

Still Buffering 105: How to Sick Days

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[theme music plays]

Raleigh:

Hello, and welcome to Still Buffering, a sisters' guide to teens through the ages. I am Raleigh Smirl.

Sydnee:

I'm Sydnee McElroy.

Taylor:

And I'm Taylor Smirl.

Sydnee:

So, cool sisters...

Taylor:

Cool sisters. [laughs]

Raleigh:

Who are you addressing, anyone?

Sydnee:

[laughs] Hey, my cool sisters, the, uh, the Grammy's were on this past...
[laughs] It was this past weekend, right?

Raleigh:

Did you watch those, those Grams? The Grams?

Sydnee:

That's, the teens love the Grams, right? You're always like, Gram that, I gotta Gram it.

Raleigh:

Gram the Gram.

Taylor:

I don't think that that's what they're talking about, Syd. I don't think they're talking about the Grammy's when they are Gram-ing.

Sydnee:

They're not?

Taylor:

No, I don't think that's what that's about at all.

Sydnee:

You're not talking about the music awards.

Raleigh:

No. No. The ones that happen once a year? When year round we're talking about gramming things, we're not talking about that?

Sydnee:

[laughs] I thought you guys were just really excited for the Grammy's all year long.

Taylor:

Just like...

Sydnee:

I thought that, that was the demographic that most loved the Grammy's, is teens are really into it.

Raleigh:

I mean, that's probably true, but I also did not watch the Grammy's, so... Shark Tank was on, so...

Sydnee:

[laughs] Is that what the cool teens like to watch, Shark Tank?

Raleigh:

I wouldn't call myself a cool teen, but it was on for two hours on Sunday.

Sydnee:

And you watched it all?

Raleigh:

Yes.

Taylor:

I feel like that show is never not on at our parent's house.

Sydnee:

That's fair.

Raleigh:

There was a product this week, of the many, the two hour episodes... that was just a power donut, but people were trying to market it as new protein tasty donut.

Taylor:

Oh, like a super donut.

Raleigh:

Yeah, it was just a super donut, but you have to order it online, and only four come in a box. And you pay like \$25 for four donuts. But to make them taste good, you have to put their like, icing stuff on top.

Sydnee:

Mm-hmm.

Raleigh:

So they end up being just as many calories as a regular donut, but they have like, 10 grams of protein? So it's a power donut.

Taylor:

Yeah, I don't get food like that. Like I eat really healthy, and sometimes I'll have like protein supplements or what. But when you try to take like, that stuff, and cross it into the realm of like, "But it can also be a guilty pleasure." Like, you just, you ruined cookies or donuts, and you also ruined health food. Like you did a double whammy on the things I want to eat.

Sydnee:

I agree. I always felt that way. Justin did Atkins, way back, a long time ago when we were first married. And I, and there are all these like, weird kind of Frankenstein desserts that are supposed to taste like something, but aren't that at all.

Taylor:

Yeah.

Raleigh:

Yeah.

Sydnee:

And I always just felt like, I just don't want... like I don't eat dessert. I'll just, like, that's fine. I'd rather not have dessert than have whatever this is supposed to tell me, like supposed to be like.

Taylor:

Yeah. I feel like it's, it always come down to a weird, fake pancake. Like, you take a bunch of egg whites, you put some Splenda in it. You, I don't know, add some horrible binding agent. It's like a pancake. No, you made an omelet. You just made a really sweet omelet. [laughs]

Sydnee:

That's what Justin kept trying to tell me this one thing was a cheese danish. I was like, this is, there's nothing about this that is cheese or danish. [laughs] I don't know what it is, but it's neither.

Raleigh:

The most displeasing part of this donut was, their big thing was that they include the hole. [laughs] So there's like a little lump on top where the hole of the donut should be, so... I mean, it's not—

Sydnee:

Do you detach it and eat it separately?

Raleigh:

No. It's not flat either. Like there's like, a little lump in the middle, like a half circle in the middle.

Sydnee:

Like a nipple.

Raleigh:

[laughs] Yeah.

Sydnee:

You're saying it looked like a nipple.

Raleigh:

Yeah, it does.

Taylor:

It looks like a boob. [laughs]

Sydnee:

Oh, no. [laughs]

Raleigh:

The texture of this donut... when the sharks pulled them out of the package. Looks like if you took tan Play-Doh and perfectly smoothed it into a somewhat boob looking shape.

Sydnee:

[laughs]

Raleigh:

And when they bit into it, the texture did not change, and it did not move. So I don't know what this donut was made of...

Sydnee:

Ah...

Raleigh:

But it did kind of look like a boob, and it has protein.

Taylor:

Okay, so a protein infused boob cake.

Raleigh:

They did not make a deal.

Taylor:

[laughs] I think they just didn't market it that... like they should have, did they bring the boob-like resemblance into the advertising? Because that maybe would have made it more of a seller.

Raleigh:

Well the... yeah, they tried to cover that up by like, the ones they gave them for samples had crumbs, like cookie crumbs and icing on top, so you couldn't really see the shape of the whole donut. But then when they took the ones out of the package that come plain, you could just see them all holding them up like, hm...

Sydnee:

Well, can you imagine how that like, initial product development... the one guy was like, "Hey, you remember when we were little, and we used to make Play-Doh boobs all the time?" [laughs]

Taylor:

Is that something that people do?

Raleigh:

What?

Sydnee:

"Did you ever wish it was actually a donut, and you could eat it? I did." Shark Tank. [laughs]

Raleigh:

[laughs]

Taylor:

I just, I just want... wait, now I'm confused, Syd. 'Cause you just revealed some, some truth about yourself. Uh, are you under the, the assumption that everybody makes Play-Doh boobs, and that this was a completely normal thing that you did

Sydnee:

My daughter really likes boobs, is the thing.

Taylor:

Oh, okay.

Raleigh:

All right.

Taylor:

All right, all right.

Sydnee:

[laughs] So, uh—

Raleigh:

She makes Play-Doh boobs.

Sydnee:

So, yes. She's into boobs. As she told me once, "Boobs are my thing."

Taylor:

Sure, yeah. That's, no judgment.

Raleigh:

Okay.

Sydnee:

This is what happens when you're still nursing a three-year-old. [laughs]

Raleigh:

Boobs are her thing.

Sydnee:

They, they say things, and sometimes like, "I love boobs. Boobs are my thing."

Taylor:

[laughs]

Sydnee:

Okay, well...

Taylor:

Let's not say that.

Sydnee:

Don't shout it in the mall, maybe. But sure...

Taylor:

There is actually a, uh, a popular form of like novelty, like a gift, uh, treat in Japan. And they, it's boob cake. And they're little cakes that look like boobs. So, you know, maybe they, it's... I guess that's the thing I should have brought back for Charlie. I didn't realize I...

Raleigh:

[laughs]

Sydnee:

She would of, she would of loved that.

Taylor:

Toys.

Sydnee:

[laughs] She would've dug the boob cake.

Raleigh:

Bringing you a boob cake.

Sydnee:

Um, well, the, we didn't talk about the Grammy's.

Taylor:

Did any of us watch the Grammy's?

Sydnee:

No.

Taylor:

No.

Sydnee:

That was Raleigh's suggestion, like, "We could talk about the Grammy's."

Raleigh:

Well, you're trying to think of something that happened this weekend, and I was like, the Grammy's.

Sydnee:

I knew, I knew you teens weren't into the Grammy's. [laughs] Um, the, the reason, maybe the reason that we can't stay on topic, is that, I guess two thirds of this podcast are currently I'll. Wah-wah. Taylor, fortunately for you, you are not in the same room with the two thirds of us that are—

Taylor:

Yeah.

Sydnee:

I'll.

Taylor:

Nope, I have my, my vegan superpowers to keep me healthy at all times.

Sydnee:

[laughs] Um, I don't. I don't know if it's a combination of working in the hospital, or having a toddler... I have been sick more than I haven't in the last few months.

Raleigh:

I have not gotten sick until now. And I knew it would happen, because I was, I was tricked today. And I know I did not get sick today, and now I'm feeling sick, but this did not help. And now I'm reconsidering all the decisions I have made in the past several days that have led to this outcome... When Charlie had chicken nuggets from Wendy's today, and Dad said, "She didn't eat a single one of them. She didn't even touch them." And I picked one up and ate it after I got home from school. And Dad said, "Oh, well she did take a bite out of that one." I was like, "Oh, okay, good."

Sydnee:

Oh, yeah.

Raleigh:

She's been sick for a few days. Good, thank you, Dad.

Sydnee:

I think, I think poor Charlie, she may even have the flu. I'm not sure. It might just be a bad cold.

Raleigh:

I hope so.

Sydnee:

I don't wanna... if you've ever been tested for the flu, they stick a swap, I mean, way up there.

Raleigh:

In your mouth or your nose?

Sydnee:

In your nose. It's like—

Taylor:

Oh. [laughs] I thought you were talking about your butt. I was like, that seems weird.

Raleigh:

[laughs]

Taylor:

That seems like a really weird place to test for the flu. I don't know how the flu works, clearly... [laughs]

Sydney:

If somebody tells you that they need to swab you for the flu in your butt, go tell an adult immediately.

Taylor:

That's where the, that's where the flu lives. The flu lives in your butt.
[laughs]

Raleigh:

Or they think you have super secret unknown butt flu.

Taylor:

[laughs]

Sydney:

Yeah, no. No, don't, don't, don't let somebody swab your butt for the flu.

Taylor:

[laughs]

Sydney:

Um... [laughs] It's a nasal swab.

Raleigh:

I was like, mouth or nose? And Taylor's—

Taylor:

You said way up there.

Raleigh:

Like, "Butt?"

Taylor:

[laughs]

Sydnee:

Definitely talking about butts, definitely. No, uh—

Taylor:

I am not a doctor. [laughs]

Sydnee:

It was a nose swab, and I have, I have ordered them on patients, and I feel guilty. Because they did one on me when I had the flu a few weeks ago, and oh, man... it's like, you feel like they're poking your brain with that thing.

Raleigh:

No, thank you.

Sydnee:

But, um, but it was good I did it, 'cause it was positive, and I knew I had the flu, and I could get on medicine.

Raleigh:

But, I, unfortunately, do not have time to get sick, because I go to school. And I do not have time to take any sick days.

Taylor:

Oh, oh, oh.

Sydnee:

From school.

Raleigh:

From school. That's a transition.

Sydnee:

Which is what we're talking about.

Taylor:

Sick days.

Sydnee:

Sick days. I do want to make a quick note. I did get my flu shot.

Raleigh:

I got mine.

Sydnee:

You got yours yesterday. [laughs]

Raleigh:

I still got it.

Sydnee:

Um, I did get my flu shot like way back at the beginning of flu season, and it just, it... now I will say, it is really bad to get flu A and be pregnant, and so that could have been a very scary situation for me. And I was quite sick, but I didn't get hospitalized. I was not, you know, I recovered just fine. And so did the flu shot help me with that? Possibly. So still get your flu shots.

Raleigh:

Taylor, where are, where are you at on the flu shot?

Taylor:

I have never had a flu shot ever, I'm sorry.

Raleigh:

I can't say much. This is my second one.

Sydnee:

I saw in a TED Talk about if you want to live to be 100, how can you do that? And—

Raleigh:

Get a flu shot every year.

Sydnee:

Getting a flu shot every year was a stronger predictor of living longer than exercise.

Taylor:

But you know what? I would say that's probably because the kind of people that get flu shots are maybe slightly better at taking care of themselves than garbage monsters like me. [laughs]

Sydnee:

Hey, maybe you could be one of the kind of people who get flu shots.

Raleigh:

I will say...

Taylor:

I, also, I will say, that there's like, as far as this form of diet that you live the longest on. Uh, it's not vegan, but it is meat free. I think it's actually pescatarian liv— they live the longest.

Sydnee:

They, they did talk... uh, maybe they didn't. I don't remember. I thought maybe they talked about red meat in that.

Raleigh:

I will say, this flu shot was not for care for myself and me not getting the flu. It was because Sydney said, "Well, you're not gonna get the flu shot. Better not think you're gonna be touching my baby."

Sydnee:

[laughs]

Raleigh:

It's like, oh, okay. I wanna touch the baby. I like touching babies.

Sydnee:

I did say that.

Raleigh:

I like squeezing their chubby faces.

Sydnee:

The flu has really got me spooked this year, guys.

Raleigh:

Well, you have a baby in your tummy.

Sydnee:

I know. I, well, and it's probably pregnancy, and then having a toddler. And then I got the flu even though I got the flu shot, and I wore a mask at work around my flu patients. And I think one of my colleagues got me sick. But you know—

Raleigh:

Doctors.

Sydnee:

The thing is, there is nothing fun about being sick as an adult. Because, um... even if you call in sick, which I almost never do, 'cause there's no, I mean there's no... if I'm not there, no one sees my patients.

Raleigh:

Well, yeah, with your job, patients do not get to see their doctor if they—
[laughs]

Sydnee:

No, so it's, there's no like, backup. So I almost never do. But, but when I do call in sick, I feel terrible about it, and I'm letting people down. And for some people it means, I mean like I'm, I am not an employee that it impacts my salary. But for some people it will impact your salary if you call in sick. And you know, calling in sick to work is not fun...

Raleigh:

No.

Sydnee:

Um, not like cal— not like sick day from school used to be.

Raleigh:

Yeah.

Sydnee:

Those were the good old days. When you would just tell mom that you didn't want to go to school.

Raleigh:

And we have the best mom for that, because I feel like all three of us never wanted to miss school just to miss school.

Sydnee:

No.

Raleigh:

So, Mom was kind of like, "It's been a while since you've missed school. You feeling okay? You wanna stay home and hang out with me?"

Sydnee:

Uh-huh. She would try to talk you into a sick day. Like, "I think you're sick, right?"

Taylor:

Yeah.

Sydnee:

Like, "No, I'm not." Wink, wink, nudge, nudge. "You're sick, right?"

Taylor:

You're definitely sick.

Raleigh:

Mom was always the best. Like, "Mom, I think I don't feel very good." She was like, "Okay, go back to bed." It was never like, one of those things like I see on Twitter, where you have to blow the hair dryer on your forehead to make it hot.

Sydnee:

No.

Taylor:

All that weird stuff that, I don't know, '90s kids did on TV. Stick a thermomotor in a cup of hot coffee, and then you're like, "Oh, well, you're temperature is 115 degrees. You're dead." [laughs]

Raleigh:

Why do I feel like... Lizzie McGuire was ending as I was starting to watch TV and be old enough to remember it. Why do I feel like I remember an episode where like, she tried to convince her mom that she needed to stay home sick. So like, she put a thermometer in like, a cup of tea or something?

Taylor:

I've seen that, or like—

Raleigh:

Did that probably happen?

Taylor:

Or like, holding them up to the light bulb.

Raleigh:

Yeah, I've seen...

Taylor:

I've seen that on TV.

Raleigh:

Does that work?

Sydnee:

I mean, if you heat it up, it'll... you just have to like, Taylor kind of alluded to. You have to be careful, 'cause there are things that are hotter than...

Raleigh:

You have a temperature of 175 degrees. [laughs]

Sydnee:

And I mean, most parents aren't gonna fall for that. They're gonna know something's up. [laughs] Um...

Taylor:

Yeah.

Sydnee:

We, we never had to mess with that. With Mom, it was like, "I don't feel like going to school today." She said, "Okay."

Taylor:

Yeah.

Sydnee:

Um, but even if you actually were, even... my memories of actually being sick. And I, and let me preface this with, we, all three of us have been very lucky to be blessed with pretty good health, you know? Um, we, none of us

have had chronic illnesses or severe debilitating illnesses. And obviously that's a whole other ball game. We're kind of, we're kind of poking fun at the days where we would get to stay home 'cause we had the sniffles—

Raleigh:

Yeah.

Sydnee:

And that kind of thing.

Taylor:

Right.

Sydnee:

So, I want to make that clear. I don't want, I don't want it to sound like we're making light of actually having to miss school for chronic illnesses or something made you really sick. Obviously, that's no fun.

Taylor:

Yeah.

Sydnee:

But if you just had a cold, so you got to sit in your papasan chair and read Archies, and eat, you know, Campbell's boxed chicken noodle soup.

Taylor:

Yeah, I was gonna say, chicken noodle soup from a pocket. [laughs]

Sydnee:

Yep. Those were good days.

Raleigh:

That's, that's not how I spend a sick day now...

Sydnee:

No. [laughs]

Raleigh:

Although that does sound relaxing.

Sydnee:

Those— the, that was exactly how I spent any sick day.

Raleigh:

Uh, I usually end up just in my bed all day, not moving. In my pajamas, watching Netflix...

Sydnee:

Watching... I knew Netflix were coming. [laughs]

Raleigh:

Yeah. Um, browsing the social media gets very boring, because no one's on social media during the day, because they're, all your friends are at school. And even if they text during the school day, like you're always available. They're only available when they can during school. Then it's like, you can't go anywhere.

That was always the worst part of sick days for me, was like, if I really wanted to stay home from school one day. Like, I told Mom I wasn't feeling well, or I just had like, the sniffles or something. But then later, after school was over, when you were kind of feeling better, and like your friends are doing something... but you are like, "Well, you were too sick to go to school, so how are you gonna go somewhere with friends?"

Sydnee:

Yeah, that wasn't really a problem for me. [laughs]

Taylor:

Not me either.

Raleigh:

Okay, how about this? I know you all can relate to this. You didn't want to miss school even if you were sick, because you had rehearsal the next night. And you knew if you missed school because you were sick, you'd have to miss rehearsal because you were sick.

Sydnee:

That definitely was true.

Raleigh:

Yeah.

Sydnee:

We, from doing... I don't know if that was true for you, Tey. But for me, doing community theater, I really enjoyed that. And I did not want to have to miss rehearsal. I don't know if you felt that way.

Taylor:

Well, I, in general, like I never really... I was always so anxious about missing school. Like [laughs] I had so much homework related anxiety, I feel like, that I didn't like... it wasn't something that I could be easily talked into. Like I did not like missing school. It was—

Sydnee:

Well, I think Mom kinda burnt us out on it after a while.

Taylor:

Yeah, right.

Sydnee:

It was—

Taylor:

I think it was like a reverse psychology thing. Like we never wanted to miss school, because it was just so easy. You just do it.

Sydnee:

Yeah. Well, that was part of it. It was so easy, and we missed a lot, like in elementary school. And then you start getting into higher levels of education, where missing days kind of matters—

Taylor:

Oh, yeah.

Sydnee:

After a while. And that, and then you don't really want to, 'cause then it's like, "Oh my gosh, I have so much stuff to do."

Raleigh:

Yeah.

Sydnee:

And I don't want to get this far behind, and like, teachers kind of get miffed with you and—

Raleigh:

Yeah.

Sydnee:

Yeah, it just, it gets to a point where it's not worth it. So yeah, I definitely remember that flip where like, it was high school, and I was going, "I really don't want to miss, Mom." [laughs]

Taylor:

The, the only thing that I ever remember tempting me to miss, uh, was when I discovered the cartoon Pokémon. And I think it came on, it came on at like 3:00, or maybe 2:30. It came on before I would ever be able to get home from school in time to watch it.

Sydnee:

[laughs]

Taylor:

And like, I took an actual sick day. Like I was sick, and I watched an episode. I was like, "Oh, no." And so like, the next day I was probably good enough to go to school. But I'm like, "No, I'm gonna be sick again, because Pokémon..." And I don't, I don't know what my end game was there. Like, "Well, I'm never going to school again." [laughs] It's like I—

Raleigh:

I almost just said, "Why didn't you record it or watch it on Hulu or Netflix?" Then I realized—

Taylor:

We didn't have that. Yep, that's not a thing.

Sydnee:

That's what I was gonna say. Can you imagine, Riley, a time when like, TV was, it was time dependent? Like you had to be present to partake of it. Or you could just pop in a VHS [laughs] and record it. [laughs]

Taylor:

Yeah, no, that was a lot of work. I remember, I had a babysitting job for a while that was actually decent money, and I ended up like, quitting it, because I could never get home from it in time to watch Sailor Moon. And I just had to make choices, and clearly in my life, I haven't made the best

choices. A lot of them were based around cartoons. [laughs] I'm realizing now.

Sydnee:

I just had to, I had to rely on like, great, uh... I had a, we have a cousin who made VHS tapes of all of Dawson's Creek and gave them to me. [laughs] So, you just have to rely on people like that who love you and are willing to say, "Here you go."

Raleigh:

I think the best part of a sick day, even on the days where I don't want to miss because I have work to do. And now, like I can't remember the last time I faked being sick to miss school, just because it's so not worth it with all the work I end up having to make up. Um, is the fact that I can watch so many things, and just switch back and forth between a YouTube video, and then it's Netflix, and I'm gonna go make some soup, and go sit back down and watch some more YouTube videos. That's all I end up doing, like...

Taylor:

I mean that's, back in our day, we were at the whim of cable programming that was not intended for like, you know, a kid or a teenager to be home at like, noon or 1:00.

Sydnee:

Nope.

Taylor:

I remember watching a lot of like, Jerry Springer on sick days. [laughs]

Sydnee:

Uh-huh. Um... I got into All My Children.

Taylor:

You did, that's right. [laughs]

Sydnee:

I did. That was the only soap opera I ever watched, but I, I did watch quite a bit of All My Children for a while. Um... which was especially fun, because then... I mean All My Children has been on a very long time. And so Mom would come in and give me run downs of like, the history of these characters. Like, "See, like five years ago, 10 years ago, the origins of this..." I'm like, "I don't know who that person is."

"Oh, well, they're back from the dead, from this..." [laughs]

Um, but yeah, because I mean, I guess, we're talking about like, predates Cartoon Network or any kind of like dedicated cartoon channel.

Taylor:

Yeah, well, I remem—... that was like, such a revolutionary thing. I feel like that was around, when you were towards the end of high school, maybe around the beginning of high school, that Cartoon Network started. Uh, and that was like, like when it first came on, I just would watch it... like I can't turn off the TV, because there's still cartoons happening, but they're never gonna stop happening. I'm never going to sleep again. [laughs]

Sydnee:

It was hard to all of a sudden have cartoons available all the time.

Taylor:

You just didn't know what to do with yourself.

Sydnee:

Yeah, it's daytime TV. You had talk shows, you had soap operas... um, occasionally you would have reruns of like, old shows.

Taylor:

Hm...

Sydnee:

Um, not a lot, but like, I mean... 'cause mainly at night. I watched a lot of like Get Smart and Drag Net, but that was a lot more at night, Nick at Nite, like nighttime shows. But sometimes they'd have those really old shows on, um, during the day. So like, you get your [inaudible 00:22:18] and Mindy fix in there or whatever. [laughs] Um—

Taylor:

That's so funny to think back, though. It was such a bummer, like on a weekday night, when Nickelodeon would change from cartoons to Nick at Nite.

Sydnee:

Yeah.

Taylor:

And that was the whole thing with Snick, was it was, like teen programming late at night, on those nights you could stay up. Clearly TV networks are way more concerned with us not watching as much TV as we do now. At some point society just gave up as a whole like, "It's just all the time. They're just never not going to be watching garbage TV." [laughs]

Sydnee:

Thank you. [laughs] We appreciate them. Rileigh's generation appreciates that.

Taylor:

Yeah.

Rileigh:

Yeah, definitely.

Sydnee:

Um, well, we have, we have more, uh, sick days to cover. But before we do that...

Taylor:

Let's check the group message. Beep beep boop...

Sydnee:

[laughs] Is that the group message sound?

Rileigh:

The group message noise.

Taylor:

That was me, I did that as I checked my phone. Yes. [laughs]

Sydnee:

Do you do that every time you check your phone? I just have to know.

Taylor:

Beep boop boop... Sometimes.

Sydnee:

Well, let me pull up our first ad here. [laughs] If you could give me some sound effects, Taylor.

Taylor:

Beep boop boop...

Sydnee:

Okay, thank you. So, we have a sponsor to tell you about this week. Support for Still Buffering comes in part from Simple Contacts, a convenient way to renew your contact lens prescription and reorder contacts from anywhere in minutes. If you have a prescription that's not expired, you just upload a photo of your doctor's information, and then you order your new contact lenses. If you need to renew your prescription, you take a five-minute vision test from your phone or computer. It's reviewed by licensed doctors and received, and you received a renewed one-year prescription, and you can reorder your contacts.

Sydnee:

So it's, I have done this, uh, as I am a contact wearer. I am among the lens—

Raleigh:

You come in contact with contacts quite frequently.

Sydnee:

I was gonna say, I am among the lensed...

Raleigh:

Yeah, sure. Okay. [laughs]

Sydnee:

I don't know. Does that work? I'll find it. Anyway, I have checked—I've checked out this service. It's very easy to use. The vision test takes no time. Um, I still had my prescription, so it was really easy to me just get another year of contacts. And, uh, and they're delivered right to your house, and now I have plenty. So, um... that's especially good for me, uh, because I'll, when we travel, I'm really bad about filling up my little contact case with fluid regularly.

Raleigh:

Mm-hmm.

Sydnee:

And I dry out my contacts really quickly.

Taylor:

Oh, no.

Sydnee:

So having a supply that I can get to easily and not have to make a new trip to the doctor is really helpful. And if our listeners want to check this out, how can they do that, Raleigh?

Raleigh:

Uh, you can get \$30 off your contacts at SimpleContacts.com/StillBuffering and enter the promo code Still Buffering at checkout. And that's \$30 off your contacts.

Sydnee:

That's a great, that's a great deal. You should check it out. And one thing you should know, this isn't a replacement for your periodic full eye health exam. So, you know, obviously—

Raleigh:

Still do that.

Sydnee:

Yeah, I mean, 'cause your prescription can change and other problems can happen, and your eye doctor can help you out. So you still need to go there, but if you just need to refill your contacts, this is a great service to use, so—

Raleigh:

Yeah.

Sydnee:

\$30 off at SimpleContacts.com/StillBuffering. Enter code 'StillBuffering.'

Taylor:

All right. We, uh, also have a, uh, a jumbotron message here. I think this might be the best one we've ever gotten. [laughs] This is really, this is really cute. So—

Sydnee:

It's a great one.

Taylor:

Yeah, this is, uh, for Emma... it is also from Emma. So...

Sydnee:

The same Emma.

Taylor:

It's the same Emma. Yeah, it's the very same Emma. So it says, "Dear future Emma, you're great. Sometimes you need to stop and remind yourself that. Treat yourself. Also shout out to the Smirl sisters. I adore this podcast and the way you interact with each other. I'm currently about a year behind, binge listening from the start to current, so who knows when I'll get to this podcast. Love, past Emma."

Raleigh:

Aw, happy listening, Emma.

Sydnee:

Yeah, past and future Emma. All Emmas.

Taylor:

Beautiful time traveling Emma-ception happening here. I love it.

Sydnee:

That's a really great idea. It's sort of like those letters they make you write yourself, from like the beginning of high school to the end.

Raleigh:

I just had to pick mine up like that. [laughs]

Sydnee:

Did you?

Raleigh:

Uh-huh.

Sydnee:

Where you're like, "Hey, did you go to all the football games, and did you go to all the big dances? And—"

Raleigh:

Wow, it's scary how accurate that is to what I wrote to myself. [laughs]

Sydnee:

Really?

Raleigh:

Yeah. [laughs]

Sydnee:

Was it just like Archie's?

Raleigh:

Well, not that.

Sydnee:

And then I sat, I sat there reading my letter, going, "No."

Taylor:

Yep.

Sydnee:

"No, past Sydnee. No, it wasn't."

Raleigh:

No, it was not.

Taylor:

I know. Mine was definitely like, "I hope you made more friends." And it's like, "No, I actually... thanks, past Taylor, for listing the amount of friends you had there. I have less. Thanks. Thanks for rubbing that in from the past." [laughs]

Sydnee:

I wish, I... there's my piece of advice if you ever have to write on of those letters.

Taylor:

[laughs] Don't set your expectations too high.

Sydnee:

Yeah. Say something like, "I hope you had a good time at some point. I..." [laughs]

Taylor:

I hope you still have most of your fingers and toes. Uh...

Sydnee:

[laughs]

Taylor:

But it's cool if you don't, you know, people change.

Raleigh:

Those letters are the ones that make you realize, high school really does make you a different person from start to finish.

Sydnee:

Yeah. [laughs]

Raleigh:

Because I started off that letter, and I named specific people I was friends with. And a specific boy I had a crush on. And, uh, I looked back at that at the beginning of my senior year, and thought... "Wow, things have changed."

Sydnee:

Yeah.

Taylor:

Yeah. You know, high school is, it's like a rock tumbler, you know? You go in, you get the crap beaten out of you, you come out all shiny and refined. It's cool. You come out, and you go, "Did I really sign this letter with a pen name?" [laughs]

Sydnee:

Well...

Taylor:

Yeah. Did I really do that?

Raleigh:

If it makes you feel any better, I told myself I was a pretty cool chick. And wrote the words, "Insert hair flip emoji." And then drew a hair flip emoji.

Sydnee:

Oh, no. [laughs]

Raleigh:

So...

Taylor:

I would have considered some editing on that one. [laughs]

Raleigh:

So... [laughs]

Sydnee:

Uh, now I think one thing... to get back to sick days, I think one thing that probably has changed over time in addition to the television [laughs], the quality of the TV programming that you can watch when you're home sick. I feel like when I was in high school, I would miss school, and as long as like, Mom called or I brought a note from her or something... I mean as long as they were aware that my parents were aware, that was kind of the end of it. But I feel like now they're a lot more vigilant about like, it's a lot harder to play hookie than it used to be.

Raleigh:

Yeah, um, you can only have so many days you miss a year. Which I mean, I feel like has always been a rule, but...

Sydnee:

Yeah, but like a flexible rule.

Raleigh:

A flexible rule. But—

Sydnee:

A soft rule. [laughs]

Raleigh:

I have gotten many a letter... and this is not from me playing hookie. This is like, from us going on family trips, and us like, going on tours to do live shows and stuff, and missing multiple days of school consecutively. And I have gotten many a letter during my high school experience, uh, telling me

that if I miss another day [laughs] of school, I'd have to go to court for truancy. [laughs]

Sydnee:

Oh, yeah.

Raleigh:

It's like, "Well, okay. Uh... I promise I'm good." I have a 4.7.

Sydnee:

That's when you unleash Mom.

Raleigh:

Yeah, and of course, Mom makes one call, and I come back from school that day. And she's like, "It's fine. It's taken care of."

Taylor:

Yeah. Somebody somewhere is crying and holding themselves—

Sydnee:

[laughs]

Taylor:

But it's been taken care of. [laughs]

Raleigh:

There is—

Sydnee:

Somehow Mom has justified our beach vacation as educational. [laughs]

Taylor:

Well, you know, she always uses the justification that we, we always get, we always get really good grades. Like—

Raleigh:

Yeah.

Taylor:

So like, hey, like I think I deserve extra credit. If I can be like, a four point plus student in half the time it took these other kids to do it... [laughs]

Raleigh:

Exactly.

Taylor:

Up my GPA, I get a five. [laughs]

Sydnee:

And I know, I don't know if she ever thought about the flip side of that. It's, if you're calling the school and saying like, "My kid doesn't need to come there that much." [laughs] Like, it's kind of a, oh... Whoa, what'd she say?

Taylor:

Yeah.

Raleigh:

Um, I don't know if you all ever experienced this... in school. Obviously not recently, 'cause we're talking about school. Um, but have there ever been sick days where you had to miss because you were actually sick, and you felt bad, you wanted to be at school?

Taylor:

Uh... this hinges on the idea that I ever wanted to be at school.

Raleigh:

Well, I just mean that like—

Sydnee:

Yeah.

Raleigh:

It would have been better to be at school, even if it's school and not be sick, than to be at home and feel as sick as you were.

Sydnee:

Yeah.

Taylor:

Yeah, that's true.

Sydnee:

Oh, yeah. I mean, I think that's definitely true. 'Cause there, 'cause there are always, there are the days that you were super sick and you really needed to stay home. And those days, you're just like, "I just want to feel better."

Taylor:

Yeah.

Raleigh:

Yeah.

Sydnee:

Um, but then there were the days where like, you thought, "You know, if I, if I get up, and I get in the shower, and I start getting ready..."

Raleigh:

I'll feel fine.

Sydnee:

I'll probably... yeah, I'll probably be okay. Like I could power through this.

Raleigh:

Yeah.

Sydnee:

And then you don't. [laughs]

Taylor:

You're like, "No, this is the worst idea." [laughs]

Sydnee:

Yeah.

Raleigh:

The only time that's ever happened to me was when I broke my ankle. It was on a Sunday, so I missed the next like, three days of school. And the whole time, where I was stuck in my bed, most literally stuck in my bed.

Sydnee:

Aw...

Raleigh:

Um, in a temporary cast, I was sitting there going, "I would be at school all day every day [laughs] if I could walk."

Sydnee:

Aw...

Raleigh:

And then I had to ride a scooter, and Mom tried to tell me to bring my scooter to school. [laughs]

Sydnee:

Did you ever bring your scooter to school?

Raleigh:

No, they told me it was a toy.

Sydnee:

[laughs]

Taylor:

Wait, really?

Raleigh:

It was not... let me clarify. It was not an actual scooter, like what you were probably imagining it as.

Sydnee:

It was a Razor, it was a Razor scooter. [laughs]

Raleigh:

It was not.

Taylor:

It was a medical grade Razor, it's okay.

Raleigh:

It was, imagine the base of a scooter that you usually put your foot on, at knee level.

Sydnee:

Yeah.

Raleigh:

So I could bend my leg at the knee and prop the bottom half up on the scooter and scoot myself.

Sydnee:

Yeah, that is, that is a medical—

Raleigh:

Yeah.

Sydnee:

That is a piece of medical equipment. That is not a, that is not a toy.

Raleigh:

But it was, I mean, it was a scooter.

Taylor:

Well...

Sydnee:

Yes, but I mean—

Raleigh:

I was not using it for fun, to just scoot around my halls.

Sydnee:

Could you do any like, sick tricks with it? [laughs]

Raleigh:

Unfortunately, no. I did have a cup holder attached to it, though. [laughs] It was great. I got like, a portable cup holder and taped it to it, so that I could go to the kitchen and get drinks and scoot myself back to my room.

Sydnee:

Would... now I wanna know, honesty time. If they had let you take that to school—

Raleigh:

No. [laughs]

Sydnee:

Would you?

Raleigh:

No. [laughs] 'Cause Mom said, "I'll fight them. I'll make it so you can take that scooter to school." And I said, "Honestly..."

Sydnee:

No.

Raleigh:

"I'll use the crutches." [laughs]

Sydnee:

Yeah. That's hard though, because the, our high school is a big high school. It's a big, sprawling high school. And you don't have a lot of time between classes, and there's a lot of stairs. And the elevators, I know they exist... I don't know where they are.

Taylor:

There were elevators?

Raleigh:

Yeah.

Sydnee:

There had to have been.

Raleigh:

Yeah.

Taylor:

Huh, you're right.

Sydnee:

I mean, it would have—

Raleigh:

Super secret. I always got to take a friend, and they felt cool, 'cause they got to ride the elevators.

Sydnee:

Yeah, they, they have to accommodate people who can't take the stairs, so I, there must have been elevators. I just never saw them in my entire high school career.

Raleigh:

I will say though, I know where those elevators are. I have never seen them open and release people. I've seen people get on them. [laughs]

Sydnee:

Wait, what? Oh, no. What is this theory you're proposing here?

Raleigh:

I've walked by these elevators as people just happen to be getting into them. You would think in my four years, I would also walk by them when people happen to be getting off of them... that is not the case.

Taylor:

Is there like a Narnia type situation behind those elevator doors?

Raleigh:

Yes.

Sydnee:

I was thinking like a Wayside School kinda...

Raleigh:

I was thinking Wayside School.

Taylor:

Okay, all right.

Raleigh:

I like the, the... the teacher from the... what was it?

Sydnee:

The teacher... oh, yeah.

Raleigh:

Those were all about a school where weird stuff happened.

Sydnee:

Yeah. I didn't, I didn't get into those. I was way into the Wayside School stuff, but...

Raleigh:

Either way. There's something weird going on.

Taylor:

You, you've used these elevators, though.

Raleigh:

Well, in my middle school. This is in middle school that I broke my ankle.

Sydnee:

Oh.

Raleigh:

But I did still use the elevators, and still felt very cool, and it's still a giant school.

Sydnee:

Oh, all right. Well there are elevators in the high school.

Raleigh:

There are elevators in the high school that I've seen open...

Sydnee:

And close?

Raleigh:

And close.

Sydnee:

[laughs] El—, uh, now, now, I'm, so I'm glad we've covered that...

Raleigh:

[laughs]

Sydnee:

Your experience in elevators. [laughs] I'm gonna have to start combing back through yearbooks and figuring out what kids got into elevators and never came back.

Rileigh:

I can't focus very well right now. Uh, I feel kinda all over the place, and also kinda feel like I'm floating. And also, everything's spinning.

Sydnee:

That was, that was another thing that I confronted in my teenage years. When you're old enough that like, you can reasonably take some of the over the counter cold medications. Because as a, as a little kid, you really shouldn't. Now we come from a different era, Teylor and I. And so, we, we lived on Dimatap and... and Benadryl.

Teylor:

Ah, I could drink a bottle of that to this day.

Sydnee:

Dimatap, purple medicine. Ah, it tastes so good.

Teylor:

I never pretended to be sick to get out of school, but I definitely pretended to be sick to get some of that sweet, sweet Dimatap.

Sydnee:

Yeah. Um, those are the good old days. Now we know that that is not great.

Teylor:

Yeah.

Sydnee:

Generally speaking, it doesn't do much for kids. It just raises their heart rate... a lot. Yeah, possibly their blood pressure. So, uh, we don't recommend a lot of cold medicines to little kids, but as a teenager, you're practically grown up so you can take some cold medicine if you want to. And that for me, was like the great catch 22. Because I, you don't want your nose running at school... what's worse than that? Like sitting there in class sniffing nonstop or wiping your nose. That's embarrassing.

Teylor:

Yeah.

Sydnee:

But on the flip side, if I took something like Dayquil, I was done. I mean, I, I was awake, but I was not alert—

Raleigh:

Yeah.

Sydnee:

Or aware. [laughs]

Raleigh:

I have made the fatal mistake before. They have the medicines now that are like, uh, general brand, um, Dayquil/NyQuil that come in the pills. That's like a pack, has like one orange one, one blue one, for daytime/nighttime. And I've had them sitting on my counter before, and I've woken up for school. And it's been one of those days where it's like, I feel so bad, I probably should stay home, but I don't want to miss class. So I'm just like, trying to power through. And I've just grabbed it as I've woken up and I'm half asleep, and I took the blue one—

Sydnee:

Oh, no.

Raleigh:

Before I went to school instead of taking the orange one. And I got to school, and it was about like 20 minutes after I had taken it. So like, I was able to drive safely and stuff, but I got to school and was like, "I feel really sleepy, and everything's kind of groggy."

Sydnee:

Oh, no.

Raleigh:

And I thought back... I was like, "Oh, no. I did a bad thing." And I slept through most of the day. But...

Sydnee:

That's not good.

Raleigh:

Yeah. At that point, I just should have stayed home.

Sydnee:

Yeah. No, that was, that was kind of what I would come down on. And I to this day, I do not work on any kind of cold medicine. Um, just because I can't think straight—

Raleigh:

Yeah.

Sydnee:

And I'd rather...

Raleigh:

Even the orange ones mess up my head.

Sydnee:

I have, I have caved in my old age and occasionally used Afrin.

Raleigh:

What is that?

Sydnee:

When I was sick. That's the nasal spray that—

Raleigh:

Oh, okay.

Sydnee:

Unstuffs you right away. It's not good to use for more than five days. If you ever use it, you should like, get it, use it, and then throw the bottle away in five days. 'Cause it is addictive.

Taylor:

Oh, wow.

Sydnee:

But if it's, if it's... I'm seeing patients, and my nose is running down my face. [laughs] Or I'm seeing patients, and I'm really high on cough syrup and can't, and don't know what, I don't know what they're saying...

Raleigh:

Yeah.

Sydnee:

Or I use Afrin for a couple days, I use the Afrin. You know, so there you go. That's, that's where I come down on the subject.

Taylor:

Yeah, I try to... I don't know. I just don't really ta—... When I get sick, I don't really take anything for it. I usually just try to tough it out... It just seems like it'll pass, right? The medicine's not gonna help you get better faster, it's just gonna hide your symptoms for a while.

Sydnee:

You're exactly right. I mean, for the most part, that stuff... and there's so many reasons why like, for various people, depending on their medical conditions, they can't take them. So you're better off if, I mean, if you can get away with it, just not using anything. Um...

Taylor:

I, yeah, I remember the last time I got sick, I tried... like some, one of my friends gave me some NyQuil, and I took it in the morning. Like early in the day, and kinda went back to bed. And I thought I'd be fine to like, work a night shift... I like didn't have to be to work until like, 5:30. [laughs] And it's like, an hour into my shift, I'm just like staring at this like, Manhattan that I've garnished with a lime. I'm like, "That's not how that works at all. That is not how that cocktail is made." [laughs] Like I don't need to be here. I shouldn't be serving people.

Sydnee:

Nope. Nope. You should use honey for your coughs. I know, I know this sounds like weird, weird things for a physician to be saying. [laughs]

Taylor:

Don't take any medicine ever.

Sydnee:

Well, I mean, Tylenol or Ibuprofen sometimes. But like, unless you have like, underlying medical conditions that you need to actually go get like, medicine... like if you have... for a lot of these things we're talking about. If you have like, asthma, and you need to use an inhaler, obviously.

Taylor:

Yeah.

Sydnee:

Please do that. Um, I mean, I mean most of that stuff, like just makes you feel kind of loopy and forget that you're sick. And it doesn't really do much.

Raleigh:

There have definitely been days where I have gone to school on the actual orange pills you're supposed to take during the day, and, um, tried to turn in government notes to my AP biology teacher.

Sydnee:

Ah.

Raleigh:

And just had him look at me like, "Uh... I am glad you're learning about public opinion, but I was looking for your assignment of transcription and translation."

Sydnee:

[laughs] Um, most of the time, the other thing with, I think being sick when you're in school is like... so when you, when you finally decide like, it's time to come back. Um, which I always lived by our grandfather...

Taylor:

Oh, yeah. [laughs]

Sydnee:

My mom's dad's advice. Pawpaw always said, "When you're feeling better, take one more day."

Taylor:

Mm-hmm. Mom always said that. One more day.

Sydnee:

Which is great, which is great advice, because you can just stretch that into eternity. [laughs]

Taylor:

Yeah.

Sydnee:

But, um, when you would go back, the tricky thing is, if you had a cold, if you had something of the upper respiratory variety... well, you come back, you're still sniffling, you're hoarse or whatever. And everybody goes, "Ah,

you've been sick." And that's the end of it. The worst is if you had a stomach bug.

Raleigh:

And there's no way to prove that you were sick.

Sydnee:

No, well, there's no way to prove you were sick, but also if you did actually get sick, you don't want to tell anybody about that.

Raleigh:

Yeah.

Sydnee:

That's not something... like you don't want to come back to school and people be like, "Oh, were you sick?" And you be like, "Yeah, I had diarrhea." [laughs]

Taylor:

And they're like, "Oh..."

Sydnee:

Couldn't be two feet from a toilet for three days. That's what I was doing. Coming out both ends.

Taylor:

Oh, god. No...

Sydnee:

I mean, you don't want to share that.

Taylor:

But if you do though, no one will ask again. Next time you miss, they're just like, "Don't ask her why she missed."

Sydnee:

That's true. That is the best way... and I think that holds true as an adult. That is, if you're willing to do it. If you're willing to play that card, that is the best way to get out of anything you don't want to do in life.

Taylor:

Right.

Sydnee:

With no questions. "I can't do X, because I have diarrhea." [laughs] That's the end.

Taylor:

I've been stuck on the toilet all day.

Sydnee:

Yeah, nobody—

Taylor:

Nobody wants proof. [laughs]

Sydnee:

No, and they don't want to know anything else, and they wished you hadn't said that much.

Taylor:

[laughs]

Sydnee:

And they instantly forget everything except, "Okay, they're not coming. Moving on. Moving on." And that's the end of it.

Taylor:

Yeah. Yeah.

Sydnee:

So, if you're willing to go that far...

Raleigh:

There's our advice.

Sydnee:

[laughs]

Raleigh:

If there's anything you really want to get out of... there's always that.

Sydnee:

Lots of pooping. There you go. Uh... okay.

Taylor:

Just send a poop emoji.

Sydnee:

[laughs] Yeah, just send a...

Taylor:

Like, "Hey, you didn't come in today." Just send a poop emoji. Oh, okay.

Sydnee:

Nobody would follow that up. Yeah, I would not want to know anything. Uh, no... see I, that's what, is that what teens now? They just—

Raleigh:

Yeah.

Sydnee:

Send a poop emoji.

Raleigh:

Your friends text you like, "Where were you today? I missed you in first mod." Like, oh, poop emoji. Oh, got you. Okay, won't ask.

Taylor:

Okay. Well, I, just... you know, Raleigh, while you, you don't necessarily like to miss, but enjoy it while you can. Because someday you're gonna be an adult, and like Sydnee said, it is no longer all that possible, nor any fun. Like... I, nobody can really do my job if I'm not there. So the option to call out, it's like... I feel like in the restaurant world specifically, you call, you call out, and everyone's like, "You want to what? You want to not come to work today? Is that a thing you think you're allowed to do?" [laughs] It's like, "Who will be here? There's one bartender tonight. What will happen if you're not here?" But—

Sydnee:

You're exactly right. I've had that same reaction. Like—

Taylor:

That's just not an option in lots of jobs.

Raleigh:

I'm in this weird... Yeah.

Sydnee:

Yeah.

Raleigh:

I'm in this weird middle ground of wanting to like, force myself to go when I feel sick, even though I know you're not supposed to do that. Because then it's like, well in college, it's worse to miss. And then when you get a job, it's even worse to miss. So like, I'll at least have some sort of like, action plan for how to like, fight through a day where you feel really bad. But also I'm like, it's just gonna get harder to miss from here. Might as well like, last semester of my senior year... I'm already in college, like...

Sydnee:

Yeah.

Raleigh:

Might as well just take a few days.

Sydnee:

And let me say like, the... I believe in value, and like sometimes you have to say, you know what? I am not that sick. Or I'm getting better. I'm really, like... and I do that a lot. Like, I need to go do this job today. There are people counting on me. This matters. This is important. I need to make myself go do this, even though I'm not feeling 100%, I'm up to it. And I think there's value in that. I don't ever want to like, undermine that.

Sydnee:

But there is value to the other side too. Which is, there have been plenty of times where I have gone to work, that I should have stayed home.

Raleigh:

Yeah.

Sydnee:

For my own safety and for the safety of all the people I'm gonna be around, because I'm sick. And we have a bad culture in this country of just push through and go. No matter what. No matter how sick you are. And we get, and then it takes you longer to get better. You feel awful, and you're making everybody sick. Which is why we're in the middle of a freaking flu epidemic.

Raleigh:

And especially work and school environments, where everyone touches everything—

Sydnee:

Yes.

Raleigh:

And then touches themselves all the time. And every surface you are touching has been touched by so many hands.

Sydnee:

Yeah.

Taylor:

Yeah. Well, and yeah—

Sydnee:

When, when you're truly that sick, you're not a hero—

Taylor:

No.

Sydnee:

When you go in.

Taylor:

Yeah. No, that's, that's the always thing I try to like, point out to, you know... I, I mean, I don't think I've ever called out from work. I have been sent home. I've shown up, and my boss has been like, "No, actually no. You need to go, 'cause we're a restaurant [laughs] and that's disgusting." But that's really the thing. It's like, if I went to a restaurant, and my server was like sniffing, and hacking, and coughing... I'd be like, "Oh, God. We need to go immediately. [laughs] Like I don't want this person touching anything."

Sydnee:

Yeah.

Raleigh:

Yeah.

Sydnee:

Well, I mean, I agree, and I think I've come up against the same thing. Do you really want a doctor who looks, you know, like they're, they have a fever, and they're coughing? Like you're coming there, and they're exposing you to something? Yeah, I mean, it's not... and— and we all do it. I mean, we're calling ourselves out. But like, it's a culture. There's a, there's a whole, there's a very strong pressure to do that. Maybe we need to remember those school days, when we were a little more free with saying, "You know what? I think I need to take this one off."

Raleigh:

Just one more day.

Sydnee:

Just one more day.

Taylor:

Well, and also enjoy having a, you know, a parental unit at home that's gonna make you that boxed chicken noodle soup, and Sprite, and crackers.

Sydnee:

Yep.

Taylor:

Now it's like, if I get sick, I basically live alone. It's just like, lying in my bed. [laughs] Like, somebody... please. Can I hire you for the day to be my mom? [laughs]

Raleigh:

I will say it's nice though, because now Charlie's at our house most days. So if I happen to stay home sick, I just have a little Charlie run in every now and then going, "Do you need anything?"

Sydnee:

Aw...

Raleigh:

"I will make you better." [laughs]

Sydnee:

Which is harder when I'm staying home sick, and I have a little Charlie running and going, "Mommy, will you play now?"

Raleigh:

Yeah.

Sydnee:

"Mommy, can we go play now? Mommy, what are you... Mommy, are you okay?" I'm fine, honey... um, but the, so... everybody, take care of yourselves.

Raleigh:

Yeah, get your shots.

Sydnee:

Get your shots. [laughs]

Taylor:

[laughs] Everybody, get your shots.

Raleigh:

Shots of Dimatap, and shots of...

Taylor:

Shots, shots, shots, shots, shots.

Raleigh:

Unactivated viruses.

Taylor:

Dimatap.

Sydnee:

[laughs] Um, you should get your flu shots. I am a believer in the flu shot, even... no matter what the media tells you, it, it is somewhat effective. And what, what's the harm? Get your flu shots.

Raleigh:

It doesn't hurt that bad.

Taylor:

Is it free?

Raleigh:

Yeah.

Sydnee:

Yeah.

Taylor:

Ah.

Sydnee:

There are a lot of places where it's free.

Taylor:

Okay.

Sydnee:

Health department, it'll be free. Um, if you have insurance, it usually covers it.

Taylor:

Sorry.

Sydnee:

But the health, the health department usually has them for free. And heck, you'll find tons of pharmacies, where they'll give them to you, and they're pretty cheap. But the health department are...

Taylor:

Huh.

Sydnee:

Yeah. Yeah, check it out, because the, there's the flu vaccine. And um, if you are sick, stay home and take care of yourself. Or if you need to go to a doctor, obviously go get checked out. But, um... don't go to work.

Taylor:

Watch some Pokémon.

Sydnee:

Yes.

Taylor:

There you go.

Sydnee:

Yes, stay home from school, watch some Pokémon. Um, enjoy Netflix. Don't go infect everybody. Wash your hands. There, that's it. That's all the, that's all the advice we have.

Raleigh:

That is all.

Sydnee:

And if you really want to get out of something...

Raleigh:

Poop emoji.

Sydnee:

Yeah, poop emoji. Thank you, sisters.

Raleigh:

You're welcome. [laughs] I'm gonna go nap now.

Taylor:

All right, you guys, you guys go feel better.

Raleigh:

Thank you.

Sydnee:

Well, thank you. We, we will. I don't, I don't even know why I have a fever. I'm gonna have to figure that out.

Raleigh:

I just feel a little cloudy right now with a side of runny nose, so...

Sydnee:

Hopefully these are just colds.

Raleigh:

Yeah.

Sydnee:

That's what we're hoping. Um, so thank you for listening. Uh, thank you to Maximum Fun, that is the network we are a part of. And you should check out MaximumFun.org for a lot of other wonderful podcasts. Um, you can tweet at us @stillbuff. You can email you at stillbuffering@maximumfun.org. Those are both safe ways of contacting us without being exposed to any viruses. [laughs]

Raleigh:

Contacting without contracting.

Sydnee:

Oh...

Taylor:

Hey.

Raleigh:

Disease.

Sydnee:

You're all over it today.

Taylor:

Out of the park. [laughs]

Sydnee:

Uh, and thank you to the Nouvellas for our theme song, Baby You Change Your Mind.

Raleigh:

This has been Still Buffering, a sister's guide for teens through the ages. I am Raleigh Smirl.

Sydnee:

I am Sydnee McElroy.

Taylor:

And I'm Taylor Smirl.

Raleigh:

I am a teenager.

Sydnee:

[laughs] And I was, too.

Taylor:

And I was, too.

[theme music plays]

April:

Hi there. I'm film critic April Wolfe, host of the Maximum Fun podcast, Switchblade Sisters. Do you love genre films? Do you love female filmmakers? Do you love discussions on craft? If your answer is yes, you'll love Switchblade Sisters. Every episode, I invite one female filmmaker on, and we talk in-depth about their favorite genre film and how it influenced their own work. So, we're talking horror, action, sci-fi, fantasy, bizzarro, and exploitation cinema.

Mothers, lock up your sons, because the Switchblade Sisters are coming for you. Available at MaximumFun.org or wherever you find your podcasts.

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