



# Big Brother

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## Zae Calls Rachel 'Immature', A 'Little On The Crazy Side'

Posted By: John Powell | July 18, 2025



Isaiah 'Zae' Frederick. Photo: CBS.

By John Powell – GlobalTV.com





He took on the Red Queen and as she predicted, he was beheaded...well...in the Big Brother game of course.

Isaiah “Zae” Frederich, the 23-year-old salesman, didn’t meet his quota and was the first person to be evicted this season. Zae isn’t bitter though. He is just glad to have the opportunity to play the game and be on the show.

John Powell: Zae, it’s great to be talking to you today. I know it’s only been a short time but how you feeling about everything?

Isaiah “Zae” Frederich: You know, obviously this wasn’t my intention. I did not plan on talking to you today. I plan on being the house still but here I am. I’m making the most of it. I don’t want to look at it as like I got 17 out of 17 Big Brother players. I want to look at it as I got the chance of playing the game, I got 17th but there were 10,000 applicants so I’m lucky to have even been in the house at all.

John Powell: That’s a positive way to look at things because you did beat out that many people and you did get to live out your dream and be on Big Brother. Watching the eviction last night, I don’t know if you saw it live but Zach broke down. He was crying over your departure. Were you surprised to see that emotion?

Isaiah “Zae” Frederich: I didn’t think he was a super emotional guy but we have a special connection. I do think that the game is going to be harder for him because we were in a little bromance. We were super tight. I think there’s anyone else that was as tight as me and Zach. I think it will be hard for him moving forward not having me in the house for his game but also on a personal level. We vibed a lot and so I do think it was hard on him to see me go this early.

John Powell: We watched you during the Block Buster competition. Give us some insight on what was going on there because it looked like you you were sure about an answer but then things slipped away from you.



Isaiah 'Zae' Frederich. Photo: Sonja Flemming/CBS.

Isaiah "Zae" Frederich: So it's kind of dumb. So there are three big screens in the room, right? They explain the directions really, really well but I don't know why. Maybe it's just the nerves but I spaced it.

I looked at the first screen and saw two words there...I was wondering when the other words were going to pop up? I'm just waiting there, staring at the screen waiting for two more words to pop up. I see crown so I'm grabbing this crown and I don't know what the other word was.

As soon as Kelly buzzes, I turn around to like look at her and I see a huge screen on the wall and I see another huge screen on the other wall...I must be the dumbest person on this planet to miss two giant screens with giant words on them. It wasn't that I couldn't unscramble the words fast enough...I literally didn't see the words. I don't know how it was so obvious and I just spaced it. It cost me that competition.

John Powell: On the live feeds one of the things that came up about you all the time was everybody said you are so trustworthy. How does that make you feel?

Isaiah "Zae" Frederich: It makes me feel good and honestly that's the game I wanted to play. It's not that I wasn't willing to make moves or lie in the game. I was. I was ready for it. My strategy though was I wanted to be as trustworthy as I can tell people straight up.

I told Amy to her face that I was probably going to vote on eviction night. I wasn't going lie and play both sides because I feel like that really comes back to bite you. Those people always get screwed over later on in the game. I wanted to play a very, very honest game that way people trust everything I say. That way, when I make the moves, no one second guesses it.

John Powell: As one of the most trustworthy people there's an opposite side of the spectrum of somebody people don't trust. Based on your time in the house and your perception who is playing the lying game in the house?

Isaiah "Zae" Frederich: 100 per cent, Jimmy I would say. I knew he was playing both sides but kind of read right through it. He was hedging his bets. He told me that he had my back. I kind of figured out through Amy and through other people that he didn't...I thought he had good reason to keep me in the house. I don't want to screw up that relationship. I was planning on putting up Jimmy because I knew that he wasn't being honest with me, that he was hedging his bets in case I did stay. He could say that he had my back in the moment in case I won the Block Buster, took myself off, and then he could say that he had my back in case they came to a vote even though I know he really didn't so let's play on his part.

John Powell: Not everybody gets to have their Big Brother moment but you took on the Red Queen in front of everyone. She put you on the spot. How did it feel at the time? Did you have any reservations about calling around in front of everyone?

Isaiah "Zae" Frederich: Honestly, I don't really like beef. I don't like arguing. It's just not who I am. I didn't want to argue. I tried to talk to her on a regular level but I could tell she wanted to escalate it. She wanted me to blow up.

I feel like I was very calm. I feel like I was very cool but it was very weird interaction. I wasn't expecting it to happen. I didn't want it to happen in any way. I didn't feel like I was even heated in the moment. I didn't feel heated. I felt like I can't just be called out and I'm not just gonna cower down...It was a very strange interaction. I've never had such a strange encounter with an adult and such an immature interaction with someone who's in their forties.

John Powell: You were kind enough to ask Keanu if you could give the background on what happened before you explained what led up to her calling you out. Was there any trepidation about how that would harm your game if you did bring up all that stuff?

Isaiah "Zae" Frederich: No, honestly, I think that it was great for my game, if anything, because it showed that I was playing an honest game. It showed that she was a little on the crazy side to stir that up because I think when people saw that, people on my side, they were looking at it like: Why is she doing this?

She kept on dragging it on, dragging on, dragging it on. It is kind of ironic that she was calling me a child because when we met one-on-one I was trying to explain that I wasn't trying to target her but it makes the most sense for my game that if she votes against me that I put her up if I win.

She kept saying: I'm bored. I'm bored. I don't want to talk about this. I'm bored.



Isaiah 'Zae' Frederich and Julie Chen Moonves. Photo: Sonja Flemming/CBS.

It kind of showed who was actually the childish one in that moment based off of her actions. I don't think it harmed my game at all. I think if I would have stayed it would have made people look at me as more trustworthy.

John Powell: Before the show you gave us a little bit of your religious background and then how you kind of moved away from that. Was it difficult to go in there and play such a cutthroat game?

Isaiah "Zae" Frederich: Not at all. In my personal life I don't really tell lies. I feel like a very, very honest person in the game. I didn't tell any lies even though I was willing to in the right moment. I recognize the difference between real-life and a game and in the game you're meant to lie. If you play 100 per cent honest game you're selling yourself short. You're not going to, long-term, be able to win the game. If you don't tell any sort of lies or make any sort of moves you're not going to win. That's just how it works.

John Powell: If you had stayed who would have been your targets and who would you would have been running with?

Isaiah “Zae” Frederich: I think I made it clear in my speech that Rachel was my target and that was what I was going off of. I wanted to make her seem like a bigger threat than I was that...Rachel was my target. I would have put up Jimmy on the block and somebody else who was close in line with Rachel to help me to get her out. That was kind of my pecking order right then and then people I would have aligned with?

Obviously Vince is somebody that I would have aligned with going on in the game. I really trust him a lot. Morgan was somebody that I wanted to work with that I wasn't able to. She was on the opposite side of the vote.

Lauren was very honest. I do think she was a little bit of a floater. She kind of waited until literally the last possible moment to make up her mind which was a little bit frustrating to to work someone like that long-term. It's kind of a little bit of a wild card but I do think that if I were to be in alliance with her she would be aligned with our best interest and she would vote with me and I wouldn't question or second guess it.

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