

Oh yeah this song takes me way back! (to the bad place)

### [Consideration – Rihanna and SZA](#)

This song reminds me of biking around Gainesville, wondering what I was going to do with the rest of my life. Trump had just won the election and I was weeks away from graduating with a degree in political science, even though everything I had learned over the last four years was proved useless overnight. On the Wednesday after—I'll never forget this—the adjunct teaching my campaigns and elections course literally threw our textbook in the trash and told us to go home.

Anyway, I would play this on the way to the Marston library, getting ready to go out to midtown, or trying to hype myself up for one of the thousand interviews I was doing for unpaid internships. This song is really good at making you feel like you have your shit together.

### [Little Dark Age – MGMT](#)

I don't even like MGMT, but this song unlocked something inside of me. The stilted beat and dark electronica feel was my soundtrack as I moved to DC, experienced winter for the first time in my life, and pondered if, how, and when I was going to break up with my boyfriend. Something about the lines "I grieve in stereo, the stereo sounds strange / I know that if you hide, it doesn't go away." It feels like you're being haunted at a house party, and it still SLAPS.

### [Plants- Crumb](#)

Pretty sure this was a joint effort by me and Becca, playing this on loop while we hung out in New York and I tried not to be sad anymore. Crumb is for swaying in the back of a dark bar, and this song is the soundtrack for the subway ride on the way home. All cool girls love psychedelic bops!

Spotify says my most listened to song now is [Heat Lighting by Mitski](#)...and girl we are both clearly still going through it.

# LET'S CONSUME MEDIA

## Books

This is going to sound crazy, but spending less time playing video games allowed me to read more. Who knew?

- ***Shadow and Bone, Siege and Storm, Ruin and Rising*** by Leigh Bardugo. Yes, you read that right. I read a trilogy in one month. In fact I read the last book in its entirety last Sunday. Was it good? Meh. It's like binging word candy—filling, definitely not good for you, and it'll make you sick if you have too much. But my lizard brain likes love triangles, the violence, the misunderstood, special little protagonist out to save the world. I just wish a certain character stayed dead like they were supposed to.
- ***When We Cease to Understand the World*** by Benjamin Labatut. WOW. I cannot recommend this book enough. I read most of it in a sauna at Spa World, and that was quite the place to read about the horrors of scientific discovery. 10/10.
- ***Not That Kind of Girl*** by Lena Denham. Late to this, but as an ardent defender and huge fan of the TV show *Girls*, I missed her voice.

## TV & Movies

- The new season of **PEN15** was so, so lovely. The episode all about Yuki was beautiful. They keep raising the bar!

## These are called “pieces” for some reason!

- ["Things could be good"](#) Emma Garland in *Dazed*. “Cynicism and complacency have defined the British spirit for centuries. Rarely have we stopped to consider the possibility that life could be... better?”
- ["Should the Democratic Party move to the left?"](#) by yours truly in *CQ Researcher*. YA GIRL GOT PUBLISHED. Go read this lil section where I make the case about something I think has been lost in the discourse: If Democrats want to make progress, they've got to play the game and be better politicians. That means winning elections,

compromising to get things done and meeting voters where they're at.

## **I'm going to disappear into the Springtime ether <3**

Thanks for reading, Rachel. I'm lying low on my socials, so this newsletter is the only place I'm going to blather for a bit. Congrats on making the cut.

Rachel