:** Yeah, do Zoloft, never do this, da-da-da-da-da-da. Like, go to counseling for, you know, a decade, all of that, would it be the same? Like, did that have to happen to be here? You never know those things.

**Annie:** Eddie, I think about that a lot because some of my conversation with the Lord has been like, why was this the path that we picked? And was it me? Was it you? Was it both of us? I'd like to "we it" for everyone's mental health, mine and the Lord's. But I think I don't want to go back and have 14-year-old Annie not have to struggle. I'm with you.

And I'm not parenting. You're parenting, so you're dealing with this. But even with my nephew and my little niece of the nephew family members, I want to carry them over the rocks versus them have to figure out how to maneuver the rocks.

**Eddie:** That is brutal.

**Annie:** You can't. You have to let them... or our mutual friend, [Joy? 00:32:04] just posted about her kids finishing... both having their last day of school and how her son came home and said, "I play on the playground by myself every day and how much how hard that's been for her. I can't imagine. I'm not tough enough to parent like y'all. I don't know how to do that. But that stuff has to happen.

**Eddie:** You are, first of all... because no one is actually tough enough. You just have to be there. You just have to do it. And then you dissolve. Joy. I know Joy.

**Annie:** You melt into your bed.

**Eddie:** Right. You just cry. And then you write it in a blog a couple of weeks later and you process it. Like, it's just awful. But like, oh, you just had a kid finish sixth grade. You've just finished sixth grade. Do you remember sixth grade? I mean, even a good sixth-grade experience is a terrible experience. And you just are like, I can't save you from all of it. It is brutal, brutal, brutal.

**Annie:** So I'm with you. I don't want 14-year-old Annie to be unchallenged. But if I had a shot at a conversation with her, I'd go like, I can't tell you everything, but I am going to give you these like three things that I think will be really helpful for you from here on forward.

**Eddie:** Yeah. So it would be very specific, like, don't talk to that person.

**Annie:** Never start that friendship.

**Eddie:** Don't do that major. There have been a couple of very specific things that I'm like, I'm just going to give you a heads up. The rest of it you're just going to have to deal with. Listen, I don't want to turn corners too dramatically, but we have two incredibly important pieces of business.

**Annie:** Ready.

**Eddie:** One of which of course is 2019 at some point, but that can wait.

**Annie:** Sure, sure.

- Eddie:** We just finished the Olympic trials and we're getting ready for the Olympics. What did you think of the trials? Have you watched the documentary *Sprint* yet? Tell me fully where you were at in terms of the Olympiad.
- Annie:** I haven't seen any of it.
- Eddie:** Okay. No, that's fine. I understand.
- Annie:** I'm sorry. This is why it's important for us to discuss this because we didn't have TV on vacation. There was no TV at the place we stayed.
- Eddie:** I understand.
- Annie:** How have you felt about it? Y'all love the Olympics.
- Eddie:** Yeah, we watched every second of the trials. It's fantastic.
- Annie:** Did you?
- Eddie:** It is just thrilling to watch. And it's going to be so fun. The track and field 100 meter and 200 meter, which is like the super fast, like Usain Bolt type, it is going to be an epic year.
- Annie:** Between what countries? Us and?
- Eddie:** It's typically us and Jamaica are always the two countries that kind of go back and forth. Sometimes there's a surprise. Like for Italy, right, they have a contender, but I mean, there's just some really crazy, crazy, fast, unbelievable human beings. And then Simone Biles back in gymnastics and she looks so good. She is-
- Annie:** Okay, I'll tell you what I did watch. I did watch a minute of those trials because I was still in New York. The older amazing African-American gymnast woman who started and did one and then she stopped... Gabby.
- Eddie:** Gabby Douglas. Yeah.
- Annie:** Gabby Douglas. I thought, man, I want her to process all of that for about two years and then I want her to tell me what happened and tell me about like, I got back in shape or I stayed in shape. I got back to Olympic shape and I did the uneven bars and then I realized I don't want to do this. I want to do something else with my time.
- Eddie:** She's had a pretty unbelievable life.

- Annie:** Gabby Douglas, yeah.
- Eddie:** Yeah, Gabby Douglas. And not always easy and a long Olympic road, but also just one of the great athletes of all time. I want her to be a commentator. I want her to write a memoir.
- Annie:** She's written one book, because we were both Zondervan authors at the same time.
- Eddie:** Oh, that's cool.
- Annie:** But I'm with you. I would love for her. But Simone Biles just looks like... what a wild journey.
- Eddie:** She's unreal. She is an absolutely unbelievable athlete. It is nuts to watch her. Brianna posted something. They did like how high she was in the air. And she's maybe five feet tall.
- Annie:** From the ground, like the floor?
- Eddie:** Yeah. And she was 12 feet in the air at one point.
- Annie:** That's a scary height. I don't wanna come back down from 12 feet in the air.
- Eddie:** And she's doing this on the mat. This is part of the floor exercise. So she's running and flipping and she's getting 12 feet up. I mean, it is unreal to watch her.
- Annie:** That's amazing. Will you walk me through real quick? When they made the Olympic team for gymnastics, that was a big night to watch because it's just a selection process. It's not like top five scores?
- Eddie:** It's confusing because... I'll do the best I can with this. But it is not just top five scores. Because if it was top five scores, that would mean every routine also has to be equally weighted. So, for example, you could get a good score one night, but you do a routine that is of average difficulty, which means even if you did that perfect, your score wouldn't be crazy high.
- Whereas a Simone Biles, right, she can get a halfway decent night, but still get a higher score than most people because what she's doing are oftentimes moves that have been named after her because it didn't exist before her.
- Annie:** Holy cow.

**Eddie:** So they have to balance it with not just... that's why she's in, but they have to balance it not just with the actual score, but the possibility of score. And then they're weighing it across the entire world. So what does the world platform look like? What is the level of difficulty and how do they compete?

**Annie:** Oh my gosh. How many people are making this decision?

**Eddie:** I mean, it's coming down to one person. There's a team of people that are running this-

**Annie:** One person decides who represents America in the Olympics and gymnastics?

**Eddie:** Yeah. When you watch the Olympics-

**Annie:** What?

**Eddie:** Now, granted, there's a whole staff of people at U.S. gymnastics that are influencing it. But if you watch the trials, they kept cutting during women's gymnastics to a gymnast... I'm blanking on her name. But she was a medal gymnast from a couple of years ago. She is the one that at the end of the day has to-

**Annie:** McKayla Maroney.

**Eddie:** No.

**Annie:** Shawn Johnson.

**Eddie:** Maybe around Shawn Johnson's era, but earlier than Maroney.

**Annie:** Okay.

**Eddie:** But like has to take this and is the person that makes the final call. And some of these are individual... So there's a team of five that's all around. Like the team score. That's the five people that are real famous. But then there's also individual medals for all of the different pieces. So some people will go as part of a team of five. Some people will go for just...

**Annie:** And they just do uneven bars. Or they just do...

**Eddie:** That's right. So it's crazy. Gymnastics is insane. Whereas...

**Annie:** Is that your favorite? At Kaufholz's house, is that the one that is like, do not miss? Well, they're all do not miss, but...

- Eddie:** I will watch it all. My absolute favorite, the one that will get me out of my seat standing and clapping is swimming. And it has always been. Because it's so raw. It's just time.
- Annie:** It's just humans in water.
- Eddie:** Everybody in a pool, go. The fastest one wins the thing. It's just so crazy to me. That's very exciting.
- Annie:** Did you see the clip of Michael Phelps reading or watching a video from an Australian swimmer talking trash about the US?
- Eddie:** He was on fire.
- Annie:** His eyes were on fire.
- Eddie:** He could have gotten in the water.
- Annie:** And then that girl didn't even make the Olympics. Did you see that?
- Eddie:** No.
- Annie:** One of the comments was something like, it's hard to yell over the music when you didn't even get in the club. I mean, stuff like that. Great, great comment.
- Eddie:** She dogged on the national anthem, basically, and Michael Phelps was forced, basically, on camera to watch it live and then react. And you could see veins in his neck, and you could tell, like, if that man got in the water, he would demolish anybody at that moment.
- Annie:** I mean, unbelievable.
- Eddie:** It was awesome.
- Annie:** I love Caeleb Dressel. I follow his wife on Instagram. She seems lovely. After the last Olympics, I was like, "I want to have Meghan Dressel on my podcast. I keep thinking about it. I need to do it. Meghan, if you're listening, if you're listening to Annie and Eddie, come be on the pod.
- Eddie:** The other one too is to watch is Katie Ledecky. I mean-
- Annie:** Not human. Absolute robot. Robot swimmer.



- Eddie:** An absolutely lovely human being.
- Annie:** Yeah, she seems like it.
- Eddie:** I would like her to be on your show. I think that she would just be tickled and you would just have a great time.
- Annie:** Yeah, I would love her. I think you're right. She is just so fast for so long in the water.
- Eddie:** It's unreal what she can do.
- Annie:** Swimming in track and field are the ones where I want to see a normal person lane.
- Eddie:** Oh, yeah, yeah. Track and field, yeah. Because it's just... you have no sense of it.
- Annie:** Yeah. I have no sense of what would a normal... a CrossFit athlete do. My chiropractors do CrossFit. What if one of them was in the pool? That's not a normal person. That's an above-normal person. But I wonder how that looks versus Katie Ledecky.
- Eddie:** That's a better comparison because you're just laughing if I'm in the pool. It's like, I get the joke.
- Annie:** If it's me, I can't do a lap. I cannot do a lap.
- Eddie:** I want the lady that runs by our house every day to get out there and do 200 meters. And I want to see,-
- Annie:** At the same time.
- Eddie:** People have been saying that so much. How do they not have...? That's going to have to be. I'm going to call it--
- Annie:** Even just draw a line. Just like you do the world record line and the personal record line, do a normal person line. The orange is the normal person.
- Eddie:** Right.
- Annie:** Oh, speaking of orange, can I tell you one off-topic thing? I interviewed Demi Tebow the other day, and I wore an orange and blue dress just for you guys. That is a step, isn't it? That's a step for me to wear orange and blue.

- Eddie:** I've heard she's a lovely person and very, very nice.
- Annie:** So lovely. You're gonna meet her next week after people hear this at the Ryman event.
- Eddie:** I'm going to be so cool about it. I'm going to be so cool.
- Annie:** Your role... I cannot wait when you get the rundown of everything that... the pieces you're a part of are just classic.
- Eddie:** You know I know nothing-
- Annie:** I know.
- Eddie:** Which is my favorite part.
- Annie:** You're going to soon. Before people hear this, you're actually going to get a rundown.
- Eddie:** But I love it because I thought, how do I prepare? And I'm like, I guess I just make sure a shirt is ironed.
- Annie:** Yeah, have a shirt and pants. And pants. No [inaudible 00:43:07] around here. Shirts and pants. It's going to be so fun. It's going to be so fun. But she'll be there. You'll get to meet her.
- Eddie:** Yeah, that will be a thrill. I forget who's a surprise and who's not. Lady A people there.
- Annie:** Yeah, they're not a surprise. I don't know if you know the surprises. We had a monster surprise that backed out yesterday, and it broke my spirit.
- Eddie:** Oh, no.
- Annie:** I mean, it was our, like, piece de resistance of, like, the crowd is going to stand up and scream.
- Eddie:** Couldn't believe it.
- Annie:** The guests had to back out yesterday. That's okay. For a very understandable reason.

**Eddie:** Will you text me and tell me, just so that I can enjoy what could have been?

**Annie:** Yeah.

[00:43:48] <music>

**Sponsor:** Hey friends, just interrupting this conversation one more time to tell you about one of our incredible partners, [Hiya Health](#). This one is for my mini BFFs. Where y'all at? Y'all know we love Hiya Health around here because it's the pediatrician-approved chewable vitamin that is super-powered and made with zero sugar and zero gummy junk.

So many kids' vitamins out there are basically candy, but Hiya Health was formulated with the help of nutritional experts and is pressed with a blend of 12 organic fruits and vegetables, and then it's supercharged with 15 essential vitamins and minerals. A lot of my mini BFFs absolutely love them, and I love knowing they're getting the nourishment they need without any of the junk.

Plus, they come in these really cute glass bottles that are reusable month after month, which I love. Your kids get to decorate them with stickers when you get your first order, and then you can just refill that bottle with every future order. Brilliant.

We've worked out a special deal with Hiya for their best-selling children's vitamin. Receive 50% off your first order, yes, like five-zero. Okay, to claim this deal, you've got to go to [Hiyahealth.com/thatsoundsfun](#) and get your kids the full body nourishment they need to grow into healthy adults.

And now back to finish up this conversation with old Edward.

[00:45:09] <music>

**Annie:** Okay, Olympics. Sorry. Let me ask you. I got us off track with orange and blue.

**Eddie:** No, I mean, that's right on, because of course, Katie Ledecky trained at the University of Florida.

**Annie:** Oh. Well, there we have it. So did Caeleb Dressel, I think. I think he's also a gator, isn't he?

**Eddie:** Yeah, you're gonna see a lot of gators in the Olympics.

- Annie:** Yeah, I know. There's a couple of dawgs, but it's mostly Gators.
- Eddie:** It's an Olympic training ground. We also have to, at some point, talk 2019, if you feel like it.
- Annie:** We probably should now since we're at 40 minutes. Let's go ahead and talk 2019. Eddie, we were really rolling in 2019, you and I. I mean, we were real friends by then.
- Eddie:** Off to the races. So yeah. This feels not like five years ago. This feels way... I mean, EnneaSummer.
- Annie:** Yeah, that was our first EnneaSummer, I think. Yeah. 2019 is borderline laughable because we had no idea, you know? Like 2019 is the last year that we didn't know. Oh, it's the last year we didn't know.
- Eddie:** I can't overstate this, so I'll just state it as plainly as I can. Like, from COVID until right now, my life-
- Annie:** Everything's different.
- Eddie:** Everything-
- Annie:** Your life has really changed.
- Eddie:** I mean, in ways that I've... I mean, I don't even... some we know, some made it onto doing the best we can, most of it didn't. Like it has been just... I feel like 2019 was the last normal-ish year.
- Annie:** What do you think we would have said if someone would have said, describe life in a global pandemic? What would we have said in 2019? I don't know that I had even a folder. I think I thought it was impossible because it was a thing that happened a hundred years before.
- Eddie:** I had no frame of reference of what it was.
- Annie:** I have no frame of reference. Yeah, I don't think I could have known.
- Eddie:** Even when it was happening, we didn't know. You can hear us not know in the old show.
- Annie:** That's right.

- Eddie:** And even still, when you look back at it, you're like, how did that... I mean, I know we're going to talk about this a lot clearly next month. But 2019 was sort of just like the last time everything was normal-ish.
- Annie:** I mean, yeah, that feels really true to me. It feels like there's a BCAD to any adult's life. I'm not sure if that would feel true for a five-year-old or for a six-year-old, maybe a 10-year-old who did some school before and after. But it feels like this is a different... between elections and COVID, it feels like it's a different world than we lived in before.
- Eddie:** Completely. Yeah.
- Annie:** Oh, downer. Sorry, man.
- Eddie:** No, not at all. It is absolutely-
- Annie:** *Old Town Road*, number one song. *Old Town Road*.
- Eddie:** It never gets old, that song. It never gets old.
- Annie:** It doesn't! It never gets old! Okay, speaking of, I don't think... *Because I'm Happy*. I don't think that song ever gets old either, Pharrell. He has a new Lego movie coming out that is his life as a Lego movie.
- Eddie:** I want to go "I don't get it", but Lego and Pharrell are both so 100%... like it's almost got to work, but it's kind of wild.
- Annie:** That's it. That's it.
- Eddie:** Do you know that in the real life, in the Lego movies, they won't build anything that a person couldn't build? They only used approved Legos. And if they don't, if they need to build something like they built Andy or... Is Andy the character? What's the... Emmett. Elliot Emmett, the main character. They made a real Lego. So if they have to create something, they'll create it. So in theory, you can watch the Lego movie and build everything. It's all legal Lego builds with actual blocks. Isn't that amazing?
- Annie:** This is why people should stick around for the whole show, because the nugget came in the 44th minute. The absolute nugget. I have never known that. So you can pause any scene in a Lego movie, and every piece you see is a piece you could purchase and rebuild.

- Eddie:** Yeah. And they make references, little joke references to it, like, Oh, I had to build it with a bunch of these, or can you hand me a whatever, that if you're like a Lego nerd. Now, some of them are deep pieces that you would have a hard time finding, but they existed in Lego at some point. It's not like they just like... you know, make the computer make a building and then put Lego X's, you know, lines on it.
- Annie:** Yeah, that's what I would have thought. It's like, click one, build the building. Click two, make it Lego.
- Eddie:** Had to have been built. I love it. I feel like Lego and Pharell are going to make it work, but that is certainly a very strange thing.
- Annie:** Wow. I wonder if they'll have... because like Snoop Dogg is one of the characters. I wonder if they'll have to make a Snoop Dogg Lego. I saw the previews during *Inside Out*. And *Despicable Me 4*, which you know how I feel about Gru. He's my celebrity crush, so I'm sure you're gonna see that one.
- Eddie:** That's totally your type.
- Annie:** I know. Bald villain.
- Eddie:** What else happened with you in 2019? Was there a life event?
- Annie:** We moved into the office here, which is awesome. That's when we started in the office when my manager Kelly joined the team. So it was a pretty pivotal year professionally for us unknowingly that we were about to be out of the office for six months. It's the first time I went on tour, the first time when I did the Come to the Table tour, the first time we had this office and the first time I had a manager... No, not the first time I had a manager, but the first time Kelly was my manager.
- Eddie:** Because you all were running at really full speed when COVID hit. and it was sort of like, how do you keep running but now that our entire model is different? It was-
- Annie:** Dude, I'm telling you, I was out on a walk on like the third day of at home and our podcast network salesperson called me three times on the walk to tell me a podcast sponsor backed out. I was like, what is this new world? So yeah, in 2019, we thought it was just up into the right. You know, like we figured it out. We've busted the code. Here we go. And that has not been true. There's another up into the rights, but there have been down into the rights as well. So.
- Eddie:** Yeah. Yeah. Personally, it is worth you knowing Brianne and Eve and Lucy road-tripped to Nashville at some point and met-

**Annie:** In 2019?

**Eddie:** Yeah, and met the Secretary of State. And the Secretary of State gave them little pins and took pictures with them, and then they became pen pals. And I think at some point they went back and forth as Secretary of State. There was other stuff that mattered, but as Brie-

**Annie:** What else mattered? That's not when y'all moved. Y'all moved after COVID.

**Eddie:** Next year. Yeah, next year. I mean, for me, this was... I went to Ghana. This was the year of Esther, Esther's story, all of that.

**Annie:** Oh, wow, yeah.

**Eddie:** Yeah.

**Annie:** Wow. What a pivotal year for you too professionally.

**Eddie:** Crazy, crazy, crazy. 2019.

**Annie:** 2019.

**Eddie:** I feel nostalgic and the kind of... I don't know how I feel, but it's not chipper. It's like, huh.

**Annie:** I feel nostalgic and sick. A little bit like, uh, that was a sweet year. This is true in family life and ministry life and job life. You just never know what you're going to have to lead through until you're leading through it. 2019 Annie, I'm just like, man, she really kind of makes my stomach hurt.

**Eddie:** I know, it does.

**Annie:** She just was living like pandemics weren't a possibility.

**Eddie:** This is interesting thing about this project that I won... I kind of thought for a second if we run into it where it's fun to talk about the 2019 like, you know, movies and all of that kind of stuff. Great. But like I found this with doing the best we can, rest in peace. There were things that were old enough that I could process it in a way that I was comfortable processing it out loud. But 2019 just started to hit on like, I don't know if I want to think about this.

**Annie:** Yeah, yeah, I get that.

- Eddie:** But not totally, because there's mostly just wonderful things. But it feels so recent. I'm like, what is it gonna be like when we're talking like 2022? That's exactly right.
- Annie:** Oh, right.
- Eddie:** The other day, I don't...
- Annie:** Yeah, yeah, yeah. Right.
- Eddie:** The shirt I'm wearing was purchased in 2022 probably.
- Annie:** That's exactly right, Eddie. I've got the same shoes on that I had in 2022. That's right. That's right. Well, we've done it again.
- Eddie:** Annie, I can't wait to see you in Nashville. I can't wait.
- Annie:** I'm so glad that you are coming. Thank you so much for being a part of the show at the Ryman. I cannot believe we... I mean, who'd have ever guessed in 2016 or whatever, when we started being friends via internet and podcasting and Relevant, that we would someday do a show at the Ryman!
- Eddie:** You know, I think people around you would have guessed that you would be doing this because the roller coaster was always... Me grabbing your coattails? Nah, I don't think so.
- Annie:** That is not true. That is not true. Co-pilot.
- Eddie:** But you going full speed ahead and doing this, I feel like that's been no surprise, yet still very surprising. So happy 10 years, happy whatever year we're on now.
- Annie:** Yeah, it's 10. You're right.
- Eddie:** Yeah.
- Annie:** Yeah. All right, thanks, buddy. Appreciate you doing this.
- Eddie:** This was fun. Thanks for letting me do this. What a joy!
- Annie:** Always. Let's do it again in August. We'll talk about 2020. Lou. I can't wait to see Lillian's list of top songs, top snacks. What happened in 2020, can't imagine.
- Eddie:** That's what we should do with 2020, is just to fully ignore the pandemic and be like, Tiger King was nuts, right? Wasn't it so fun?



**Annie:** We should. We should.

**Eddie:** Just no mention of it.

**Annie:** Oh my gosh, that's funny. All right, friends, go wash your hands.

**Eddie:** Bye, buddies.

[00:55:21] <music>

**Outro:** Well, y'all, that was 2019, or was it everything else and 2019? Gosh, isn't Eddie the best? Listen, if you like this episode, make sure you go back and listen to the others from this year with Eddie. We put together that Spotify playlist of all of them. It is linked in the show notes. If you are not a Spotify listener and wish we could make a playlist at Apple, they haven't given us that power yet. So come over to Spotify, listen to the playlist there.

If you got any questions from this episode, just drop them in the Q&A box on your Spotify app if you're a Spotify listener, or you can send it to us on Instagram @thatsoundsfunpodcast. Make sure you are following there. That is where the best of these shows ends up. We'll try to answer all your questions as well.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. Anywhere you need me, that is where you can find me.

I think that's it for me today, friends. Go out or stay home, so something that sounds fun to you, and I will do the same. Today what sounds fun to me, y'all, we just got our pictures back that our family took on family big fam vacay, as we call it. Big shout out from Asheville, North Carolina to Mallory Joy Photography. The pictures are incredible. So this weekend, I'm going to be spending all my time printing out pictures, framing them in my house, planning for Christmas gifts. That is what sounds fun to me.

Y'all have a great weekend. We'll see you back here on Monday with our friend, one of my favorite pastors, authors, podcaster from Nothing is Wasted, Davey Blackburn. See you on Monday.