

Shmanners 172: Bob Ross (LIVE!)

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[theme music plays]

[audience cheers]

Travis: Hi.

[scattered shouts]

Travis: Hello, Nashville!

[audience cheers]

Travis: And the internet.

Teresa: [laughs]

Travis: Uh, I'm your husband host, Travis McElroy.

Teresa: And I'm your wife host, Teresa McElroy!

[audience cheers loudly]

Travis: Okay.

[audience laughs]

Teresa: Please continue.

Travis: And you're listening to and watching Shmanners!

[audience cheers]

Travis: No—

Teresa: See, there you go! You got some!

Travis: She meant me, not you! Something something something, Shmanners!

[audience cheers]

Teresa: It's extraordinary, uh, etiquette...

Travis: For ordinary occasions! Hello, my dove.

Teresa: Hello, dear.

Travis: How are you?

Teresa: I almost said "It's extraordinary internet." I don't know what I'm doing right now.

Travis: You know what? If you think about it, not not true.

Teresa: I suppose.

Travis: What we do is extraordinary internet. You're not gonna find internet—

Teresa: [laughs] On ordinary occasions.

Travis: Yeah, you're not gonna find internet like this anywhere else. How are you?

Teresa: I'm okay. I could use a little relaxation time, I gotta tell you.

Travis: [gasps] Good news! We're talkin' about Bob Ross!

Teresa: Yeah we are!

[audience cheers]

Travis: You know... we said, "Let's do a special topic for Nashville. Let's find a really Nashville-centric episode." So, tell us about Nashville-born, Nashville-bred, Bob Ross.

[audience cheers]

[pauses]

Teresa: He was born in Florida.

[audience laughs]

Teresa: And grew up in Orlando.

[audience laughs]

Travis: I see...

Teresa: I don't know if he ever went to Nashville.

Travis: Okay...

Teresa: He moved to Alaska?

Travis: Not Nashville! By any stretch of the definition! Ah, Alaska. The Nashville of the North!

[audience laughs]

Teresa: Uh... I just like Bob Ross, so.

Travis: Yeah! You know, so, here's the thing. One, if you are to know anything about me whatsoever, it is that I love ASMR. I love it very much. I make—

Teresa: What does ASMR stand for, for the people who may not be familiar?

Travis: Uh, I believe it's Auditory Sensory Meridian, uh—

Teresa: Response.

Travis: Response, yes. Um, and it is... just great. It's like a massage... for your brain. Uh, so the thing about ASMR is, for some people, this is the best way—it's a lot more than this, but the easiest way I've found to relate it to other people is, um, for some people, listening to like, recordings of the sound of the rain, or like, ocean waves, or that kind of thing is very relaxing.

And for some people, it's like, the sounds of hands rubbing together or like, paper crinkling or plastic crinkling. And for some people, it's like, people chewing on stuff or whispering or inaudible mouth sounds. And listen, I know.

[audience laughs]

Travis: I heard some of you groan out there. But listen, there are lots of countries where people like, eat bugs for food, right? Different strokes for different folks.

[audience cheers]

Travis: And as someone who likes listening to people eat fried chicken—

[audience laughs]

Teresa: [laughs]

Travis: —back off!

Teresa: You know what I really like? I really like the sound of water underwater.

Travis: Yes.

Teresa: So like, when a faucet is running, I wanna hear the sound that you hear when you would be underneath the water, listening to the faucet.

Travis: That exists.

Teresa: I like it.

Travis: 'Cause there are ASMR videos... for everyone.

[audience laughs]

Travis: Uh, just—I know we're not talking about ASMR, but you can also find ASMR videos of just dogs sitting in front of a microphone eating different food.

[audience laughs]

Audience member: Ew!

Travis: The best.

[audience laughs]

Travis: [kisses fingers like a chef] Uh, but here—the reason I'm bringing it up is a lot of people... like, their first kind of introduction to the idea of ASMR is Bob Ross, because... anybody in this room not know who Bob Ross is?

[single loud whoop]

Teresa: All right!

[audience laughs]

Travis: And proud of it!

Teresa: You will be educated by the end.

Travis: So, because Bob—because Bob. It feels weird to just say Bob.

Teresa: Our friend Bob.

Travis: Our friend, Mr. Bob Ross. It's hard not to say the full name. Because Bob Ross has a very kind of like, low—not low voice, but low timbre to his voice. A low—

Teresa: He whispers.

Travis: Yeah, but not—yeah, but not just the whisper. Like, he has a very smooth, even—anyways. It is very relaxing for people. In fact, when Teresa was pregnant with Bebe, we would watch... The Joy of Painting? Is that what it's called?

Teresa: Yeah, mm-hmm.

Travis: Yeah. We would watch that, like on Netflix or whatever was on for her to fall asleep to, you know, 'cause it was very relaxing. And it was like, "Okay, cool. We'll watch, you know, whatever comedy or action movies we're into these days. [laughs] 'Cause we're cool. And then we'll wind down with either Bob Ross—"

Teresa: Or Antiques Roadshow.

Travis: —or Antiques Roadshow.

[audience cheers]

Teresa: Well, because before—

Travis: The Sleepytime Tea of television.

[audience laughs]

Teresa: The Sleepytime Tea. Well, because before I got pregnant with Bebe, I really loved food shows. I would watch the Food Network and Cooking Channel and all that stuff, and it's a very similar feeling. Um, but I was so nauseous that I couldn't even watch food, so I turned to Bob Ross and Antiques Roadshow, which were very similar feelings, but not about food.

Travis: Okay. So...

Teresa: Okay.

Travis: Tell me about Robert Ross.

Teresa: Robert—

Travis: Weird, right?

Teresa: No, that's it! I mean, his—

Travis: I mean, I know that's his name, but it's weird to say, 'cause it's supposed to be Bob Ross.

Teresa: Right.

Travis: Like, I just learned that Goofy—that's not his real—it might not be his real name. Hey, listen, I know this has—this is not germane, but—

Teresa: Oh my God.

[audience laughs]

Travis: —at one point—

Teresa: Someday we might start this podcast.

Travis: —at one point, Goofy's name was George Geef.

[audience laughs]

Teresa: Uh, I think that the internet lies, so I'm not...

Travis: Okay.

Teresa: I don't believe you.

Travis: George... Geef.

Teresa: Okay. Uh, born Robert Norman Ross, as I said, in Daytona Beach Florida. Not Nashville, sorry.

Travis: Daytona, I would argue, the least relaxing place in the entire world.

[audience laughs]

Teresa: You think so?

Travis: Yes.

Teresa: Yeah? Um, his—

[audience laughs]

Teresa: [laughs]

Travis: It's not a joke—

Together: —it's just true.

Travis: Everything's loud, and for tourists.

Teresa: He—he was—

Travis: Hey, am I—I'm trying to really stoke the fire of the old... the old Nashville Daytona rivalry.

[audience cheers]

Teresa: He was heavily influenced by both of his parents. His father was a carpenter, and fun fact, if you look really closely at some of the television shows, you can see that he is missing a digit on his left hand, from carpentry.

Travis: Bob is?

Teresa: Yeah!

Travis: That's why he paints so good!

Teresa: You think so?

[audience laughs]

Travis: That must be it... I'll be right back.

[audience laughs]

Teresa: Well, so, he—he holds the palette in his left hand, and then he uses the brushes and scalpels and things like that in the right hand, so it's very hard to tell, but there are some times, like when he brings on his pet squirrel...

[audience cheers]

Teresa: Which we'll talk about later.

Travis: That he nursed back to health? What's up!

[audience cheers]

Travis: He's the best.

Teresa: You can see that he's missing a finger. Um, and speaking of his pet squirrel, he got his love of nature from his mother, who allowed him to have, what he said, "Every pet imaginable."

Travis: Every pet imaginable?

Teresa: I could not find a—

Travis: Like a blue whale? 'Cause I can imagine a blue whale.

Teresa: Well, but could you imagine keeping it as a pet?

Travis: Yes. Not well.

[audience laughs]

Travis: Not—let me rephrase. Not for very long.

Teresa: Okay.

[audience laughs]

Teresa: I was unable to find a detailed list, but I'm sure that someone who is very good at Google will be able to figure it out. Um, I know for certain squirrels, birds, cats, dogs... uh, I think a raccoon and a goat at one point.

Audience member: Yeah!

Teresa: Yes.

Travis: Okay.

Teresa: They agree with me.

[audience laughs]

Travis: I think that was mostly just a shout out for goats.

[audience laughs]

Teresa: Um—

Travis: Don't let the eyes deceive you: they're not the devil. That's the tagline for goats.

[audience laughs]

Travis: Hi, I'm Travis McElroy, spokesman for the goat council!

[audience laughs]

Travis: I know how they look. Pretty messed up, right? They're not bad! [singing]
The more you know!

[audience laughs]

Teresa: Save that for your show later.

Travis: Yes, will do.

Teresa: Thanks.

Travis: You got it.

[audience laughs]

Teresa: Um, his first career was actually in the Air Force, and unlike some of the—

Audience member: [whoops]

Teresa: Oh, cool. Cool. My dad, also in the Air Force.

[audience cheers]

Teresa: Thank you! Shout out to Mike Wellman, he retired Lieutenant Colonel.

Travis: Um, once again another side note, but I haven't said this publicly. Teresa and I, we have our car insurance through the—

Teresa: USAA!

Travis: Correct, and I was like, renting a car recently and I told them that and the woman at the counter said, "Did you serve?" and I laughed. [laughs]

[audience laughs]

Teresa: That sounds like an appropriate response.

Travis: Because it was so shocking to me that someone would think that I had. Like, "Oh, no! Look at me! No!" Not—not like, because—

Teresa: Hey, soldiers come in all shapes and sizes.

Travis: But that's what I'm saying, not because like, I wouldn't want to, because I'm not good enough, was the idea. It's like if someone looked at me and said, "You're Superman!" And I was like, "[loudly] No! [laughs]" It's like when someone occasionally is like, "You're an adult, right?" And I'm like, "[loudly] No!"

Teresa: All right. Um, in the Air Force, he was relocated to Alaska, which, by the way, he was 21 years old before he even saw snow. That—that blows my mind.

Travis: I actually had friends—I went to school in Oklahoma, and a lot of my friends were from Texas. It snowed, like, our freshman year, so like, 18, 19, and it blew their minds. Because they were from like, Deep South Texas where like, it had not snowed.

Teresa: Well, he was so inspired by the snow capped mountains, that's when he—

Travis: He invented painting.

[audience laughs]

Teresa: That's when he started to paint—

Travis: [loudly] And it was such a powerful invention it rippled back through time!

[audience laughs]

Teresa: But he didn't develop his style until while he was working part time as a bartender. 'Cause, you know, you gotta have—sometimes you gotta have a side gig.

Travis: Gotta eat!

Teresa: Um, he was watching a painter, a German painter by the name of Bill Alexander who was also on public access. Um, and he would use a technique called alla prima, meaning "all at once." So, the idea is that the thinner paint sticks to the thicker paint, which allows you to complete an entire painting in one setting. So—

[single whoop]

Teresa: —oh, cool! You like it.

Travis: Big fan of paint!

[audience laughs]

Teresa: You—you don't see a—

Travis: You like the idea of pigment in liquid form.

Teresa: You don't see it on the show, because he primes it before they start. But—

Travis: Yeah, you see it like, he's already done like, kind of the back layer, and layer, layer, layer.

Teresa: Well, usually he does either a black layer or a white layer, depending upon the general, like, tone of the painting, but that's the—that's the wet layer of paint that you have to have to do the technique.

Travis: So then you're painting—you're not waiting for the paint to dry.

Teresa: Exactly.

Travis: You're continuing to paint and it all dries together.

Teresa: Yeah, right.

Travis: Interesting.

Teresa: Because—he would use kind of like those scraper instruments, um, and he was actually... you put the color on and you take a lot of it away, which also helps with the drying process, so you don't have to wait between the layers to avoid mixing.

Travis: Mm.

Teresa: Yeah!

Travis: And a lot of it you mix on the canvas. That's the thing, like—

Teresa: Well, he mixes it on the palette.

Travis: But as you watch him do it he's like, "We'll do this, and then we'll add this color to it and we'll add this color to it," so you get like, layer—like, one of my favorite ones I ever saw him do was like, an ocean, like, a wave crashing onto a beach. And so, as he added the layers, like, it would kind of feather the edges together of the layer. So it made this really nice—it's just a great show.

Teresa: But you could still—[laughs]

[audience laughs]

Teresa: It is a great show. You could still see the different colors, because the layering was so thin.

Travis: Yes.

Teresa: Right. Um, so after he retired from the Air Force, he began teaching this technique.

Travis: Now, I've heard—and this might be urban legend, but I have heard that he was like, a drill sergeant or something in the Air—no? Okay.

Teresa: No.

Travis: Because that was one of the urban legends of Bob Ross, is that he yelled so much as a drill sergeant that when he retired he was like, "I'm never gonna yell again," and that's why he whispered all the time.

[audience laughs]

Teresa: No.

Travis: You laugh, but how many—how many other people in this room have heard that?

[audience cheers]

Teresa: I have also heard that about Mr. Rogers.

[audience cheers]

Travis: Yeah, and the idea of "Mr. Rogers was a sniper who had tattoos down to his wrists, and that's why he wore—"

[audience laughs]

Teresa: Right. No.

Travis: No. They went down to the elbow.

[audience laughs]

Teresa: Uh, so he—he started with The Magic Art Company, uh, teaching this—

Travis: Lotta weed.

[audience laughs]

Teresa: Uh—

Travis: We'll edit that out. That might be libel. [laughs]

[audience laughs]

Teresa: But nobody was really interested in Bob Ross teaching them, because they didn't know who Bob Ross was! Until, um, at one of his workshops he met someone named Annette Kowa—Kowalski.

Travis: Uh-huh?

Teresa: Yes.

Travis: Nailed it.

Teresa: Um, and they really liked not just the painting style, but they liked the calming effect of Bob, which is really like his deal. The paintings are fine, they're great, but it's the experience, right? Of being there and watching him do it. Um, yeah, but there was not... it was really hard to break into television, you guys. People—

Travis: Yeah, sometimes you make one season of a television show, and then—

[audience laughs]

[audience cheers loudly]

Teresa: Yeah...

Travis: [sighs deeply]

[audience laughs]

Teresa: Yeah.

Travis: Yeah.

Teresa: [quietly] Yeah.

Travis: [quietly] Yeah.

[pauses]

Teresa: Um, the way that they finally broke in was they made a commercial with Bill Alexander, who was already in television. Remember the German guy? Uh, and he was in the commercial. He metaphorically passed his paintbrush on to Bob Ross, and then the producers of his show—

Travis: Killed him.

[audience laughs]

Teresa: No. Loved it so much that they were like, "Okay, we can dig this guy, Bob! If Bill likes him, I mean..."

Travis: Okay!

Teresa: "We can do that."

Travis: Can I tell you my favorite thing about the Bob Ross show?

Teresa: Sure.

Travis: So it's very instructional, but it's—at least for me, it seems instructional in the same way of like, as you watch like, cooking shows where you're like, you're watching them nowhere near a kitchen. And listen, we're all pretending like, "I might cook it, and that's why I'm wa—" but I'm not, right? I'm not gonna do it.

And so, as Bob Ross is doing it, though, what I really like is there are no mistakes. And not that he doesn't make mistakes, but that a mistake then becomes part of the picture.

Teresa: Exactly.

Travis: Becomes part of the painting, and it's so non-judgmental of like—

[indistinct shouts]

Travis: What?

Audience Members: Happy accidents!

Teresa: Happy accidents.

Travis: Happy accidents, right. Of like, you feel very safe watching Bob Ross as a teacher. You don't feel judged. You feel like, "I could learn to do this by doing, and be better—" I mean, not me.

[audience laughs]

Travis: 'Cause I'm very lazy. But, you know, normal people.

Teresa: Um, I tried to find some actual, like, statistics of how many people were actually painting along, and, uh—

Travis: All but one!

Teresa: [laughs]

Travis: Travis McElroy.

[audience laughs]

Teresa: One of—

Travis: He just couldn't get him! I was Bob's white whale!

[audience laughs]

Travis: "Ooh, I'll make an episode that'll get Travis one of these days!"

Teresa: One of the sources said even though 95% of all public access stations still carry Bob Ross and The Joy of Painting, only 3% of the people that watch are actually painting along. Everyone else is just enjoying this dude painting.

Travis: Yes. 3% was actually higher than I would've expected.

[audience laughs]

Travis: I was expecting 0%.

Teresa: So much so that he's actually been mentioned as a favorite of Brad Paisley, of Duff Goldman, the Ace of Cakes, and—

[scattered laughter]

Teresa: —what?

Travis: I like Duff.

[audience laughs]

Travis: I enjoy the Kid's Bake Off Challenge or whatever it's called. He seems nice to those kids.

[audience laughs]

Teresa: Okay.

Travis: [emphatically] It's not a joke!

[audience laughs]

Travis: He seems nice to kids!

[audience laughs]

Teresa: He—

[audience laughs]

Teresa: Oh boy.

Travis: [grumbling] Okay.

Teresa: He really likes Bob Ross as well! He said that he was influenced by him.

Travis: Mm-hmm. Well, he's got two eyes and a heart.

[audience laughs]

Teresa: Yeah. It's true.

Travis: Can I tell you—another interesting thing, so while Teresa and I—that got you?

[audience laughs]

Travis: That got you real hard, the two eyes and a heart thing?

[audience laughs]

Travis: That broke you real bad?

Teresa: I really try hard not to laugh at his jokes. It only encourages him.

[audience laughs loudly]

Travis: I get really excited, though, when I get 'er.

[audience cheers and applauds]

Travis: Uh, Teresa and I looked this up while we were watching it while she was pregnant, and like, it is almost impossible to find Bob Ross paintings for sale. Uh, for two reasons: one, if I remember correctly, they just didn't save a lot of 'em? Like, as he was doing it, like—

Teresa: Well, he donated a lot of them to the stations that he was aired on. Um, and so a lot of them were given as pledge drive gifts and things like that.

Travis: And also they are so beloved, no one sells them.

Teresa: They want them.

Travis: They're just not—they're not put up for sale. Like, once someone gets a Bob Ross painting, they hold onto it forever. So like, no—just like, no one is trying to make money off of owning a Bob Ross painting. They're just so happy to have it. That just makes me so happy.

Teresa: Uh, I remembered the name of the squirrel. Pea Pod was the name of the squirrel.

[audience cheers]

Travis: [high pitched voice] Pea Pod?

Teresa: Yes.

Travis: [high pitched voice] The best!

Teresa: [laughing] Um, apparently the station that he recorded this at really hated it when he brought in his critters.

[audience laughs]

Travis: It was—they had to fulfill a weird rider.

Teresa: I suppose so. They really hated it.

Travis: "More nuts? [groans]"

Teresa: Well, I can understand that. I mean, squirrels are mischievous, they're always hiding things—

Travis: Always gettin' into trouble.

Teresa: —they're always burrowing things.

Travis: Always stirrin' up the pot.

Teresa: They might, like, chew wires and things like that. I don't—

Travis: Hm, and die.

[audience laughs]

Teresa: I don't really know, but like, because it was so important to Bob, and everybody loved Bob, they let him do it!

Um, another fun thing about his love of animals: he actually had a heart attack. He didn't die of a heart—this heart attack.

Travis: He did die, though.

Teresa: No—

Travis: Hey, spoiler alert! Bob Ross is dead!

[audience laughs]

Travis: You know that, right? Did we just break the news to Nashville?

[audience laughs]

Travis: Did you all not hear? Oh, no!

[audience laughs]

Teresa: I mean, did we—

Travis: What a happy accident.

Teresa: —did we have to go to—

[extended audience uproar]

[pauses]

Teresa: Anyway...

[audience laughs]

Teresa: He had a pond in his backyard that he had, uh, stocked with fish. Not for fishing, but for... pets. Um, and was so distraught about the fact that he could not, like, go down to the pond and feed the fish, he made his friend Annette, the woman who helped get him on television, promise to feed his fish every day.

Travis: Aww.

[audience aww's]

Teresa: Hmm. I think that—I mean, if—a pond makes its food for the fish, doesn't it?

Travis: I don't know!

[audience laughs]

Teresa: I'm—

Travis: Yeah?

Teresa: —I'm pretty sure that ecosystems...

Travis: No. Maybe?

Teresa: I don't know. It was probably a self-supporting ecosystem, but he really wanted to feed those fish. Um, yes he did die in 1995.

Audience member: What?!

[audience laughs]

Teresa: But... but his show, now on Netflix, also continues to be broadcast all over the world on public access.

Travis: I think it's still on Netflix, too.

Teresa: Yeah, I said that. I just said that! I said that.

Travis: I was busy congratulating the person who yelled "What?"

[audience laughs]

Travis: On a good joke!

[audience laughs]

Teresa: Um, but I—I would—

Travis: [laughing] I'd like to think that person had just come back from the bathroom.

[audience laughs]

Travis: How many more—I'm gonna go walk down the street with like, a sandwich board on, like, "Hey, bad news! If you really wanna know, look at the back!"

"Bob Ross is dead."

Teresa: I would like to leave you with several of his quotes, which are—

Travis: "I'm dead!"

[audience laughs]

Teresa: —so cute.

Travis: [laughing] "I'm Bob Ross."

Teresa: Stop it.

[audience laughs]

[pauses]

Teresa: "Talent is a pursued interest. Anything that you're willing to practice, you can do!"

Travis: That's nice.

[audience cheers]

Teresa: "In the time you sit around worrying, trying to plan out a painting, you could have completed a painting!"

[audience cheers]

Travis: That's nice. Like that, too.

Teresa: And the last one I'd like to share is, "The true joy of painting is the friends you make along the way."

[audience cheers loudly]

Travis: Bob! Oh.

Teresa: What a powerful member of the zeitgeist. I mean, really. It's—it's just amazing.

Travis: I've already talked about this before, and when we talked about Mr. Rogers, right? But like, Bob Ross also represents—

Teresa: [quietly] Has that been released yet? Did we--

Travis: Did we put up Mr. Rogers yet?

Audience Member: Yes!

Travis: It's very—we did! It's very good.

Teresa: It's very good.

Travis: Listen to it. But talking about like, this—I love whenever there is a figure that represents... especially from like, you know, the 80s on, of like, this non-toxic masculinity person that everyone knows, right?

[audience cheers loudly]

Travis: Like, that you can think of as being gentle and kind and patient and understanding—

Teresa: And themselves. Truly themselves.

Travis: Themselves, right. That it seems like he wasn't pretending to be those things, that he just sincerely wanted everyone to feel comfortable working on this thing and that it was okay, and I just think it's amazing that there is such a well-known, positive force like that that, you know, every—like, almost everybody except one person, who hopefully now knows who Bob Ross is—like, knows about.

And it's just like—think about Bob Ross as in influence, and it's like, yeah! That's the thing! It's okay to just be pleasant, and everyone will like it.

Teresa: [laughs]

[audience cheers]

Travis: That's nice.

Teresa: I can't think of anything any more Shmannerly than that.

Travis: Yeah. Uh, so thank you all for coming just to see us.

[audience cheers loudly]

Travis: But don't leave! There's two more shows coming after us!

[cheering continues]

Travis: No, sit back down, sit back down, don't leave! Everyone, come back in! Come back in, there's two more shows after this. Uh, stick around for Sawbones—

[audience cheers loudly]

Travis: —coming up right after us. You've heard of it. Uh, and then after that—
[distantly] What is it? Ah, okay. [normally] My Brother, My Brother, and Me?

[audience cheers loudly]

Travis: Uh, speaking of, for My Brother, My Brother, and Me, if you have a question that you would like to come down to one of the microphones during the show when we get to the audience questions part, send it to... I think it's live@mbmbam.com—

Speaker: [distantly] Yes.

Travis: Uh, thank you. And include your name and seat number, and just like, a one sentence summary of what the question is, and then if we want more details,

we'll call you down to the microphones. Uh, but mail those—you know, don't do it like, during Sawbones, but like, intermission, that kind of thing.

Audience Member: I'm doing it right now!

Travis: You're doing it right now, great. This is just housekeeping, it's boring. Um, also, there are posters out in the lobby that were done by Evan Palmer, that are gorgeous. Uh, so for this tour, basically what we did is we've—we're working with a bunch of different artists for the posters, and we just said, "Monster. That's the inspiration, do whatever you want."

And so, each person has like, taken a different tact with it, and I love Evan's so much. So that's gonna be out in the lobby during intermission, you can grab that. Um, how many people this is your first time hearing Shmanners?

[audience cheers]

Travis: Excellent!

Teresa: Wonderful!

Travis: Uh, we are on Maximum Fun, we come out every week. We talk sometimes about biographies of people, sometimes about like, the history of manners and how it still applies to now, and we take advice questions, and unlike My Brother, My Brother, and Me, actually answer them.

[audience cheers]

Travis: Um, so check those out.

Teresa: We would like to—first of all, thank you, Paul.

Travis: Thank you, Paul.

[audience cheers]

Teresa: Also, if you enjoyed our theme music, thank you to Brent "brentalfloss" Black. That is available as a ringtone where those are found. It's very catchy. Much enjoy.

Travis: Very good.

Teresa: Um, thank you to Kayla M. Wasil for our Twitter thumbnail art, and you can find us on Twitter @shmannerscast. Thank you to Keely Weis Photography for our cover banner of our fan-run Facebook group, which you are welcome to join if you enjoy giving and getting excellent advice from other Shmanners Fanners!

Travis: It's called Shmanners Fanners, and that's the cutest title ever? And my wife came up with it.

[audience cheers]

Travis: Because she's the cutest.

[audience cheers]

Travis: I know. I'm the best husband in the world.

[audience laughs]

Travis: Um, so I think that's gonna do it for us, so join us again next week!

Teresa: No RSVP required.

Travis: You've been listening to Shmanners...

Teresa: Manners, Shmanners. Get it?

[audience cheers loudly]

[theme music plays]

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[music plays]

Janet: Hey! I'm Janet Varney. And like many of you, some more recent than others, I used to be a teenager. In fact, just about all of my friends were too, including wonderful women like Alison Brie.

Alison: I'm dead center on the balance beam. And this is like, a big gym. All the kids' parents are there, watching. I have to stop, like when you have to pee so bad and you can't even move, and then I just go.

Janet: Oh, no. [laughs]

Alison: I just pee right in the middle of the high balance beam.

Janet: So join me every week on the JV Club podcast, where I speak with complicated, funny, messy humans as we reminisce about our adolescences and how they led us to becoming who we are. Find it every Thursday on Maximum Fun.

[music plays]