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Annie: Hi Friends! Welcome to a very special episode That Sounds Fun, our last one of 2022. I'm your host, Annie F. Downs. I'm really happy to be here with you today. We have got a great show in store.

Before we do anything else, I want to take one last chance and invite you to go through the Gospels with us in January. You can subscribe to the Let's Read the Gospels podcast wherever you're listening to this. It's also on YouTube, Instagram, Facebook, all the places.

I'll read three chapters a day, starting January 1st, we'll finish all four books in 30 days, and then we'll keep going. And we'll loop through them again and I'll invite you to February, and then we'll loop through them again, and I'll invite you to do March. And by the end of the year, we'll have listened to and read the gospels 12 times. I cannot wait to spend that much time with Jesus and with you in 2023.

Again, it's called the Let's Read the Gospels podcast. Link is in the show notes below. And I hope you'll join us starting January 1st.

Sponsor: Before we dive into today's conversation, I want to share about one of our amazing sponsors, [BetterHelp](#). You know it would be so nice to have a user manual for this life. I know you feel that going into the new year like I do. And that is just not possible.

Scripture helps a lot and our friends help a lot, but therapists are trained to help with difficult emotions and challenging situations. Y'all know this, I love my therapist. She is wonderful and has just helped me over the last few years really, really like get healthy in my mind and in my heart and continue to grow in ways that I've really wanted to.

And as the world's largest therapy service, BetterHelp has matched 3 million people with professionally licensed and vetted therapists that are available 100% online. Plus, it's affordable. Just fill out a brief questionnaire to match with a therapist. And if your first match isn't a good fit, you can easily switch to a new therapist anytime.

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So learn more and save 10% off your first month at betterhelp.com/thatsoundsfun. That's betterhelp.com/thatsoundsfun.

Intro: Today on the show we are continuing our annual tradition of looking back at the year and doing a year-in-review with our good buddy Eddie Kaufholz. Eddie and I have been podcast friends and real-life friends for a decade or something.

It's so fun to get a chance to catch up and take a look at 2022 together. And you know what ended up happening is we pretty much did a very long episode of Annie and Eddie Keep Talking. It's what we did. And it's a great way for us to close out this year on That Sounds Fun. So here's our year in review with our pal Eddie Kaufholz.

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Annie: What is that cap? It is so great and so holiday. For our friends listening, Edie is wearing your favorite Newsies cap.

Eddie: Yeah. Let me tell you, I found a company this year that I make no money from. It is called an Oddjob Hats, and they make hats for people with heads of my size. Go ahead. Take it in.

Annie: Wait, what does that mean?

Eddie: What do you think it means?

Annie: Do you have a particularly large head?

Eddie: Yeah.

Annie: That's what I think it means is you have a large head. But I didn't know that about you.

Eddie: Yeah, yeah. I mean, it's not like-

Annie: Abnormal?

Eddie: ...circusy large, but it's like-

Annie: Yeah, that's why I'm wondering. Is it scientifically different? Like is your doctor sometimes like, "Let's talk about your circumference?"

Eddie: Can you imagine, "Hey, we're gonna need you to shed a little weight in the new year, and also just curious how your head is like that."

Annie: But mostly from the neck up is what they-

- Eddie:** Like, "How does it happen? Like how did you grow a skull like that?" But do you ever notice that people's heads change as they get older? Like the famous one that people joke about is Alec Baldwin.
- Annie:** His head size has changed?
- Eddie:** It's not just like fat. If you can see here... Oh my God, we're on a podcast. Like you can see on your face, right? But like the head itself, I'm like, "Alec Baldwin must wear a different size hat than he did 30 years ago."
- Annie:** I'm shocked by this news. I am shocked. Well, you know, what is it? Ears and nose always keep growing, right? So that doesn't feel weird. But I did not know that your actual cranium changed upon aging.
- Eddie:** It's not only like old guys have like those big, droopy years because it just kind of gone.
- Annie:** Yeah, it's gonna happen to us. We're gonna have big, droopy ears.
- Eddie:** Oh, Annie.
- Annie:** We should be so lucky. We should be so lucky to live to droopy ears dome.
- Eddie:** So I got this hat. It's cold all the time. I need a hat I can wear basically all the time, indoor, outdoor that warms my head.
- Annie:** Can you tell me how different the weather is for you now versus Orlando?
- Eddie:** It is literally night and day because it starts to get dark at, whatever, 4:30 in the afternoon and it is cold. Like right now a real-time temperature is like 38 degrees outside. But I'm adjusting a little bit because I was like walking around the neighborhood yesterday, I was in jeans and a t-shirt, kind of like a mesh t-shirt. You know what I mean? Like a real thin... maybe like no sleeves.
- Annie:** What?
- Eddie:** They were like my daddy jeans. Anyhow. So I was walking around the neighborhood... I saw you looking at your list and I knew I need to get back-
- Annie:** How? A mesh t-shirt and daddy jeans.

Eddie: I saw you look down at your phone.

Annie: It's my list. I added to my list as you're talking.

Eddie: Anyhow, it's warmer here. It's fine. That's the weather.

Annie: It's that warmer there?

Eddie: But I'm getting a little used to it is what I'm saying. Like you walk around in jeans and a t-shirt in the 40s, and you're like, "Oh, well, that's a new thing." Because I was like middle of winter.

Annie: Geez.

Eddie: I want to tell you that also I have a list. And it's a real one and it's right there next to me. So I don't care if we get to it. But I want to tell you that like I put it in the-

Annie: Yeah, yeah, yeah. That is... Yeah, same same. Because this is maybe our sixth Year in Review. Fifth or sixth?

Eddie: We did 2016, yeah, as our first one.

Annie: '16, '17, '18, '19, '20, '21, '22. So our seventh? Wow. This was supposed to be our Sabbath year.

Eddie: No one could know this. We were going to take the seventh year off?

Annie: Yes. You're supposed to let the fields grow in the seventh year.

Eddie: Fields grow. Listen, there is a little funny thing, a little dance with you and I with this end-of-the-year thing because I look forward to it. And I love it. To me, this moment of us recording is sort of like one of the ticking over things to like-

Annie: Same.

Eddie: That's it. And I'll probably wrap up podcasting after this. I have a little bit more to do and then I'm done. Like it's just like a nice thing. But also I don't ever know... Like someday you're going to have other organizational priorities and I'm not going to be on the end of the year show.

Annie: That's never true. I don't know if you have a list of never trues but that's on the never-true list.

- Eddie:** But you can't say that because you just don't know.
- Annie:** I can. I'll be the literal boss. That's a never-true.
- Eddie:** Yeah, that's right.
- Annie:** The boss gets to make the never-true list. And that is never-true list.
- Eddie:** But it's every year when I get the email from you or Fallon, I'm like, "Oh, great." But then I always like I wanted to ask but then it's always this weird dance. Anyhow. I'm honored to be here, Annie.
- Annie:** So just so you know, we already have our 2023 podcast calendar hung up on the wall. You are already the last Thursday of the year.
- Eddie:** Well, it doesn't need to because it's our seventh year. So...
- Annie:** No, this is it. This should have been our Sabbath, but we wasted it. So may the Lord have mercy upon us.
- Eddie:** Amen.
- Annie:** Can I tell you the first thing on my list? I forgot my water bottle today and I'm drinking out of an open cup full of water. And I feel like this is the wildest thing I've done in a long time, just drinking out of an open cup at work.
- Eddie:** Open cups outside of your own home feel wildly intimate.
- Annie:** It's dangerous.
- Eddie:** It's just like, what's going to fly in this thing?
- Annie:** It's just wide open. I keep finding myself wanting to put my hand over the lid of it.
- Eddie:** Like look at me drink and it's just like, I don't know, Malfi. I don't want to-
- Annie:** But out of a mug, it's fine. I've drank out of a mug almost every day at work, but for some reason being out of an open cup feels like intimate is right. It just feels like this is embarrassing. For some reason, I feel a little bit of embarrassment. I don't know.
- Eddie:** I know. I know. But also, what is your normal water bottle situation? Do you have multiple or do you have a single?

- Annie:** No, I have one. It's just always my water bottle. The reason I forgot it I think is because it's beside the dishwasher because I meant to put it in last night and I forgot and I walked out quickly. And I think I forgot it. I know I forgot it. That's not the question part. The question is how.
- Eddie:** You have a dishwasher at work?
- Annie:** Yes.
- Eddie:** No, okay. So there is a chance-
- Annie:** So I could have run it through the dishwasher, yeah.
- Eddie:** Open cups at work make me nervous though because you never know. Like who is in the office today?
- Annie:** We got a Craigles in here with us.
- Eddie:** Craig must-
- Annie:** And Ashley's here, Fall...
- Eddie:** Great. all the people.
- Annie:** I mean, Eddie, you gotta get down here. The team is robust.
- Eddie:** We're thinking about trying to come up in early January.
- Annie:** What?
- Eddie:** We can talk scheduling later, but first week or two of January.
- Annie:** Are you?
- Eddie:** We've been needing to come to Nashville just to hang out. So we wanna see it.
- Annie:** Oh my gosh, that makes me so happy. As always your family... when I had my knee surgery... we got to talk about knees. When I had my knee surgery I got the kindness package in the mail with handwritten notes from everyone in the family. And as always, Eve and Lucy just wrote these notes that were just so personal and so genuine. It is like they are the future of the US mail system. That's all I want to go through the mail is notes from Eve and Lucy to everyone.

Eddie: They do. They are very tender and they... Can I tell you about the worst thing I did parenting-wise this year?

Annie: Yeah.

Eddie: It's a really embarrassing one.

Annie: Oh, good.

Eddie: So sometimes if I have a little thing with any of the kids, like if we get into a little to do-

Annie: Sure.

Eddie: ...they're a little bit more comfortable, especially Lucy, sometimes expressing herself in a writing thing. And in a pretty... I mean, this is really bad. But she comes down the other day and we had just had like a little thing, and she comes down-

Annie: A little squabble, that kind of thing?

Eddie: A little squabble. And I handled it well, she handled it well, but it was just definitely like a real moment. And she has this post-it note in her hand that she's gonna give me and I'm like, "I don't want the Post-It note, I want dinner back," which is the one that happened. And then she just walked away with the deepest shame because I just degraded the Post-It note. The moment she left, I'm like, "What kind of animal am I?"

Annie: I mean, also that is how humans learn that there's a choice in the middle of a behavior that protects you from having to write a sticky note to the end.

Eddie: Yes, yes.

Annie: But also she's nine.

Eddie: Yeah. She's 10 and I am her friend. And she thoughtfully curated her words into a note that I... Basically, it was like... Have you ever seen *Phantom Thread*?

Annie: No. Should I?

Eddie: Oh, my gosh, it's like one of those dark Paul Thomas Anderson movies. But this guy is just like this really cranky dress designer and someone interrupts him and he just comes in and he just kicks the person out. He's like, "You might leave," but the

interruption remains. And it was just sort of like, "Give me the note. I don't want your forgiveness." But also it's like, "At what point should I not offer forgiveness?" Right?

Annie: Right. Right.

Eddie: I should not model, "No, sorry, we don't get that." Anyhow.

Annie: So how'd you fix...? What happened after that? What was the next iteration?

Eddie: Oh, man, I just go upstairs. I'm sorry.

Annie: You have never discussed it again?

Eddie: No. We just don't even make eye contact now.

Annie: Yeah, you haven't seen each other a week and a half?

Eddie: Oh, yeah. The slow filtering of the relationship.

Annie: Okay, tell me something on your list. My open cup was really important to me. So tell me something on your list.

Eddie: Well, I have a lot of Christmasy kind of stuff that I want to share, one of which-

Annie: I'm really interested.

Eddie: See, it's just an open cup and the water flows.

Annie: I know. I just took a sip of water and it terrified me the whole time.

Eddie: And you know Craig was watering the plants with that this morning.

Annie: Oh, that's my fear. I was like, "Where has this cup been? I don't know. Craig doesn't water the plants.

Eddie: I wanted to tell you about something that Brianne did which was the most baller move for Christmas. We have a very active-

Annie: Is this your third Christmas in this house or second?

Eddie: Second. Yes.

Annie: Okay.

Eddie: So we have a very active neighborhood. There's always stuff going on. There's like private Facebook groups for the neighborhood and people doing stuff. There is a lady in our neighborhood who is a TikToker.

Annie: She's a Tik Tok star?

Eddie: Yeah. I mean, she's got like a nice following.

Annie: Oh, boy.

Eddie: I don't know her name and I haven't seen it. I haven't downloaded her videos or whatever.

Annie: So we can't watch her? That's so frustrating.

Eddie: You could but I have no means by which to tell you.

Annie: Means to tell us. I know. I know. I might text Bri.

Eddie: But this TikToker lady puts on Instagram, whatever it is, TikTok, and says that she's—sorry, Craig, you're gonna maybe beat me. I don't know—that she will wrap her present. Like her thing is she wrapped online. So she wrapped... Brianne got our Christmas presents wrapped by a TikTok lady on her TikTok-

Annie: Oh, because she needs to show people how to do cool wrapping?

Eddie: Thank you. Yes.

Annie: Eddie!

Eddie: So it's a funny thing because I haven't watched it because I would assume one of those presents might be for me and I can't see my own presents getting wrapped-

Annie: Fair assumption. Fair assumption.

Eddie: ...because apparently I'm still eight and can't know what I'm getting for Christmas beforehand. But then also underneath our tree there's just like immaculate with perfect little bows and little extra things that say, like, "believe" in golden sparkly hanging off of it.

Annie: Yeah, yeah. It is the paper folded very tightly? Like are the edges perfect?

Eddie: It's like you're in a Macy's and it's like you take boxes that are under the tree. That's what under our tree looks like.

Annie: I cannot believe that.

Eddie: So I wanted to share that with you.

Annie: I want to see... Here's what I didn't know. I had this conversation last night at dinner, Eddie. I did not know there was a community of people who focus on wrapping gifts. The reason this even came up is my friends gifted me for Christmas a new jigsaw puzzle.

Eddie: Oh.

Annie: It's beautiful. It's perfect. It's awesome. It's Jane Austen. It's beautiful.

Eddie: You said jigsaw? Like you really want for the full first word. Is it like wooden with like paper?

Annie: No, no, no, it's paper. I don't know. It just came out. I don't know. I don't have any defense.

Eddie: I don't mean to do it, I like when people say the whole thing. It was like the proper jigsaw.

Annie: Yeah, yeah.

Eddie: Anyhow, they gifted you jigsaw.

Annie: Yes, yes, yes. Yes. And we had this discussion about how there is a contest, this may be why I said Jigsaw because there's like a gathering of people who do jigsaw puzzle races. And you're in a team of two and you get a 500-piece puzzle and you have minutes to finish it. You have two hours to finish it but the winners finish in like 30 minutes.

Here's what I'm saying to you. There's a community that talks about wrapping gifts. There's a community that talks about puzzles. And I want to go to those conferences and be the Ira Glass at those conferences.

Maybe this is what you and I do next is we just start going to random conferences interviewing people about the thing that they love enough that they have paid to

stay at a hotel and sit in sessions on Friday, Saturday, that is not religious. It is purely because they love their hobby.

Eddie: It's a love to the degree of like... Because your mind goes one of two ways. It's like, one, do you just love the community of it? Like everybody needs something, right? Like there's a group of 10 people that ride around in PT cruisers I'm sure or something like that.

Annie: Totally. Totally.

Eddie: Like everybody's got to have a thing. We all have a thing. Everybody has a thing.

Annie: That's how you find community. It's one of the ways you find community.

Eddie: Sure. "I gotta learn how to rap really well. Sure. These are my people. I found my way into it." But then the other thing is, is like what is the psychology of that? That's where the Ira Glass part comes in. Because it's like, what is clicking in you that it's just...? What is that need filling in you? And what is it-

Annie: When did you start loving puzzles enough that you Googled a gathering, a conference, a retreat, whatever, right? Because you and I are so embedded in Christian practices like that, that of course... like, of course, you're gonna go to a Christian camp, because that's all we've ever known is like youth group that lead to adult retreats and summer camp and all that.

But then the same way people gather around their love for Jesus, they gather around their love for wrapping Christmas gifts. Now, of course, the experience is different. But they still choose to gather around it.

Eddie: Yeah. But there is-

Annie: Don't we need to go to those? What else you want to go to? What are the other ones you want to go to?

Eddie: I mean, I've always wanted because I've watched a documentary on the people that do crossword puzzles. Those are like famous ones, right?

Annie: Yes.

Eddie: Like crossword puzzle people. Always wanted to see like the Wordle. Like all of those kinds of like New York-

Annie: Totally.

- Eddie:** What the guy's name that's the guy that... Will Shortz. He hosts-
- Annie:** Oh, I don't know who that is.
- Eddie:** He's like the New York Times crossword puzzle editor but he hosts... Like he's exactly who you want him to be. When you think, "What's the crossword editor like?" It's this guy.
- Annie:** Is that guy.
- Eddie:** So it's those kinds of things.
- Annie:** He has one of those hats you're wearing, by the way? He has three of them.
- Eddie:** Also, I went to London in this hat and it was very on brand, but also a little too much. Like, this is what people think you wear to London that no one wear it anywhere. Do you know what they wear a lot in London? Baseball, American baseball hats.
- Annie:** Really?
- Eddie:** I saw a Yankees and Red Sox hat everywhere.
- Annie:** Fascinating.
- Eddie:** Everywhere. More than my little Newsie hat.
- Annie:** That's another one. Sports is another one that we would gather around, that we could go to conferences.
- Eddie:** Right. No problem. Like if there was a soccer thing or whatever, baseball, no problem. I mean, I've always wanted to go to a big Comic Con, which I know are like the super famous ones. But there's just like a subset of people that aren't looking at it ironically or wink wink that are...
- Annie:** That's right. That they love it. You know there's Rom cons and Christmas cons that are all Hallmark stars that you pay to go see and meet Hallmark stars.
- Eddie:** Now, isn't that because you're a little into them? Like you're romantically into that boy?

- Annie:** Oh, for sure, there are... Well, not everyone because we're giving space that there are people who are... it's not Wink, wink and laughable. But yes, some of them for sure are like, "I have a crush on this guy from a distance and I know he's married, but I can go take a picture with him." That's how I felt about Atlanta Falcons in my history, right? Like there's been one or two Atlanta Falcons that I was like, "You're cute. I'll go to a Sam's Club and take a picture with you."
- Eddie:** Sam's Club. Those things are always like... you get excited when you think of what it is. And then you show up and there's like five people in line and they're just-
- Annie:** And you're like, "Oh, what have I done?"
- Eddie:** There are next to those big pallets of muffins and it's like, Wow.
- Annie:** But you've got your jersey on, so there's no like, "Is she here to shop at Sam's on a Saturday?" or "Is she here to meet this football player?" And you're like, "Oh, I can't walk by this. It's embarrassing."
- Eddie:** Then again, if Costco gave me a little spot in the back corner, and said like, "Hey, you set up and you podcast from there," I'd podcast from a Costco.
- Annie:** I'd do that. See, that's what we need to do is we need to do Annie and Eddie Keep Talking at... and where it Costcos, and we're at jigsaw puzzle conferences. Here's what I want our friends to do. I'm not gonna force you to but if you're welcome to post about this episode today on Instagram. I would love for people to tell us either what are some other cons you've gone to, some other comic cons type things you've gone to that you think we'd enjoy, or what are ones you've heard of, even if you haven't been. Because there's got to be cat owners, Eddie. There's gonna be like cat owners' convention.
- Eddie:** My algorithm for... I mean, how I've not been invited to one is beyond me.
- Annie:** I have a sticker honestly.
- Eddie:** All I see now is sweaters with cats on it, customized socks with your cat's face on it, and people with cat videos. And I love it. And also people that are like the folks that we follow each other and stuff on Instagram. There isn't a cat video in existence that isn't DM's to me. That are of course Savannah Bananas.
- Annie:** Oh, Eddie, have you ever-
- Eddie:** There are two things that are like... When someone says, "Have you seen this?"-

Annie: I feel trolled by the Savannah Bananas. That's how much you and I get DM'd. And I'm grateful. I don't mind people do it. I do feel like I'm being trolled by the Savannah Bananas.

Eddie: But like if a video came out 12 seconds ago and you are seeing it and you go, "I gotta send this to Eddie and Annie" with the caption "Have you seen this?" The answer is yes, we've seen it because-

Annie: Send it anyway. Please.

Eddie: Fine. But 19 people have sent it. It is absolutely-

Annie: Eddie, I've gotta give you credit for being on the Savannah Bananas train early. You got us on the Savannah Banana train early 2020. And now that they have caught fire, I get stopped every time I wear my tank top. I wear my tank top all the time in the summer and I get stopped every time.

Eddie: They gave me a t-shirt where's the tank top that I wore yesterday. Got little holes in it right off at the belly.

Annie: A mid-drift? You wear a Mid drift tank?

Eddie: Yeah.

Annie: You turned a t-shirt into a mid-drift tank.

Eddie: Obviously.

Annie: All right.

Eddie: You gotta show up the temple.

Annie: You can watch all those things on TikTok. You learned how to do that on TikTok I'm sure.

Eddie: Absolutely. But I was gonna say about Savannah Bananas is like I was watching... I mean, they're not just like underground. They're like on Real Sports with Bryant Gumbel.

Annie: Oh my gosh, I know.

Eddie: I'm like, "Whoa, you guys are-

- Annie:** The tour they're doing we couldn't... we tried to get tickets for our staff to go and we couldn't. It's sold out too quick.
- Eddie:** Oh, yeah. It's like a thing.
- Annie:** We know the President of the Savannah Bananas and you and I might not get to see a single game because-
- Eddie:** On our dream of throwing out the 10th pitch.
- Annie:** Oh, listen, that is tragically in history. There's no way we're ever gonna get to do that. Matthew McConaughey-level people are gonna get to do that stuff now, not you and I. No, no, no.
- Eddie:** They bring them like Condoleezza Rice and stuff.
- Annie:** That's it. That's it.
- Eddie:** As an odd famous person?
- Annie:** I know. But I was thankful you pulled it up because I didn't think of her but I liked that people call her Condi.
- Eddie:** Condi.
- Annie:** What does she do now?
- Eddie:** Oh, she has something to do with college football now.
- Annie:** What?
- Eddie:** At one point she was on the board of people that vote for the college football playoff. So yes.
- Annie:** You are saying to me that one of the humans that has the highest level of security clearance that lives right now was helping decide who gets to the college playoffs?
- Eddie:** Yeah. She was like an early part of that. When they decided to create the BCS, she was deep into that.
- Annie:** My mind is blown.
- Eddie:** But you gotta think she's like organizational theory-

Annie: Of course she is brilliant.

Eddie: But that's what it takes to figure out how to get college football into a playoff system which by the way, congratulations.

Annie: Wow.

Eddie: You really are having to run into-

Annie: It's hard being a Gator in it. I'm sorry.

Eddie: It is vicious.

Annie: I know. I'm sorry. I feel less for y'all than I feel for some other people. But I do feel for you. You're the only Gator, no offense, Tim Tebow, I probably care too but there aren't a lot of Florida Gators in my life. I'll have you know on a dating app I current... One of my bios is currently Florida Gators need not apply.

Eddie: Oh, my. That's too bad. That's really limiting for you.

Annie: I'm cutting out a demographic but not unintentionally, not unintentionally. Is Florida going to be playing in the Bowl this year?

Eddie: Oh, I mean, yeah. Yeah. Yeah. They are. They are. I don't remember... I don't think... Well, at the recording of this it hasn't been announced yet. But yes, the worst part is that it's probably going to be against somebody who wants it more than we do. But that makes it high stakes and that we still may not be.

A perfect example of this would be the University of Central Florida. They will love this and they will likely and have a really good shot at really beating us this year. And then you're just like, "Oh my God"

Annie: Because it's just a pride game for everybody.

Eddie: It's just a pride game.

Annie: It's a pride game and it's a trip for fans.

Eddie: The season is over. Don't enter your quarterback, just get through the ball.

Annie: I mean, that's really it. That's one of the real concerns I have. One, I watched non-BCS, so the non-top four teams. When you watch all those bowls, you go like

man, a lot of your best guys aren't playing because they want to get drafted next year and they're not willing to tear their MCL to beat Central Florida and get a new jacket from the Gator Bowl or whatever they're in. The Tostitos chip bowl or whatever.

Eddie: No, it's exactly right. Because it's like you get X number of hits in your life, right? The knee's gonna be bad at some point. You want to try to make-

Annie: Boy, don't you and I know? We're 100% attendance. So your knee give it out at some point.

Eddie: Oh boy! How's your knee? How's my knee? My knee's fine. How's yours?

Annie: I woke up this morning and sat crisscrossed on my bed because I could not make my eyes open. So I was like, "You just have to sit up, at least start by sitting up." So I sat crisscrossed on my bed and I was like, "Why does my knee hurt when I bend it?"

I'm also only three months out of surgery. And my doctor last week was kind of... I've had my final release appointment. And I said to him... He's wonderful. Dr. Jones. I was like, "Dr. Jones, it still hurts sometimes." He was like, "Yeah, you've really ripped up your knee and it's gonna heal for probably six months." And I was like, "I wanted six days. You and I did not meet in the middle on what I wanted." So are you both... because both of yours have had run-ins?

Eddie: Yeah. And I feel nothing. It's totally-

Annie: Oh, great.

Eddie: They're done. But it does take like... I think that six months feels right. That's when you start... Like I forget which knee I had surgery on recently because you don't feel it, you don't see the scars, you don't feel the nervy, bumpy skin, scar tissue.

Annie: Okay, great.

Eddie: It just disappears. But the real kicker is the long-lasting... What can we do now? We just got to be careful. You know, not not run, but also be like really aware that we've got-

Annie: But kind of not run. I mean, he doesn't want me to run a lot. He wants running to become a less interesting form of exercise for me.

Eddie: Right, because there's less padding in there and more of a problem.

Annie: That's what he said. He was like, "What hurts is your knee relearning how to do everything you do with less padding?"

Eddie: Yeah, yeah.

Annie: I'm having a crisis of life of being like, "Are we 40 for real? Is this what it is like?"

Eddie: You're 40 for real. This is just what happens, which I know people that are older are like, "Come on, you wait another decade, wait another two decades."

Annie: Totally. Totally. Totally.

Eddie: You so start to feel the invincibility of your body away kind of fading away.

Annie: I'm making myself eat a boiled egg every morning because I'm trying to get a certain amount of protein into my bod every day and I kind of have to choke it down. But what I am saying to myself is as best as I can control I'd like to be 100. And one of the ways to be 100 is to have strong bones and muscles. And one of the ways to have strong bones and muscles is to eat enough protein. And therefore I will make myself eat this boiled egg this morning.

Eddie: There has never been a more clear Tinder profile update that you need to do your-

Annie: Oh my God, Tinder.

Eddie: Whatever you use. I assume it's that...

Annie: What is it? I eat an egg every morning?

Eddie: I'm eating a boiled egg every morning to take care of this bod. That's all you need to get the kind of person you're looking for.

Annie: You know what? You're not wrong. Because whoever is entertained by that or agrees with it is probably spot on for what I'm looking for.

Eddie: It's a hard dividing line. So you're gonna get some swipes that are terrifying and then you're gonna get some swipes that are like, "Oh, that person gets it. That's a good job."

Annie: Who's to know I eat an egg every day because I'm taking care of my bod? Who says swipe left? Who's anti-that?

Eddie: The guy that goes to the boiled egg conference every year and is pretty into it. Not to make it full circle but-

Annie: He's saying no to that because he's like, "It's only one egg"?

Eddie: No, he's saying yes because he's like looking for a boiled egger.

Annie: Yeah, yeah. That's my question. Who says no to that? Who goes, "Nah, that's not my girl"?

Eddie: Doesn't get the joke. Doesn't really like eggs that much, doesn't get the joke right and doesn't get like, "Oh, this girl is either super quirky and odd and I love it," or "super funny and I love it." But thinks like, "Who would eat an egg?" And then just spikes you.

Annie: Right. "Ew, of all the things she could have said, why did she say that about an egg? Swipe left."

Eddie: "And why did she say bod instead of body? Like come on. You gotta..."

Annie: Listen, bod is such a soft entry to some of the weird words I use but like great. If you can't hang with bod, you're definitely not going to hang with me calling my hands my paws.

Eddie: But it's also like if a Gator applies, if a Gator doesn't like-

Annie: Shall he apply?

Eddie: Yeah. That's a great note. Because he's like, "Aha, sir, well done."

Annie: Challenge accepted.

Eddie: "Done." And also, a job doing well on your SATs and probably being successful because he went to a great school.

[00:28:51] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Rocket Money](#). Y'all know I prefer to do New Year's experiments instead of resolutions because who doesn't love to see the outcome of a fun experiment, right?

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[00:30:18] <music>

Eddie: Okay, okay, here's a question I have that I wanted to get your opinion on. Now it's a little bit like too personal. I haven't run this by you in ahead of time.

Annie: Sure.

Eddie: So we'll talk in the abstract. And if we want to make it not abstract, fine. So holiday planning and where to go and what family has to go to and handle that has been a little bit extra stressful this year. And it hasn't been as automatic as it has been in years past. And I'm curious, how do you handle generally the prioritizing of time around this and the mix of like time and expectation?

Annie: I mean, I do have it a little bit easier because we aren't juggling two families, I'm juggling my family.

Eddie: Yeah, that's right. Yeah.

Annie: Right?

Eddie: Yeah.

Annie: You and Bri are facing things of who gets what, who gets Christmas morning, and who gets Christmas night, and that kind of stuff, right?

Eddie: Yeah. That's been a little bit easier because we've kind of set up a precedent with that, that it's usually like... Like Bri's family, just to be very clear is like, fantastic and easy and wonderful. So it's actually more just like, if I want to see my brother, which I want to and-

Annie: Uncle Jimmy.

Eddie: Uncle Jimmy and his wife, which I very much want to, we have to be with my parents on the day after because that's where everybody's going. But I was like, "I really want to do that. I wanted to use the little bit of time off to do something else."

Annie: Yeah, right.

Eddie: But of course, ultimately, we're gonna go there on... I don't think the kids know this yet. I don't think the kids know this yet.

Annie: This comes out two days after Christmas.

Eddie: Fine, they know. We're probably there.

Annie: If they don't know now they've been asleep for too long.

Eddie: Yeah, that's right.

Annie: Because you have driven to a different state.

Eddie: No, that's right. But that's the kind of funny thing is there was like... I felt kind of selfish, because I'm like, "Oh, I want to go on a vacation. I just want to stay home and do a project," or "I want to..." But then you're like, but if we're gonna see these folks, and then it's like complicated with my parents and stuff. And so it's just been this whole rigmarole. I don't even know about that topic but it's definitely been something on my mind and it's kind of hard to deal with this year. So...

Annie: We have set a precedent from our first cousin getting married that we never do Christmas on Christmas day. Everyone goes to other family on Christmas day, and we gather 26, 27, 28, kind of depending on people's schedules.

Eddie: Great precedent.

Annie: That has actually made everything a whole lot easier because there isn't like on-year, off-year; on-year, off-year. It's like, No, we won't... Now I'll tell you the thing that's become interesting is not being married yet means I either go to my parent's house for a week plus or I am not with my family on Christmas Eve and Christmas day.

Eddie: Oh, boy. I mean, I don't want to assume but is that not your preferred, like you would rather be with family?

Annie: They both have pros and cons, right? They both have best and... The fun part of staying in Nashville is I get to go to my church on Christmas Eve and I get to drive around and see the gifts that my friends' kids have gotten. And the downside is I'm not with family.

Eddie: Yeah, that's right.

Annie: So it's a really interesting decision I get to make of like, what is right for this year and-

Eddie: What is right for this year?

Annie: And that's all I can decide. Two years ago, my parents and my sister came to Nashville for Christmas and Christmas Eve, and then we all drove back to Atlanta for Christmas with the family. And last year I stayed here and then went home. This year I'll stay here for a couple of day extra and then I'll go to Atlanta. So it is hard to balance caring for yourself and not being selfish.

Eddie: It's caring for yourself. That's exactly it. That's the exact balance. Because I'm not the only one. Eve and Lucy would look at this and go like, "Oh my gosh, we just went to North Carolina and see grandparents." And that's fantastic for them.

Question about you going home. What's the egg situation in the F. Downs household? Do you feel like they're gonna be able to handle it?

Annie: At Miss F. Downs... Do you understand everyone calls my parents Mr. and Miss F. Downs now, thanks to you?

Eddie: Because I think you said his first name and I don't know that I knew it and I felt like, "Why are you calling him that?"

- Annie:** I need you to know that at all times there's a lot of families and especially grandparent families, there's a fridge in the house and there's a fridge in the garage, a smaller fridge in the garage-
- Eddie:** Oh, boy.
- Annie:** ...to help with the overflow when there is a lot of things in the freezer or when there is a big family gathering and we need a turkey here and a ham there. So at all times, even though two people live there, I believe it to be true that there are 18 eggs in the house and 18 eggs in the garage at all times.
- Eddie:** At all times. I'm going to just say this, if you're listening, the F. Downs family, Anne's going to come down hobbling in the morning because her knee is waking her up. And if she doesn't get that boiled egg and a cup of tea pretty quickly, she is a monster, she is a monster. You don't even want to see her in the morning pre-egg-
- Annie:** I don't need coffee. Just give me an egg and a cup of tea. That's precisely it.
- Eddie:** That's a second runner up for your profile bio. Just give me an egg and a cup of tea. It's a little less weird, but it does-
- Annie:** Boiled egg or just plain egg?
- Eddie:** I think you need to put in boiled because there's this thing that's like, Oh-
- Annie:** Because part of me wants to start a brand new profile on an app, it just let you tell me what happens.
- Eddie:** God Almighty.
- Annie:** Oh, well, we've done that before but we could recall the whole thing.
- Eddie:** That is in the recycle bin of podcasts.
- Annie:** I was about to say that people knew all the hours of other things we've recorded that the world will never hear. We have already done our turn.
- Eddie:** No, we really won't really. It's done. It's done. It doesn't exist.
- Annie:** Yeah, yeah, yeah. No. We've done multiple projects that were public and we've done a few that we're not. But that's how this works. Eddie, when your parents or when Bri's parents or when Bri ask you for Christmas gifts, do you know what you want? Do you have a list of things you've been holding out?

Eddie: It took me a couple of years to be comfortable with this. But I actually have a shared list with Bri of just little things I want.

Annie: Oh, great.

Eddie: Because I know it's just hard to-

Annie: Like on Amazon?

Eddie: Like I can never think. If you asked me right now, "What do you want?" I have no idea. But I look at the shared note and I'm like, "Oh yeah, I want a big Stanley thermos thing that holds all my coffee in the morning. So when I go outside is nice and warm.

Annie: Wait, do you want like a Stanley tumbler like every soccer mom is using right now?

Eddie: I do.

Annie: That's what you want?

Eddie: No. I want the old green one that I can take a whole pot of coffee and put it in that whole thing.

Annie: Oh, an actual thermos. Yes, yes.

Eddie: I want like a thermos because I want to sit upstairs and I want to have all my coffee and slowly sip on it for hours and hours. But I only found it at one time and I thought, "That's a good gift for, you know, whatever." It was a little embarrassing because I was like, "I don't want to..." But then we both started these lists and it's really helpful. Do you have a list of things that you like or how do you navigate that when people ask you?

Annie: No, I'm terrible at it. I don't think about it.

Eddie: We wanna care for you that way.

Annie: I know. It doesn't come to my mind. I just don't think about it during the year. And then when my mom says... Like, last year, I wanted a toaster oven, which worked out great because I needed a toaster oven. And this year I'm kind of like, "Ah..."

I mean, it's either things that they shouldn't be paying for like, "Well, I'm going to New York. Would you like to buy me a Broadway ticket?" That doesn't make any sense. Maybe it does.

Eddie: But it kind of does. I mean, it's kind of a sweet they would... I mean, what you really want is to provide some like, "Here's some spare joy for you." Like if comes in a Stanley thermos, cool. If it comes with a Broadway show... What Broadway show are you saying?

Annie: I don't know. I'm just like that's what I'm thinking through is that-

Eddie: Like you know what you're going to, yeah.

Annie: Because I'm way more into experiences that I'm into things. That's why I want to eat... So I'm like, what I would love for Christmas is for us to go to a restaurant that's like really bougie that we've never tried.

Eddie: 100%. So our family does something. And I don't know who started it and it's not an original idea but we love it so much. We look forward to it. But we do like coupons every year. And it's always got to be free stuff and it's in your stockings there already loaded up. I haven't done mine but I know mine has probably three in it already. But that's my favorite thing not necessarily because it's free but it puts everybody on an equal playing field in terms of ability and it also doesn't come from a list.

Annie: Give some examples. Is it like I'll do your dishes on your dish night?

Eddie: It is. It can be that. But it's also things that are a little bit more like joyful giving. There's no rule to it but that just seems to be the tone that it's taken. So it's like there's a game that Lucy... Lucy loves to play hide and seek with Eve and Eve is a little over it. Eve gave her a coupon for Hide and Seek like three times.

Annie: Oh my gosh.

Eddie: Which Lucy was pumped up and immediately they popped into that because Lucy just loved that game and he was kind of like over it. And Eve really dug in. But the best, and this is... It feels like this was a setup to get me to the story but it's the pinnacle of it. So bringing me coupon last year to visit... we were going on a road trip and on the road trip she found that there was a site that I would want to see, and she gave me a coupon to see that site. Annie, do you want to know what that site is?

Annie: Yes because I don't think I know.

Eddie: It was Dr. Peppers grave.

Annie: First of all, riddle me that I didn't know there was an actual Dr. Pepper.

Eddie: Well, there's a lot of confusion about who actually created the-

Annie: Is there an actual Dr. Thunder?

Eddie: No, that's a great question. I mean, that was the real excitement of it was seeing the person that inspired DDP. But yeah, we went into the grave and we poured out a Diet Dr. Pepper on top of it and took a weird picture.

Annie: Oh, my gosh.

Eddie: And the kids were like, "What is this?" And we're like, "It's a great little guy that invented soda. And you could just tell they were like, "Huh." They have kind of an odd, dark, jokey side to them. That's right. I don't remember anything-

Annie: When you pulled the coupon out, what did you think? Did you die laughing?

Eddie: I was. I looked at Brianna and it was like, "Bravo." I don't know, I was just like, "Touché, madam." I don't remember what I gave her. I don't know. Nobody has any gift. But like those have been the most meaningful ones. So I'm not saying like, "Oh, I just do free stuff." But it is interesting like the meaning subscribe to gifting. So it's just like, like, I would get you an experience. Like if I want to really get inside your soul, that's like take you somewhere, get you somewhere, get just something cool.

It could even be like figure out a way to get you a reservation at a restaurant you can't get a reservation and type of thing.

Annie: Totally. Exactly the Dr. Pepper thing, that kind of stuff is like, "Hey, we thought ahead. And there is someone coming to the house to show you eight different ways to boil eggs." I'd be like, "Oh my God. That's hysterical. What a great idea!"

Eddie: I assume you're instapotting your eggs. Yes?

Annie: No. I don't own an instant pot.

Eddie: Annie, please talk about this?

Annie: I had one and I sold it.

Eddie: You sold it?

Annie: I found it to be bulky. I found it to be bulky in a small kitchen. We have maybe talked about this, but I find them to not be instant. When it says seven minutes, that means 14 minutes of warm-up and 14 minutes of steam release. So I might as well just put it in my toaster oven for 30.

Eddie: If I had a dating profile, it would be bulky in a small kitchen.

Annie: Eddie, will you just open a new one for me? We'll do a new one on three different profiles on three different dating app options. We've got three titles already. Do you do yours in an instant pot? You do boiled eggs in the Instant Pot?

Eddie: Yeah. But that's because it's just a little more like set it and forget it kind of thing. It's not instant. But it's like you can put a dozen in there and walk away. So when the F. Downs house is thinking about you're gonna want to do a spare 18 for Annie or like want a day and then a spare for Fallen Down, because you never know if you're gonna drop them eggs.

Annie: How many minutes is it in your instant pot? I'm a 12. I'm a solid 12.

Eddie: Not 12 in an instant pot.

Annie: No, of course not. It's 64 in Instant Pot, 12 on a stove. Let it boil, turn it off, 12.

Eddie: No, it's four. Four minutes. Four minutes to heat up, release the pressure. So you're six minutes round trip from raw egg to-

Annie: Wow. From raw to boiled.

Eddie: From raw boiled. We really have talked a lot about eggs on this Christmas episode because I can't drop it. I keep coming back to this.

Annie: I'm never not surprised about what we talk about. I'm every time surprised about where this thing goes. So I'm never-

Eddie: Yeah, yeah.

Annie: Can we talk about Doing the Best We Can?

Eddie: Please. Seven minutes of serious. Thanks.

Annie: You have launched a new podcast. When our friends sent in questions for you, it's a lot of questions about Waffles, great and people saying, "Tell me about the new podcast and why isn't it on the That Sounds Fun Network." Eddie, why aren't you on the network yet?

Eddie: It was a huge fight behind the scene, big negotiations fight between Annie and I. Here's the real real. You have been very generous since the time when we were done with or even before Annie and Eddie Keep Talking, saying when the right idea is there, there is a place on the network.

And it's always been this insanely generous like... I mean, most people, me included, kind of dream of a spotlight. I know you won't say this about yourself but creating a podcast network is next to impossible. You all and your team and you and your leadership have done it.

So it's like there's a real network that like just by existing on it, there are thousands of people that will listen to your thing, and also a really good team of people who were lovely. Like I really the whole of your team. And it's like easy peasy. It's a way to monetize something that you could, it's almost impossible to monetize your own podcast. But on a network...

So I know this is all like behind-the-scenes stuff but the offer has always been sitting there. But for me a lot of starting Doing The Best We Can came from I need to be able to... if I want to exist on this network, I don't want to just be like, "Hey, I'm Eddie. Remember, we did a fun show together and now let's do this thing." I felt like your network deserved a serious pitch for a real thing.

Annie: Oh, wow.

Eddie: Like, "Here's the audience. Here's the scope of it. Here's a logo. Here's the thing." I didn't want to just ride in on, "You like me, I like you, let's do a thing together." You deserve me to learn how to do marketing. I gotta get on Instagram and do a thing. Like I need to learn how to do this-

Annie: You've done awesome. I mean, the first time you put your face on Insta story, I couldn't have texted you quicker. I was like, "Here he is, putting his face on Insta story."

Eddie: I know. But I needed to learn the muscle of... I felt like I needed to. And you never said this and no one in your network said this. But it's like, I got to earn the spot a little bit. And I didn't want to earn it just because you and I have done a lot of good work together. I know that that earned me the invitation but I wanted to...

So, for me, it was like I needed to start a thing about, what is this? And I truly just said last summer like, "Hey, everybody, I'm starting a thing. Starts in a month or two." And I just was like, I'll figure it out by the time I get there. I keep thinking about it. So anyhow, I started a thing and it's still...

Annie: Will you talk about it? For anybody who hasn't listened to it yet, they will download it now and listen to the podcast, again, it is called Doing the Best We Can, what's it about? I mean, this is me interviewing you, because I know. But what's it about?

Eddie: I know. It is sweet of you. It's a lot about the cultivation of eggs. So from beginning to end-

Annie: Chicken.

Eddie: ...you know, what kind of farm the eggs come from?

Annie: Doing the best we can?

Eddie: What are we talking about when we talk free range? Is it really between brown, white eggs or is that just marketing? Is that like recycling and how recycling isn't really real?

Annie: Recycling isn't real.

Eddie: Recycling isn't real. Organic isn't real. So it's mostly an expose on egg and poultry and fowl just in general.

Annie: We needed it.

Eddie: So that's it.

Annie: That's it. The reason you aren't on the network yet is we already do have one chicken show. So we're like, "we got to see what else you can talk about besides chicken."

Eddie: Besides chickens. Yeah. I mean, primarily the show was a newsletter. So it started with I want to write every week and I want to force myself to write. So I'm going to write this newsletter and I'm going to write about things that are on my mind.

It has turned into—and I'm not surprised—I didn't want to call it at first, but it is a little bit memoiry and it's how am I viewing kind of this lens of counselor, pastor,

dad, someone who tries to be funny, someone who's randomly thinking of other things, right? How do I kind of synthesize this into 700 words for you?

And so there's a weird thing in that the brand of it is if you know me, you'll like this. But I also have found that as new people have come to the show, it's been this really cool thing because they don't know me and they don't need to know me but they're seeing their lives reflected in that. Like it's talked a bit about addiction. Like that is a common thing that we can just sit in together. And you don't have to know me, and you don't have to have liked other shows.

And so that's what it kind of is, is just this sort of like we're gonna think about life together and then it's going to be short and palatable. Like, I don't think I've done a show that's longer than like 20 minutes. Just because I want people to be able to think about it and leave it. So it's been really fun.

And of course, the Annie and Eddie Keep Talking people are the driving engine of the whole thing. There is no email I ever get that's like, "Hey, I loved Annie and Eddie Keep Talking. Also like you should too." So that was the whole network conversation is like you offered and I never really responded to it. But that's the show. You deserve a real pitch.

Annie: Wow.

Eddie: But that's the show. And it's been super fun and really challenging. Really challenging.

Annie: It's really good, Eddie.

Eddie: Thanks, Annie.

Annie: I mean, I read more than I listen because I enjoy your writing so much that I enjoy reading it the most. So when people sign up for your... We'll make sure we have a link to this. But they can sign up for your newsletter and then you can listen and read or you can listen or read. You're just doing really good work that's incredibly important.

Eddie: Thanks. Thanks, Annie.

Annie: But it's also really you. It's really funny and it's really easy. I mean, it's very digestible because it's you.

Eddie: Thanks, Annie.

Annie: I mean, we don't have to talk about this, but you did a whole episode on Overeaters Anonymous. And it was a very invitational conversation. But we didn't get like all the way in your business but we got more in your business than we deserve. And everybody can connect with that in one way or another whatever their thing is, you know.

[00:49:09] <music>

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And now back to our conversation with Eddie.

[00:50:36] <music>

Eddie: I just remember years ago I was like brand new dad. Brand new. Oh, no, it was actually right before the... I knew the kids were coming home but it didn't happen yet. And I was having like, "Oh my god, I'm about to be a father."

And I had a friend. Just give me some very normalizing like, "Oh, yeah, it's been super hard for me and I've really struggled with it." And it just lifted the veil because he was like, "Oh, it's okay to just say things out loud." And like how many people have you ever talked to, good bad, funny stuff, bad stuff, quirky stuff, like anything, where you're like, "That's just resonating with people."

And so I've felt like that... I mean, that's been Annie and Eddie Keep Talking thing, right? What is it about? I don't know. But something worked. Like somebody is going to laugh today because of whatever, because you said jigsaw puzzle or because there's these random conventions or dating profiles. Like it's just there is a commonality when we just open up a little bit. I can't open up the whole way because it's just too much.

Annie: Yeah, it's not appropriate.

Eddie: But I can open the floodgates to touch.

Annie: When our family went to Williamsburg for Thanksgiving again this year, I cannot tell you the number one comment back to me was, "That's probably my favorite episode of Annie and Edie is when y'all talked about Williamsburg." And I couldn't remember it at all. I was like, Y'all know how many of those we did? We just talked. It's just what we do. I don't remember every conversation I've ever had with Eddie. And we recorded two years' worth of them. But we have 10 years' worth of them.

Eddie: Oh, yeah, I don't remember it. But that's my favorite thing is hearing back like, "I loved that thing" because it makes me laugh. It's fresh again. Well, it's like Uncle Jimmy has a great joke memory. He'll tell me something when we're like playing Xbox, and I'll just be dying. And he's like, "You told me that five years ago." I'm like, "Well."

Annie: Also Uncle Jimmy, producer of the new pod.

Eddie: Uncle Jimmy, he has nothing to do with the podcast and I won't let him near it. But he does edit the newsletter to make sure that all of my-

Annie: Oh, sorry, it's editing the newsletter. I always see his name at the bottom. I thought he edited the show.

Eddie: In fact, I'd hit him out of the podcast. Jimmy, I actually hope you're not listening right now. But yes, he does. And then he comes on every once in a while, which is so funny, because I have the ability now. Like I invested in a little bit of podcast

stuff, like intro music for him and stuff. And it's magnificent. Because it's basically just like, "Let me make my brother laugh."

Annie: Oh, yes. I mean, when we did our live show in Baltimore and Uncle Jimmy showed up, you were the guests, Uncle Jimmy showed up and I didn't know, I mean, I felt... it was a celebrity was in the building. And he had a Cat Uncle t-shirt.

Eddie: Uncle Jimmy is super gentle. So gentle and sweet and gives a little hug. He's like 11 feet tall.

Annie: Okay, we have to talk about Waffles because people are very caring about Waffles Kaufholz the cat, who you love deeply? Is Waffles the only child or do we love cat so much we're gonna invest in more cats?

Eddie: Well, first of all in the city of Arlington, for unto us a kitty cat was born. So it's a great time of year. We've had her for almost a year. She just had her year birthday.

Annie: What did y'all do?

Eddie: We got her an advent calendar, a cat advent calendar that every day got treats.

Annie: No. No.

Eddie: There's no lying.

Annie: So does she come over and meet you there? Does Waffles meet you at the calendar at a certain time?

Eddie: Waffles and no cat does that. They don't come over and meet you in-

Annie: Anywhere.

Eddie: It is a fully take relationship.

Annie: Yeah, yeah, yeah.

Eddie: I want to scratch it. It doesn't matter. She's asleep in a ray of sun and she stretched down and I scratch her. She'll get mad and scratch me. But then last night, I sit down reading, and there she goes. She pushes her nose against the, whatever, Kindle, demanding I put it down and scratch her. So they own the whole thing.

Annie: But you love it.

- Eddie:** I love her to a degree that... like it started as a joke like I'm gonna post pictures of cats. It's weird.
- Annie:** So will y'all get more?
- Eddie:** Good question. The kids really can't listen right now. Eve and Lucy... Like other children can listen, Eve and Lucy can't.
- Annie:** Yeah, yeah. This is not appropriate for children, this is just not okay for your children.
- Eddie:** No, this is like Christmas talk. So we're going to do another cat for Christmas.
- Annie:** Recap. Yeah.
- Eddie:** And then we were like, "Do we need this in our life." Like I love her but do we need more little jingling bells? We have a name for it, we were ready for it, but-
- Annie:** Does it also ride with Kaufholz?
- Eddie:** It doesn't.
- Annie:** Okay.
- Eddie:** This name is purely just awesome. So we're not. So right now there's no plan. I don't know why I'm whispering. It's not like they can hear or not hear. I can just-
- Annie:** They go to school, right?
- Eddie:** They're at school. I'm whispering weirdly. It's like when people say something that's not supposed to be offensive, but then they whisper it. It is like, "I love Annie. [whispering] She likes eggs." And you're like, Oh my God. That's fine. But why did you say it like that?" "She loves them hard-boiled."
- Annie:** I don't have to eat them every day. Okay, back to you. So you are going to but now there's just as too many jangling bells?
- Eddie:** I think the real takeaway is like more of a good thing isn't necessarily more good. I have enough cat. That's it.
- Annie:** Sure.
- Eddie:** I love her.

- Annie:** And there's a risk. The next cat is not a Waffles.
- Eddie:** Right. Because she is a gentle girl and she is sweet and she is easy and she doesn't freak out, she doesn't hide, doesn't attack people randomly. Why rock the boat?
- Annie:** Why rock the boat?
- Eddie:** Why rock the boat?
- Annie:** But we'd like you to have more cats that use other Waffle names like Truthful. Like I thought that'd be so funny if you just kept... Like Belgium. Like if you just kept going into Waffles Kaufholz-
- Eddie:** Huge amount of talk to talk about chicken and waffles, right? Do we name it Syrup Waffles? What we will name the cat if we get it though and I need you to hear this and not judge it because this is a cat's name.
- Annie:** Yeah, sure.
- Eddie:** It'll be Kittycatcaptain. It's all one word and you can never abbreviate. You can't call her Captain.
- Annie:** Kittycatcaptain.
- Eddie:** Kittyecatcaptain. Because it's-
- Annie:** Tell me more.
- Eddie:** Nope. There's no more.
- Annie:** Katiecatcaptain.
- Eddie:** Yeah.
- Annie:** So Waffles Kaufholz and Kittycatcaptain Kaufholz?
- Eddie:** Correct. It just rolls off the tongue. See how it just really-
- Annie:** It's not as complicated as you think it's gonna be when you start saying it.
- Eddie:** Kittycatcaptain.

Annie: Kittycatcaptain.

Eddie: Yeah, weird. I just thought it was like one of those weird names that someone that goes to a cat conference would name a cat.

Annie: Yeah, yeah, yeah.

Eddie: It made me laugh. And there was a lot of names. I would say the other solid name-

Annie: Can you imagine all the vendors in a cat conference? Oh!

Eddie: Can you imagine the vendors at a cat conference?

Annie: People who will engrave Kittycatcaptain right in front of you on anything? Absolutely anything.

Eddie: Oh, that's the least of your problems that will tattoo it on you, that will create your custom sweaters, that will... Cat people are not a joke. And I get it because I love her and I'd wear anything with her.

Annie: You all love her.

Eddie: I have a couple of shirts. I love her. But there is a degree to which there's a conference that you and I do a show at that we're inquiring as to the why.

Annie: I hope so. I just think that'd be great to see that in person. One of our friends wants to know or suggested this idea, is one of the finest ideas I've ever heard. Eve Kaufholz as a guest on Sharon McMahon's podcast. Can you imagine a better pairing?

Eddie: Oh my gosh, I cannot imagine. I know that I love them being on Doing the Best We Can. They would love being on a podcast.

Annie: Yes. I know. People aren't gonna be disappointed that they aren't gonna pop in today. But Dear everyone, they are literally at school. We are not tricking you at all.

Eddie: Nope. They are at school. Yes, yes. Yes. Yes.

Annie: No, no. But can you imagine Sharon asking Eve about presidential facts?

Eddie: I cannot imagine.

Annie: They might literally go head to head.

Eddie: Oh, I mean, it's always in there. She's not ingesting it as much as she once did. But it's always there.

Annie: Oh.

Eddie: Oh, yeah. We moved on. You got other... you've kind of like Harvard presidents-

Annie: Other passions.

Eddie: Right. And then it's horses for a while and then it's... I'm trying to think of what it is now. There's not a specific thing held on to. But like all of the stats of the whatever your 2000 UF volleyball players. That's all still locked in. So 2000 UF volleyball players podcast, she's in.

Annie: Coming your way.

Eddie: Coming in hard. They didn't really win a lot that year. They were a fine team, but we're gonna do a whole podcast on them.

Annie: But a couple of those girls had some good stats.

Eddie: Really good stats.

Annie: And that's what matters. That's what matters the most white. Okay, is there anything else on your list you want to make sure we cover today?

Eddie: Oh, just a bunch of random Christmas stuff. So, you know, waffles. Okay, London. Here's the weird thing. Because you know I'm weird about when Christmas starts? And it's got to be like when you see Santa at the Macy's Day Parade.

Annie: Yep, I remember this.

Eddie: It's all weird when we talk about it.

Annie: But how about Mariah this year, by the way?

Eddie: Queen. Right? She's like trying to be the queen of Christmas. But then it's so funny because like... it's funny when Dolly comes in with a Christmas song, because you're like, "Yeah, okay, Mariah, you can be the queen, but like when Dolly comes back in the room, we must abdicate the throne." Because-

Annie: There's just a little bit of you won't be like, "Hey, Mariah, we weren't going to do this about your song without you knowing we were doing this about your song." So maybe like-

Eddie: Just talking about it last night. She has jumped the shark a little bit with the marketing of her own song. It was already top 10 every year for decades. You don't need to like... but I mean, she's probably gonna spare a couple million with this marketing effort-

Annie: Every year.

Eddie: But it's everywhere now. And it's like, no, you just wanted it to stay in the background. You just-

Annie: And just like wave about it. But then you're on the Macy's Thanksgiving Day Parade. Maybe she'll be here every year now. I don't know.

Eddie: Right. No, that's right.

Annie: So Christmas starting in London, that's where we were.

Eddie: They don't have Thanksgiving-

Annie: True.

Eddie: And so there is no like start. We were there early, early November, full Christmas. Like it is-

Annie: Truly?

Eddie: ...Harrods everything, 100% Christmas. So they just like, why wouldn't you? Because we always have this, like, stutter start with like, Oh, we're doing like kind of folly and we're kind of like bridging the gap between Halloween and Thanksgiving. They have full Christmas real early. And I thought, well, that is quite a loophole, isn't it?

Annie: That is very interesting.

Eddie: Right.

Annie: I have not thought about they don't need this. Canadians are the actual same because their Thanksgiving is not our Thanksgiving.

- Eddie:** I kind of wish that these things were spread out a little bit.
- Annie:** I know.
- Eddie:** Don't you sort of wish?
- Annie:** I often wonder.
- Eddie:** We do the whole thing in two and a half months or whatever.
- Annie:** When would you move Thanksgiving?
- Eddie:** I would move Thanksgiving mid-summer.
- Annie:** Oh. While everybody's out of... when work's already quiet?
- Eddie:** Yeah.
- Annie:** But what does that do to 4th of July though, actually?
- Eddie:** Oh, that's a great point. Because 4th of July is my actual favorite holiday. I love 4th of July.
- Annie:** I really love 4th of July too. And I think I love it because it feels like you can start celebrating in the way you want to celebrate it eight o'clock in the morning in the part of the country I live in because it is already 90 degrees and you can go to the lake, you can go to the pool. Go now. Go right now. You can.
- Eddie:** Fully appropriate if you go to family's house and rent a pontoon boat together. Also, nobody's expecting it. With Christmas it's like we're going to need to broach this at some point, how well we see each other in that one day. 4th of July, nothing. It's easy.
- I feel that way about Easter in some regards. I'm just like, "Oh, man, Easter is just going to be spring and lovely. Maybe we're going to do the thing or not. It's not going to be as defined and we can kind of like... it's just like maybe our church is doing it after service kind of lunch thing." We did last year. I just love that, the weather and the warmth and the lack of presence. I like presence but it takes it down a little bit. It's not months to prep for it.
- Annie:** Yeah, I agree. For the first time in the history of our family we're doing an everyone vacation of like extended cousin, like a family reunion level vacation for 4th of

July. You can't know how hard I'm taking this planning. I think it's so great. I am coming in so hot.

We have a text message, everybody's assigned to a different category. I mean, that happened on October where I was like, "Here's the date. Does that work for everybody?" "Yes, it does." "Set it aside." And we each have committees that were in charge of.

Eddie: What's yours?

Annie: It's awesome.

Eddie: I'm sorry to interrupt you.

Annie: I was in charge of the Housing Committee and I'm also the welcome committee. So I'm in charge of-

Eddie: Great. Great. Great.

Annie: Yeah, totally. And I would clean up dishes but there's two other people in charge of like how do we feed this many people and how do we feed this many people on a budget and all that? Great. I'll clean up every dish from that, fine. But don't make me go to the grocery store and don't make me budget out how much it's gonna cost to have that many eggs.

Eddie: Two questions. One is too personal and so you can punch it away. But where generally are you going?

Annie: Well, our whole family lives kind of eastern seaboard-ish so we're doing a meet in the middle of the eastern seaboard for everybody to drive.

Eddie: Great. It makes sense. So people can drive, fly if they feel like they need to but it's because... okay. The other one is, how are we doing the money with this? Have we said, "Hey, I'm gonna pay for all this and I'm gonna send you a Venmo bill at the end." How are we doing this? Because that gets a little weird.

Annie: It gets spicy, right? So I think there's a couple of things. People are gifting. As in, "I'm just gonna hold this because I don't know if we'll ever do it again. Is it like a new tradition possibly? It's just that we get to do it this year. So I think there's a little of that. And then as far as food, it was a mathematic decision of we will just divide this by however many humans there are and you will cover your amount of humans.

- Eddie:** And budget-wise, is it like that thing where like somebody at the table ordered drinks, but some people didn't and we all split it out?
- Annie:** I hope not. No, no, no. With eggs particularly. My feeling is if we go out, it'll be every fam for themselves. And when we are eating at home, it'll be "here's all the breakfast options, we're splitting it. Here's all the lunch options. We're splitting it."
- Eddie:** Great. Great. Great.
- Annie:** We'll see.
- Eddie:** And then you want to bring extra. You bring your own little sodas, you bring your own little-
- Annie:** Certainly.
- Eddie:** Because you're driving. Are you gonna be able to drive?
- Annie:** Yes. Everyone's able to, I'm not sure everyone will choose to. Depending on how spicy I get about a welcome gift for everyone on my other drive just to be able to bring everything. I've got some real ideas. I think we all need airbrushed tank tops. Right?
- Eddie:** 100%.
- Annie:** How do I get those right now? Can you order them on the internet?
- Eddie:** I think you can order them on the internet. I'm pretty sure you can go... Do you have a fair close by? Do you have like any sort of Carnival situation?
- Annie:** There may be, I can probably Google that.
- Eddie:** You're gonna have to get shirt sizes. That's the only part that gets a little bit tricky because you really you're gonna need to-
- Annie:** Except I'm also in charge of Christmas pajamas. In which case, I already have everyone sizing and this year I particularly asked shirt, pant, shoe. So that whatever I decide to do for the welcome gift, I can clothe with the appropriate size.
- Eddie:** I do love a matching t-shirt because it's silly and goofy-
- Annie:** So silly.

Eddie: But then we're all taking a picture together at some point and you're like, "I love it." And then the best part of the t-shirt is two years later, you're wearing it to mow the yard, and just for a second you're like, "Oh, I love that."

Annie: "I'm glad we did that."

Eddie: That was great. That was a nice little warm thing.

Annie: That's exactly right.

Eddie: I liked the t-shirt idea. Some people put like little snacks on, now there's plenty of snacks. I like some of the practical stuff. Like in a welcome bag, like everybody forgets sunscreen.

Annie: Sunscreen, sure. Yeah.

Eddie: Little things like that, little practical stuff. I don't know what the coffee situation is gonna be. But I like the morning. Like if there was like a good coffee mug that was legit, not one of those tchotchke things that you get.

Annie: Yes, yes, yes. Yes.

Eddie: But something with like a little bit of like-

Annie: Stanley thermos, everyone?

Eddie: That's right. You just use your own merch. Everybody's like, "Ah-

Annie: Oh, my gosh. "Did you say you want a cute mugs?" Weird.

Eddie: "Thank you. We love it. I love your brand."

Annie: I do feel bad. anytime I give something that's a podcast sponsored. Because I feel like people are like, "Oh, did they send you that?" I'm like, "No, I bought that for you because I actually really love the thing. That's why we talk about it."

Eddie: And also what's the difference?

Annie: It's still a gift to you.

Eddie: We did a fundraiser on the podcast for To Write Love On Her Arms. They sent me a bunch of stuff, I'm giving it away. It was free. It was free for everybody. Why wouldn't we?

Annie: Yeah, why wouldn't we?

Eddie: You get a little thing? Give me some hydration? Whatever.

Annie: Exactly right.

Eddie: We're still working off the hydration pods to give us sort of-

Annie: Liquid I.V. Oh, yeah. Love it. Love it. I use it every day.

Eddie: Do you think hydration pods was pretty close to what they wanted us to call it?

Annie: I think so. I think they want to be called... This is a reverse sponsorship for Liquid IV hydration pods.

Eddie: Hydration pod.

Annie: Eddie, any anything that we forgot that we need to make sure we cover?

Eddie: Annie, I do care about how you're doing, how you felt about the year. I know, we get to hear you a lot-

Annie: Yeah, we didn't do that very well, did we?

Eddie: How are you doing? I don't want to be asked that question but that's-

Annie: We will answer it in one sentence each. How was 2022? My answer is, that was the most grief I've experienced and I hope it gets better from there. What about your 2022? What's your sentence?

Eddie: Can I not have a follow-up to it if I answer it?

Annie: Yeah.

Eddie: It was the hardest year of my life, yeah, far and away. I can't wait for 2023.

Annie: Me too.

Eddie: I wouldn't want to do any of it.

Annie: I'm putting a lot in 2023.

Eddie: 2022 is so much... We're not talking about it here. Like write about it someday, maybe not. Like it was just a heck of a year. Yet I don't want to miss the fact there was a lot of joy underneath it. There was a lot of great... Like I can look at '22 and be like, it was a lot of fun.

Annie: I literally just wrote about this on Instagram, Eddie, because I had this moment where I was like... I said to someone last night, I was like, I just want to say to people that are older than me like, "Is this just what it's like? Is this what it's like? Is it because of our age that the good gets better but the sad gets sadder? Is this what it's like once you're not 30 and once you're not 20, once you're not 10? Is this what it's like? Maybe. I don't know.

Eddie: Big pendulum shift. Big pendulum shift. I don't know. I don't know. 2022. I feel like you and I have been having a version of this same conversation though since 2019 and into '20 and '21. It's been a run for the world in a lot of ways.

Annie: I love you, pal. I'm always grateful when you come on the show.

Eddie: Thank you for having me.

Annie: Thanks for doing this.

Eddie: I really wish I could have been on the network, but you never invited me and-

Annie: Dear everyone, the conversations are happening. Don't worry. Don't worry.

Eddie: I miss Annie and Eddie Keep Talking. Why did we have to cancel it? Let's see.

Annie: Yeah, me too.

Eddie: No, no, no. It's just a joke. I was just responding. I know what people say. I love talking to you.

Annie: That's true. The good news is we do keep talking. We just don't record it all the time.

Eddie: Yeah.

Annie: Eddie, thanks again for joining us. You're the best. Happy 2023.

Eddie: Same, Annie. I love talking to you. Bye-bye.

[01:09:31] <music>

Outro: Oh, friends, isn't he just the best? Okay, if you have not subscribed yet to Doing the Best We Can with Eddie Kaufholz, remember, it's a newsletter, it is a podcast. You need both. You can go to his website and get it, you can also just go to wherever you love to listen to podcasts, wherever you're listening to this and subscribe to Doing the Best We Can and Let's Read the Gospels.

If you know anything else for me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram and Twitter, Facebook. All the places you may need me, that's how you can find me.

And I think that's it for me today, friends. What a great year! Ah, what a great year! Such an honor that y'all have trusted us with your ears from January to December. And we're excited to do it again next year. It is not lost on me. You could have been listening to anything and you've chosen to be here with us. And that means a ton to me.

So, go out or stay home and do something that sounds fun to you. I will do the same. And today what sounds fun to me is, well, we're just celebrating Christmas today. So I'm still Christmassy over here. But what sounds fun to me is another year of really fun shows. Y'all have a great day. Have a safe and fun New Year's celebration.

We'll see you back here for a special epiphany episode on January 6th, but you'll also see the first five days of Let's Read the Gospels here starting on January 1st. But be sure you're subscribed to Let's Read the Gospels over on that feed as well. But we'll start here as well on January 1st. So you'll have a great couple of days and a happy new year and we'll see you on January 1st.