

00:00:00	Biz Ellis	Host	Hi. I'm Biz.
00:00:01	Theresa Thorn	Host	And I'm Theresa.
00:00:04	Biz	Host	Due to the pandemic, we bring you <i>One Bad Mother</i> straight from our homes—including such interruptions as: children! Animal noises! And more! So let's all get a little closer while we have to be so far apart. And remember—we are doing a <u>good job</u> .
00:00:21	Music	Music	"Summoning the Rawk" by Kevin MacLeod. Driving electric guitar and heavy drums.
00:00:25	Biz	Host	<i>[Continues through dialogue.]</i> This week on <i>One Bad Mother</i> , we talk to the lovers, the dreamers, and you, as we sit down with Angela Joy to talk about her new book, <i>Black Is a Rainbow Color</i> . Plus, Biz busts out some cake parenting.
00:00:40	Crosstalk	Crosstalk	Biz and caller: <i>[Quietly]</i> Wooo.
00:00:43	Caller	Caller	I'm here. And I just got my second COVID vaccine and lefty got his second shot yesterday and my parents are getting their second shots next week. And it just feels like... relief! It just feels like relief that there's some sort of end in sight and I woke at a community health center. Our community has been just devastated by this. And... and my favorite people in the building, our MAs and our janitor and our facilities guy who works <u>so</u> hard to keep us safe. So just the folks who clean the building, it's truly—they are so important. We're vaccinating almost 200 people this week, which is just awesome. And we're a little health center in the city but we're just gonna keep chipping away at this and oh my gosh, it's hard to believe that the end might be in sight at some point. Whew! Take a deep breath. You're doing a great job.
00:01:49	Biz	Host	You are doing a good job! I appreciate the most releasing deep breath sighing "woo" I think we've had to date on the show. <i>[Breathily]</i> Woooo. You're doing such a good job. I am so thankful that you called in because it just allows me the chance to jump right into saying "Thank you" to all the small clinics that are out there! Small clinics are picking up a lot of the work when it comes to testing. Smaller clinics are the ones that are based in neighborhoods that people have access to. They're the front line for getting information out to people who might otherwise not feel comfortable going to a larger hospital situation or might not have regular doctors or regular health care. So thank <u>you</u> for your work that <u>you're</u> doing.

And thanks for calling in and congratulations on the vaccines! I think that's so great! Is it just me, or is it like—when people say they're vaccinated, the response—all of the responses I see are like, "Yes! Good—woo!" Right? As opposed to, "Fuck you. I don't have my vaccine yet." Like I just haven't seen that. Now I also haven't seen people in about ten months, so maybe that is happening. But I hope that we all continue to just, y'know, not high-five 'cause that's still not necessarily safe, but just congratulate people when they get their vaccine. That's one more person who's gonna make it safer for each of us and our loved ones, so good job!

So let me just segue right into, thank you, people who have made vaccines, and who are distributing vaccines! There are so many people volunteering to do this work right now? Thank you, hospitals.

Thank you, doctor's offices. Thank you, local community clinics. Thank you to the volunteers and the doctors and the EMTs and the nurses and the RNs, and again—to all of the people who work in all of the places that we go to. Schools. Office buildings. Medical facilities. The grocery stores. The apartments that you live in. The people who keep that clean and running? Are really... really important and just deserve all of our appreciation and thanks. Thank you.

Thank you to the teachers. What a crazy time as we're trying to get schools back open. Again, no one has an easy decision when it comes to whether you want to teach in person or continue remote learning. These are hard choices families and faculty and staff are having to make about what's best for them and their family? There are no good decisions. So I just wanna say thank you and I see you. And you're all doing such an amazing job.

00:04:49 Biz

Host

I have a cake parenting story to share. Okay. So my oldest, Kat, is in sixth grade. And, y'know, the pandemic has not been the best when it comes [*through laughter*] to supporting tween-y growth or, y'know, friendships are weird and hard in the best of times. But just this week, we had our very first sort of really important friendship come to an end. And I have to say from like an outside perspective, this wasn't like, "Oh my god! Somebody stabbed somebody in the back!" Right? [*Laughs.*] This was just—it just was like a weird set of circumstances that caught Kat really off-guard. Regardless, the point is, I had to sit there and watch my child's heart break. And y'know, accept the fact [*through laughter*] that this is just the first of a long line of heartbreaks. Some I'll know about and some I won't.

And I really hate it. And I just was like, "I don't know what I'm supposed to do. I don't know how to help this." And so the first thing I did was, "Well, I can order sushi for dinner. Because that's what they like." So I ordered sushi. And then I opened the freezer and half of my birthday cake was still in it, so I busted out my seven-layer caramel birthday cake. [*Laughs.*] Then I made sure they got to stay up a little later and watch some of their favorite shows and basically I explained it to Stefan like, "Her emotions were like a dam and I just kept shoving things in different holes." [*Desperately*] We'll just try this! Shove a little toilet paper in there! Did that work? Let's shove some sushi! How about cake? Cake! But Stefan walked by and was like, "Oh, is there cake?" And I was like, "Oh, we're cake parenting all the way today. This is 100% a cake parenting week." And I will admit it did work. It didn't fix it. I mean, the next day we looked for other ways to distract ourselves and to focus our emotions in a healthy way. But there ya go. Cake parenting. I am glad we invented it. [*Laughs.*]

Again, I don't think I was quite ready for the shock and surprise of these sort of questions and issues starting to come in to our lives. Or to be confronted with as a parent. Which I think ties in nicely to what we're gonna talk about today with Angela Joy, whose new book, *Black Is a Rainbow Color*, was brought on by a very interesting statement by her own child.

00:07:38 Music

Music

Banjo strums; cheerful banjo music continues through dialogue.

00:07:39 Theresa Host Please—take a moment to remember: If you're friends of the hosts of *One Bad Mother*, you should assume that when we talk about other moms, we're talking about you.

00:07:46 Biz Host If you are married to the host of *One Bad Mother*, we definitely are talking about you.

00:07:50 Theresa Host Nothing we say constitutes professional parenting advice.

00:07:53 Biz Host Biz and Theresa's children are brilliant, lovely, and exceedingly extraordinary.

00:07:56 Theresa Host Nothing said on this podcast about them implies otherwise.

[Banjo music fades out.]

[Biz and Angela repeatedly affirm each other as they discuss the weekly topic.]

00:08:02 Biz Host This week, we are welcoming Angela Joy, who was born and raised in Minneapolis, Minnesota before graduating Summa Cum Laude from the University of Minnesota. Angela attended New York University and Spellman College. After her move to Los Angeles, California, Angela traveled extensively as a background vocalist, also working in television and movie soundtracks. Currently, Angela is an author, substitute teacher, Girl Scout cookie manager—guess where we're going to derail on this, everybody!—book club moderator, and music lover. She is the cofounder of the McGaugh International Culture Club. She lives in Southern California but will always call Minneapolis home. *Black Is a Rainbow Color* is her first book. Welcome, Angela! *[Laughs.]*

00:08:49 Angela Guest Thank you, Biz! So great to be here with you!

00:08:52 Biz Host I gotta tell you, that is a impressive bio of—

[Andrea laughs.]

—a diverse life. I love all of that. Just so you know, I've never been the cookie chair. But I am the one who will volunteer to go and distribute cookies, which is a—you have to show up at the Girl Scout cookie place at like 6AM and you like pick your cookies and then you're shoveling out cookies to people and it's—and it is a delight.

00:09:24 Angela Guest It is a delight, isn't it?

00:09:26 Crosstalk Crosstalk **Biz:** It's —I love it!

00:09:29 Biz Host **Angela:** Oh my gosh. It's so fun. I know. Mine is no longer a Girl Scout, but luckily—I have connections. Anyhoo, who lives in your house?

00:09:36 Angela Guest In my house I have my husband, my daughter who's 14, my son who's 12, and a brand-new baby kitten, Coco Mishu.

[Biz laughs.]

Who is a giant, actually. He's 13 points and he's not a year yet. But he's a Siamese boy and he has won over the hearts of my non-cat-loving husband and my non-cat-loving daughter! So he gets major props from me.

00:10:03 Biz Host Well a oversized Siamese cat—

[Andrea laughs.]

—definitely sounds like it has its charms. *[Laughs.]* It's a big boy! He's a big boy! We have one big boy in this house, too. I love my big boy. Anyway. I talk to cats like children. Alright.
00:10:22 Angela Guest How can you not? They are your children!
00:10:24 Biz Host It's how I segued into parenting.

[Both laugh.]

Alright. I wanna talk to you about—clearly I wanna talk to you about many things. But we are here to talk about—and push the heck out of—your book, *Black Is a Rainbow Color*. And I'm gonna start with how I found out about it.
00:10:42 Angela Guest Oh, please!
00:10:43 Biz Host So I don't have anywhere to go during remote learning. *[Laughs.]* So my—I have two kids. One is in sixth grade so they can be in their room doing it. My first-grader has to be out where somebody can kind of keep an eye on what's happening? I have this pathetic little divider that I put around his work desk *[through laughter]* and then I sit at the table on the other side doing my work. So I hear everything.

[Andrea laughs.]

And early on in the year, they were doing one of their read-alouds as part of—they do different books during different times. Y'know, sometimes they're longer, sometimes—whatever. And I suddenly hear your book being read! *Black Is a Rainbow Color*.
00:11:33 Angela Guest Wow. Wow.
00:11:34 Biz Host And I got to hear it—not only did I get to listen to it being read by the teacher, I got to hear all the kids' reactions and responses—
00:11:43 Angela Guest Awww!
00:11:44 Biz Host And sort of the, like, it's a mix of first- and second-graders in the same class? And they—like, it was just so great to hear how they all were sort of responding 'cause at the beginning of first and second and kinder, they do a lot of work in the school they go to with just like, y'know, "Let's talk about what we look like and who we are" and all this kind of stuff. So this— *[Laughs.]* Such a great book to be read. So I immediately emailed Gabe and was like, "Gabe! I want—please find me Angela Joy!" So I just want you to know—
00:12:21 Angela Guest Love it.
00:12:22 Biz Host —'cause usually we have people on and I'm like, "Go buy books and give them to your school!"

[Both laugh.]

But this time, the school gave me a book! So with that said, I wanna talk about what led you to write this book because I think it's a really great story about getting caught off-guard by your daughter. So would you mind sharing that with us?
00:12:44 Angela Guest Not at all! So it was about this time—Black History Month—seven years ago? Yeah. About seven years ago. My daughter was six. My son was four. And so being who I am—like, super anal; must plan every moment of every day for the children—

[Biz laughs.]

I said, “Well this will be great! We’ll have our first Black History Month together.”

[Biz laughs.]

00:13:07 Crosstalk Crosstalk **Angela:** And so I organized all of the picture books—

00:13:13 Biz Host **Biz:** Sorry. I am not laughing at Black History Month. I am laughing at—

[Andrea laughs.]

—the parenting experience of planning something to be just a certain way because I am also that person? I am also that person. So anyway. Go ahead.

00:13:25 Crosstalk Crosstalk **Biz:** You got a playlist—you got a—yeah! And they’re gonna love it! Whatever you do, they’re gonna love. ‘Cause it’s gonna be perfect.

Angela: *[Laughs.]* You have big dreams, right? Yes! Of course! It’s gonna be perfect. Well-planned.

00:13:31 Angela Guest I had posters of Rosa Parks. I was very intentional about not talking about slavery. We’re not there yet. We’re gonna only talk about positive things. It was beautiful. I had my lesson plan all planned. So we’re sitting on what we call “the reading bench.” I’m not even three minutes into my speech and my daughter—who’s six—is like, “Mommy, why do you keep calling us ‘black’ when really we’re ‘brown’?” And she put her little hand in my face like I didn’t know what color she was.

00:14:02 Crosstalk Crosstalk **Biz:** Yeah, duh! Mom! You’re an idiot! Yeah! *[Laughs.]*

Angela: Hello! *[Laughs.]* Exactly!

00:14:08 Angela Guest
00:14:09 Biz Host

Hello, little girl!
“Look, everything that books have told me since birth until six is about colors, farm animals, and shapes. So yeah.”

[Andrea laughs.]

00:14:18 Angela Guest
“This is not black.”
“Get it right, lady! Get it right!”

[Biz laughs.]

And so y’know, I—in the moment, of course initially I’m irritated. But then I immediately wanna fix it. I wanna smooth it over. And so I start to explain, well, y’know, “Black doesn’t mean ‘black.’” But now I’m realizing how confusing that concept is actually going to be to these children and so I didn’t have a good answer in the moment. We just kind of moved along and played the songs and read the books and I didn’t really know what to do. So I started talking to my girlfriends about it and one of them—who happens to be white—says, “Oh my gosh! My daughter came home saying the same thing!” She had a classmate who is African American and they were doing—as they do, as you mentioned—self-portraits in class. And she says, “Mommy, Jada keeps saying that she’s Black! But she’s holding the brown crayon! How can she be in first grade and she doesn’t even know her colors?”

[Biz laughs.]

And I was like, “Whoaaaa. There’s something to this!” They are very literal, right, at this age. So from that point I started trying to figure out ways to communicate that Black is a color and a culture, and that’s how this book was born.

00:15:31	Biz	Host	When we start off with the culture aspect—which as adults is a concept that is easier to understand either by exposure or experience—but just to say it’s a <u>color</u> . Like, a physical thing? Yeah. Oh yeah. Kids are like, “Nope, not doing it.”
00:15:52	Angela	Guest	“Forget about it.” And a lot of it had to do with the fact that like—for me, I was raised in the Black community. So it was by osmosis you learn the dual meanings. They didn’t have that. So I had to be intentional about teaching it, which was something I had no clue how to do at the moment.
00:16:11	Biz	Host	Oh, that’s so interesting. There’s like... so many layers to this book in what you give us as readers? I wanna start actually with the book itself. The story. You talk about all the things that Black <u>is</u> . From the physical to the intangible. So for example, “Black is a rhythm. Black is the blues.” I love that one. And then it’s “Black is the robe on Thurgood’s back.” So there’s our physical. Were there some parts that were just easy to write, like you <u>knew</u> what it was, and then were there other parts that you found harder or you were surprised were like—‘cause I would imagine that if you start writing “Black is ___” there would be times where you’re like, “Is it? Or is this? Or can—or should I?” Or, y’know, like—what—
00:17:08	Angela	Guest	For sure.
00:17:09	Biz	Host	It all carries something. So talk to me about the process of trying to write this.
00:17:13	Angela	Guest	Well once I had the concept kind of solidified in my brain it started with list-making, which is also a habit of highly A-type people.
00:17:22	Biz	Host	Intelligent, brilliant, creative, amazing people?
00:17:26	Crosstalk	Crosstalk	<i>[Andrea laughs.]</i> Angela: Yes! Let’s do that! Let’s say that. I like it. <i>[Laughs.]</i> Not the other thing. <i>[Laughs.]</i>
00:17:36	Angela	Guest	Biz: That one! Not—not—not people who—yeah, not the other thing. <i>[Laughs.]</i> So I was making lists and the things that were <u>most</u> common—just the dictionary lists—were all negative. And so I was coming across “Black male; black cat; black magic; blacklisted; black market”—like, there’s a lot of words that have “black” that are negative.
00:17:56	Biz	Host	Cowboys in the white. Villains in black. Right? Like— <i>[Laughs.]</i>
00:17:59	Angela	Guest	Yes! Yes! And not just cowboys! Like if you look at Disney, <u>all</u> the villains have black. Yes. Ursula? Who for me is the queen villain, right? She’s so bad!
			<i>[Biz laughs.]</i>
00:18:19	Biz	Host	I love her. All in black, right? So I knew that I didn’t want to go down that road.
00:18:23	Angela	Guest	Well that road’s been down. <i>[Laughs.]</i> Going down it. Yeah. You gotta do something else. You gotta do something else. But then when you imagine what kids would be familiar with it gets tricky. So there were a lot of things that I wasn’t able to use—either

00:18:43	Crosstalk	Crosstalk	because it was negative—even references <u>to</u> slavery. Like I didn't want to go to "Black is the coal in—"
00:18:44	Angela	Guest	Biz and Angela: "—mines." Thank you. Yes. A lot of Black folks worked in mines. And it's historic, but it's got that negative connotation so we couldn't use that. But thankfully, my background <u>is</u> in African-American studies, so it wasn't too hard to think of positive things? What was interesting to me was how—and I didn't recognize it until a child asked me the question—but when I talked about Black being—"Black is a raisin, like dreams that are left out in the sun to die"—which is a reference to Langston Hughes—
00:19:18	Biz	Host	Yes.
00:19:19	Angela	Guest	Which is also a reference to the Broadway play—
00:19:22	Crosstalk	Crosstalk	Angela: —by Lorraine—yes. <i>Raisin in the Sun</i> by Lorraine Hansberry.
00:19:26	Angela	Guest	Biz: <i>A Raisin in the Sun</i> . Yup. Which is also a reference to the <u>movie</u> <i>Raisin in the Sun</i> with Sidney Poitier and Ruby Dee. What we discovered is that Black is also the inspiration of art that crosses generations and lives with new people making new art. So it's an artistic heritage in that sense and also in the poem by Paul Laurence Dunbar, "I Know Why the Caged Bird Sings." This art has inspired other people to create art, including this book, right? So the string that draws all of us through history is itself Black. When we're talking about art and history and political commentary. Which I thought was great. The kid that asked the question is brilliant.
			<i>[Biz laughs.]</i>
00:20:19	Biz	Host	So thank you, wherever you are, sir. Yeah. Actually that ties so beautifully into what I wanted to ask about next, which was the illustrations. Eku Holmes is the illustrator. And there's <u>so</u> much you get to look at.
00:20:33	Angela	Guest	Mm-hm. Mm-hm.
00:20:34	Biz	Host	In this book. There are like layers of collage and color and these very specific shapes and the collage includes things like a raisin in the sun—or—like, from that play. Or the newspaper clippings of the story about <i>Young, Black, and Genius</i> . Right? Like—there is the... oh, sorry, "gifted." Genius. Gifted. Same thing. Anyway. <i>[Laughs.]</i>
00:21:05	Angela	Guest	Absolutely!
00:21:06	Biz	Host	Absolutely! Sheet music from Nina Simone; maps of the Deep South. I mean like, it was all in there. So I'm—how much did you guys get to collaborate or was this just one of those amazing moments? <i>[Laughs.]</i>
00:21:20	Angela	Guest	It was the latter.
00:21:21	Biz	Host	Really?
00:21:23	Angela	Guest	We had <u>zero</u> communication.
00:21:25	Biz	Host	Wow!
00:21:28	Angela	Guest	I know. Crazy, right? So—
00:21:29	Biz	Host	That's crazy!
00:21:31	Angela	Guest	I know! I know! I say it's kismet. It was absolutely kismet. So I wrote the story and I was lucky enough to help select an <u>ideal</u> illustrator? Luckily at the time Eku was just bursting into the children's book industry and so we were able to snag her. But she had two or three books ahead of mine and each book takes a year to illustrate. So

there was a lot of time between when I wrote it and when she got it. And so when she got it three years later, she got the text. She worked on it on her own. She and the editor had some communication. But the two of us were actually at a writer's conference together and there was some hesitation about us, like, hanging out. Like they don't want me to come and say, "Okay, what'd you do for that—that spread?"

[Biz laughs.]

"Did you include the map there? 'Cause I think that's really important!" Like, they really didn't want me to harass her, which I would never do, by the way. But some people apparently get into fights. Right? If you're author/illustrator. So—and she's all the way in Boston so we have just started to communicate in the past maybe three/four months. Outside of, well, ever. Not even outside of anything. We just started to communicate. *[Laughs.]*

00:22:42	Biz	Host	Well it's just—it's so fantastic and it encapsulates your writing and your words. Kismet. Like, <u>so</u> crazy. Perfect.
00:22:56	Angela	Guest	But she's also brilliant. Like, she does beautiful work with <u>every</u> author that she works with. I just—she blows my mind. Consistently. And then she created a whole new style for this book that she'd never worked on before. Yeah.
00:23:08	Biz	Host	Really? Because that's unbelievable. Well the style—I might just pull my book out and flip through it.
00:23:12	Angela	Guest	Come on!
00:23:13	Biz	Host	The style sort of changed depending a little bit on adult versus child versus a reference to somebody who was famous to somebody who is just a kid on the street. And I know some have this element of glasswork? Right?
00:23:30	Crosstalk	Crosstalk	Angela: Mm-hm. Stained glass. Yes. Mm-hm.
00:23:33	Biz	Host	Biz: Y'know, like—stained glass. It runs throughout it. And I also—just in talking with other authors and illustrators who are writing and creating books that focus on people of color, I know they have talked about it being a challenge to really illustrate kids that look like African-American kids. Right? That really—that a lot of times authors have gotten the illustrations back or read other books and been like, "Eh." It's like that Disney-fied—it's a Barbie. It's just a different color Barbie. Right? And you're like, "I don't think that was exactly—" <i>[Laughs.]</i> But she's—she's just—it's so good. Alright.
00:24:17	Angela	Guest	She's brilliant.
00:24:18	Biz	Host	I'm gonna move on because—so good. Alright. Now <u>you</u> give us more than just this book. And I wanna start with the playlist.
00:24:27	Angela	Guest	Wooo! The playlist! <i>[Laughs.]</i>
00:24:30	Biz	Host	<i>[Through laughter]</i> So good. You include, in the back—one of the things you include is the Rainbow Color Playlist. And I know that in talking with my <u>own</u> kids, music has wound up being a really... easy way to start conversations about Civil Rights and even about slavery, depending on like—'cause we listen to almost everything all the time. And I love finding like modern artists who take old songs and turn them into new songs and folk music and all this stuff. So there've been times where we're singing or listening to something and I can say, y'know, my daughter would say, "I really

love this song.” And I can say, “Yeah. This is Miles Davis. Now imagine this—you love this song. You wanna go see him play.”

[Andrea laughs.]

“He can’t come into the building to watch somebody else like you can. He’s gotta come in a totally separate way and—” I mean, like, it’s just—you get to tie it to the music? So—anyway.

00:25:41 Angela Guest
00:25:42 Biz Host
00:25:45 Angela Guest
00:25:48 Crosstalk Crosstalk

It’s beautiful.

So talk to me about the selection of this playlist for the book.

So again, it is the playlist that I had for my kiddos.

Biz: Is it?

Angela: It is. Yes.

[Both laugh.]

00:25:53 Biz Host
00:25:55 Angela Guest
00:25:57 Biz Host
00:25:59 Angela Guest

Oh good. You’re a list saver, as well. *[Laughs.]*

Of course! *[Laughs.]*

Yeah, duh!

Yeah! I mean, back in the day—it shows how old it was. But I actually downloaded on a CD and we would listen to it on the way to school! So— *[Laughs.]*

[Biz laughs.]

00:26:11 Biz Host
00:26:12 Angela Guest
00:26:13 Biz Host

In my car that still has a CD player!

Yesss!

Yesss!

I’m just gonna roll down my window and you can see me doing the hand-crank but this is how I roll down my window. Okay. Go ahead. *[Laughs.]*

00:26:20 Angela Guest

That’s right! Mm-hm! We say air conditioning by A-R-M. That’s right. That’s right.

[Both laugh.]

00:26:27 Biz Host

Our cars will not turn on us when our computer overlords take over. *[Laughs.]*

00:26:31 Angela Guest

That’s right. No one’s hacking my system, thank you very much.

00:26:35 Biz Host

That’s right. That’s right.

00:26:37 Angela Guest

But it’s the same playlist. It is a timeline of sorts so we start with LadySmith Black Mambazo, who did “Graceland” with Paul Simon. And gosh, when I watch them or listen to them they just—they give me chills every time. So beautiful. So that’s the homeland, and we travel through the ‘20s and ‘30s and ‘40s. We get some Bob Dylan. We get some Nina Simone. We move into Earth, Wind & Fire. And we end with John Legend and Common with a little bit of hip-hop. The purpose is to inform, inspire, and get people to groove a little bit. Because I feel like music is not as rich and deep as it used to be? I know that makes me sound old.

00:27:22 Crosstalk Crosstalk

Angela: I’m so sorry. There are exceptions. *[Laughs.]* There are exceptions, but—yes! But it’s not the same. For me.

Biz: I know. We are old. I’m probably older. We’re older. I get it. Some people are trying—yeah. Some people are trying. But. It’s a bit frivolous. *[Laughs.]*

00:27:34	Angela	Guest	And so when you look at somebody like Earth, Wind & Fire, whose sole purpose was to uplift people—those bands aren't around anymore. So I wanted to include those and say, "Hey, y'know, while there is a message here it's also really fun to dance to." So it's uplifting and so I wanted to give that gift to everybody. And it is a great way to introduce culture in classrooms. If you have a morning song? Play that morning song! Let's learn "Lift Every Voice and Sing." Just in the background. It doesn't have to be a punitive thing. "This is our lesson for today." No! Listen to how beautiful this is! Let's explore this! It's a great poetry study! So I just—I agree with you 100%. There's so much learning that can be done through music so I wanted to give that away.
00:28:18	Biz	Host	Yeah, no. I'm with you on the just playing it? Without pointing it out also as, y'know, can carry a lot of important weight that we may not give it enough credit. Right? Like, I do agree. Let's make a mixtape! Let's move on. You also—you don't just give us a playlist. You also include poems as well as a title of Black ethnonyms.
00:28:45	Angela	Guest	Mm-hm. Mm-hm.
00:28:48	Biz	Host	Ethnonyms. And—talk to me about those choices!
00:28:51	Angela	Guest	So I think that the poetry is—really informs the book itself. I love poetry and because I refer to both Paul Laurence Dunbar and Langston Hughes, I thought it was important to give the kids a sample. Both of these poets, though—in addition to the poems that are in the back of the book—they're really safe to google.
			<i>[Biz laughs.]</i>
			Like you're not gonna get a lot of skanky mess with Paul Laurence Dunbar and Langston Hughes.
			<i>[Biz laughs.]</i>
			So—and now all the kids are on computers doing searches in class, so. You gotta be careful who you recommend. <i>[Laughs.]</i> So they were safe. Beautiful work. Period work, so you can get a lot from what was going on in their time. But also, so much of it is relevant still today. So important to include that. In terms of the ethnonyms, this was something that was not in the original sketch for the book? But I was kinda playing with the idea and I let my editor know that I was considering and she said, "Let's do it. Let's absolutely do it."
00:29:50	Biz	Host	Well because—you said it had sat there for three years waiting for the artist. A <u>lot</u> has happened! <i>[Laughs.]</i>
00:29:59	Angela	Guest	Yeah. A lot has happened.
00:30:01	Biz	Host	So with those events, how much impact did that have on any last-minute changes and choosing to include those ethnonyms?
00:30:11	Angela	Guest	So the ethnonyms were... kind of separate from what was going on in society. However, it was again kismet that there is that page that says, "Black is the power of movement and pain"? And we have the people with the Black Lives Matter sign. It looks like that was just created last year, but in fact it was three years ago when the illustrator created that spread. Which is an indication of how long this has been going on. I think a lot of people are looking at it now and saying, "Oh my gosh!" As they should. But this has been an ongoing problem that we've been dealing with for a long time.

I think initially the motivation was to—it was actually for non-Black people to understand the history, and to feel comfortable with—like, if you know that there’s been a lot of changes—and obviously we know—but if you know what we know, then maybe you might feel more comfortable saying, “Hey, Ang! What do you prefer? African-American, or Black?” And I appreciate that, ‘cause there have been a lot of changes. And there’s division! There are people in my family who will never be “African-American.” They don’t reply to “African-American.” It’s only “Black.” I can do both. I don’t have a problem with either; I use them interchangeably.

But I wanted to get people comfortable with the terms. Also, there’s so much history in the names that we have called ourselves. The names that we have been called—y’know, it was tempting to put it in there and give true definitions and say, “This is a dumb word.” But we tried to stick to more positive things or ways that we defined ourselves. There’s a couple of exceptions that I thought were important, like—did I put “Ooctaroon” in there? Or... “One-Drop Rule?”

00:32:00	Biz	Host	“Hypodescendant.”
00:32:01	Angela	Guest	Hypodescendant.
00:32:02	Biz	Host	Which I’d never heard of hypodescendant.
00:32:05	Angela	Guest	But have you heard of “The One-Drop Rule”?
00:32:06	Biz	Host	No, actually, I haven’t! Which is amazing, given I grew up in the very Deep South. <i>[Laughs.]</i>
00:32:12	Angela	Guest	Did you really?
00:32:14	Biz	Host	Oh, yes. The buckle of the belt. Hypodescendant and the One-Drop Rule, this is—so maybe it’s not new to me, but it’s not something that is in the forefront of my thoughts of like when I think about it. Do you wanna explain it?
00:32:28	Angela	Guest	Yes! I’d love to! So back in the day, when people who were enslaved were brought to the United States, it’s I think common for us to think that the Black folks hung out with the Black folks and the white folks hung out with the white folks and it was pretty much taboo to mix. Which—it was. It was taboo. But it happened. It happened enough that legislation had to be passed that said, “Hey. If you are a child that has a parent who is white and a parent who is Black, you’re considered Black.” Now why would we have that rule if it wasn’t happening? Right? They wouldn’t have made the rule if it wasn’t becoming a problem.

For many states, they said if you were a great-great-great—sometimes -great-child of a Negro, then you were considered Negro. It didn’t matter how you looked; you were Negro. You were still subject to being owned by another human being. And so I think that’s important because—not just to dredge up old history, but the Black community has been welcoming of all shades and hues out of necessity for a very, very long time. So for me growing up, I was never “mixed.” My mom’s white and my dad is Black. I was never “mixed.” I was always “Black.” And sure, people would say, “Mm, now what are you?” *[Laughs.]*

[Biz laughs.]

00:33:55	Biz	Host	I got that. That’s such a great question. Hmm.
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00:33:59 Angela Guest I know. Especially for children. *[Laughs.]*
00:34:00 Biz Host We're just so good as people, aren't we? We're just really making it work out there.

[Both laugh.]
00:34:07 Angela Guest Such a hard time. But—but—but I never felt isolated in the Black community. I never felt like the odd man out if I were lighter. And then when I went down South—speaking of the South—for college, I had a good girlfriend who came to my room for the first time and she looked. She said, "What are all these white people doing on your wall?" *[Laughs.]*

[Biz laughs.]

I said, "That's my family! Those are my people! That's my grandma! And my cousin Shawn!" Like— *[Laughs.]* But it didn't make a difference, y'know? As long as I was down. Right? Which of course I am. So—

[Biz laughs.]

[Laughs.] Y'know. We're gonna say it.
00:34:52 Biz Host But that goes right back to where we started at the beginning about culture versus color.

00:34:58 Crosstalk Crosstalk **Angela:** Yeah. Yeah. Absolutely.

Biz: So I think—and that's—
00:35:00 Biz Host That's the thing that can be difficult to express. And now—and I think this also ties in some to what we were just talking about. You had said, y'know, "This is language—I wrote this not for people of color." It's for me. Hi! It's for me!

[Both laugh.]

I'm white. It's for me! You dedicate the book to children who ask difficult questions and to—I'm gonna get it wrong—but to adults who are—
00:35:31 Crosstalk Crosstalk **Biz:** —brave enough to brave the unknown.

Angela: Brave the unknown.
00:35:34 Biz Host And I don't need to guess what kind of weird questions and hard questions you've been asked by children. I know children.

[Andrea laughs.]

But I wanted to wrap up actually focusing on... adults and the brave unknowns. And... like, what—what are some of those "brave unknowns" and—yeah!
00:35:57 Angela Guest So I think—*[sighs.]* The book was written for families, obviously, but I really wanted to give this book to educators and librarians. Who really are forming our future. Really. They spend so much time with our kids. But I think oftentimes they're overworked and it's a drag on their time and energy to create a new lesson plan. And so I wanted to give this gift to teachers to say, "Hey, this is your Black History unit right here. This is your American History unit right here. You don't have to do anything more. Play that playlist. Here's some

poetry. And dig into it however you like. Let your creative juices flow.”

Because I know that teachers, in their hearts, want to go into that unknown world. To show their kids that everyone is special. That everyone should be celebrated. These are the lessons that I think 99% of teachers want to teach, but many don't know how or they don't have time to dig into the other cultures. It's a lot. It's a lot to ask. But I feel like if we can catch these kids in kindergarten, first grade, second, third grade—where they can get those seeds planted? That say, “Hey, y'know, Black isn't all negative.” I remember reading that book that *Black is Beautiful*. I remember dancing to that song, “Say It Loud - I'm Black and I'm Proud”. Hey listen, I've got white kids dancing to “Say It Loud - I'm Black and I'm Proud” every morning this month.

[Biz laughs.]

Come on! Let's do it! Let's learn some James Brown! I'm not mad at that! I'm not mad at that because it plants the seed of acceptance and celebration of others. And so this gift is to those who are willing to do that. Yes, it is absolutely for my people. I want my children; my nephews; my nieces to all feel empowered. I had a girl today tell me, “I love the page of the girl with the braids in her hair because I have braids in my hair.” You don't see it very often! But she's looking at that book, and ooh! I could cry right now.

00:38:05 Biz Host
00:38:06 Angela Guest

She gets to see herself. I know!
She gets to see herself! And other kids get to see that that is beautiful!

00:38:12 Biz Host
00:38:16 Angela Guest
00:38:18 Biz Host

Right. They get to see it. It becomes normal.

Yes.

I know for my kids, I want them to like—if they find themselves in a room and they look around and everybody's white? That they should know that's weird. *[Laughs.]*

00:38:29 Angela Guest
00:38:31 Biz Host
00:38:33 Angela Guest
00:38:35 Biz Host

Mmm.

Right? Like, that's—right, like, “That's weird.”

Love it.

Angela, it is painfully obvious to everybody that I could just talk with you for hours. *[Laughs.]*

00:38:41 Angela Guest
00:38:42 Biz Host

I'm having such a good time!

Thank you so much for joining us and I really appreciate this book. It fills so many of the holes that were lacking out there? There are some wonderful books out there. But I think that this one is unique in what it offers and—like we tell everybody—y'know, a great way to be involved is to buy. *[Laughs.]* So people need to go buy this book. They need to go buy three copies. One for them—

[Andrea laughs.]

00:39:18 Angela Guest
00:39:21 Biz Host

—one for their school, and one for their library. ‘K?

Love it. We would appreciate that very much.

Yeah! Well people are always like, “I don't know what I'm supposed to do!” I'm like, “Go buy a book!” If you're mad because people aren't represented, you gotta buy the book!

[Andrea laughs.]

00:39:30	Angela	Guest	Especially in children’s publishing! Can I say that? Because we have to show the publishers that these books will sell. Otherwise they’ll stop printing them. So.
00:39:37	Biz	Host	No! I agree! You’ve got to show—you have to show everybody in publishing. I’m sure you’ve been to the parenting aisle.
			<i>[Andrea laughs.]</i>
			Lacking—apparently only one type of person can be a parent and give advice about it.
00:39:49	Angela	Guest	So true. So true. Mm. Unless you’re Beyonce. I’m waiting for her parenting book. When is it coming?
00:39:57	Biz	Host	<i>[Through laughter]</i> I don’t know! I’m sure it’s in the works. She’ll probably put out a kid’s book first and then everybody will be like, “All done!”
			<i>[Both laugh.]</i>
00:40:07	Angela	Guest	Baes by Bey.
00:40:08	Biz	Host	That’s right! <i>[Laughs.]</i>
			<i>[Andrea laughs.]</i>
			I would buy this. Anyway—can we get her on the show? Okay. So everybody... go buy this book. And Angela, I hope you continue to write more books that I get to scream and yell and jump up and down about. Thank you so much.
00:40:30	Angela	Guest	Thank <u>you</u> so much. I can’t wait to share the next one with you. I think you’re gonna love it.
00:40:34	Crosstalk	Crosstalk	Biz: Yay! Can’t wait! Alright! Absolutely! We’ll talk soon. Bye.
			Angela: Woop-woop! Thank you Biz! Thank you for having me! It’s been lovely.
			<i>[Both laugh.]</i>
00:40:41	Angela	Guest	Alright, my dear. Buh-bye!
00:40:43	Music	Music	“Ones and Zeroes” by “Awesome.” Steady, driving electric guitar with drum and woodwinds.
			<i>[Music fades out.]</i>
00:41:00	Music	Music	Cheerful ukulele and whistling plays in background.
00:41:01	Biz	Promo	<i>One Bad Mother</i> is supported in part by Function of Beauty. Function of Beauty is the world leader in customizable beauty, offering precise formulations for your hair’s specific needs. Tell me all about it, Theresa!
00:41:16	Theresa	Promo	Okay, guys, I just did this recently and it’s great. And I wanna start by saying it’s vegan and cruelty-free and they never use sulfates or parabens. And you can also choose to go completely silicone-free if you want. So what you do is you go to their website and you take a quiz about your specific hair needs, but also, like, your preferences! Like the smell amount that you want and the type of smell and the color.
			<i>[Biz laughs.]</i>
00:41:43	Biz	Promo	And they send it to you in the mail and it has your name— I know!

00:41:44	Theresa	Promo	Not just like on the box but like <u>printed</u> on the bottle. Like, my kids thought this was so cool. But I will admit—I felt so special.
00:41:51	Biz	Promo	Never buy off-the-shelf just to be disappointed again. Go to FunctionOfBeauty.com/badmother to take <u>your</u> quiz and save 20% off your first order. That applies to their full range of customized hair, skin, and body products.
00:42:08	Theresa	Promo	Go to FunctionOfBeauty.com/badmother to let them know we sent you. And get 20% off your order.
00:42:17	Biz	Promo	FunctionOfBeauty.com/badmother .
<i>[Music fades out.]</i>			
00:42:27	Theresa	Host	Hey, you know what it's time for! This week's genius and fails! This is the part of the show where we share our genius moment of the week, as well as our failures, and feel <u>better</u> about ourselves by hearing yours. You can share some of your own by calling 206-350-9485. That's 206-350-9485.
00:42:46	Biz	Host	Genius fail time, Theresa. Poof!
<i>[Theresa laughs.]</i>			
00:42:52	Theresa	Host	You're back again!
00:42:54	Biz	Host	Hellooo!
00:42:59	Theresa	Host	One of these days I'm gonna say it and you'll just like appear but like in a towel? And your hair will be wet?
00:43:01	Biz	Host	Like, "Oh! Hey!" Yeah.
00:43:09	Crosstalk	Crosstalk	Lucky—lucky would I be if that was the case. That said, welcome. It's nice to see you.
00:43:11	Biz	Host	Theresa: Thank you! It's nice to see you, too.
00:43:19	Theresa	Host	Biz: You're welcome.
00:43:25	Biz	Host	Like everybody needs to understand this legitimately is the first time I see Theresa for each show. Like, we pop up on Zoom and I say—
00:43:28	Theresa	Host	I know. And this—we haven't really talked this week. I feel like I maybe haven't talked to you since last... last week?
00:43:31	Biz	Host	Like a while. Since the last show!
			It's weird. It's a weird feeling. I didn't like it.
			It's very odd. And so that's why this has just become a real weird thing.
<i>[Both laugh.]</i>			
00:43:44	Clip	Clip	The show has kind of got parts now. Anyway, with that said—genius me. <i>[Dramatic, swelling music in background.]</i>
			Biz: Wow! Oh my God! Oh my <u>God!</u> I <u>saw</u> what you did! Oh my God! I'm paying <u>attention!</u> <u>Wow!</u> You, mom, are a <u>genius</u> . Oh my <u>God</u> , that's <u>fucking genius!</u>
<i>[Biz and Theresa repeatedly affirm each other as they discuss their respective genius moments of the week.]</i>			
00:43:59	Theresa	Host	Okay. I will. And I have a cake parenting genius for you today, Biz.
00:44:05	Biz	Host	This is the year of cake parenting!
00:44:07	Theresa	Host	It is! This is the year of cake parenting. So. It was... a day or two after Curtis—my four-year-old's—birthday. And Biz was kind

00:44:27 Biz Host enough to be our birthday fairy again for Curtis and delivered a beautiful Death Star-themed cake.
00:44:30 Theresa Host It was grey. Like a Death Star. *[Laughs.]*
So grey. It was the funniest cake color ever. But it was a major hit, obviously. And so we still had some left over and I don't know what was going on. It was like a day or two after the birthday and I know that Curtis was occupied and Gracie was occupied. And I really had my sights set on like some kitchen chores that really probably only needed 20 minutes? But like I just needed to do it. Like I needed to do it with my music on and I needed to be in there by myself—

[Biz laughs.]

00:45:07 Biz Host —and I just needed to do it.
00:45:11 Theresa Host Kitchen chores; aka, masturbation. *[Laughs.]*
Yeah. Thank you. Yes. Yeah. Just imagine that that's what I'm talking about.
00:45:16 Biz Host "I need to do some kitchen chores. Right now."
00:45:19 Theresa Host "By myself. By myself, in my bedroom." *[Laughs.]*
00:45:22 Biz Host "With some music on!" *[Laughs.]* Alright. Sorry. I'm sorry. Go—please continue.
00:45:29 Theresa Host No, never be sorry.

[Biz laughs.]

And then Oscar wandered in. And... he wanted to see what I was doing.

[Biz laughs.]

And talk to me about things. And was annoyed that I wasn't like doing an entertaining tap dance for him, I guess. And I just remembered cake parenting, guys. Like, I just—it popped into my head. And I just said, "Would you like a slice of cake?"

[Biz laughs.]

00:46:12 Crosstalk Crosstalk And he said, "Cake?! Yeah! Yeah!" And I sliced him a fat triangle of cake—
Theresa: —that you can pick up with a hand—
00:46:15 Theresa Host **Biz:** Yeah! A wedge!
00:46:16 Biz Host A wedge. Thank you.
00:46:17 Theresa Host You're welcome.
A wedge of cake.

[Biz laughs.]

00:46:37 Biz Host Put it on a plate. Got him some water or something. Set him up at the table. And then went back to what I was doing. And it worked. I got the time I needed. He wasn't talking to me. He was happy with his cake. We were—we were good. We were good. All was well.
00:46:40 Theresa Host Good job!
00:46:41 Biz Host Thank you.
Good job, mother bear! Or mother badger! All of our children's books in which parents are just like giving cake to kids. Good job!

00:46:51 Theresa Host Thank you.
00:46:52 Biz Host Year of cake parenting! So good. I... have started the garden again. Which is something I always like to do this time of year and then slowly let it fall apart—

[Theresa laughs.]

—over the ungodly heat of the summer. But it's physical—y'know, here's the thing I was discussing with my therapist today, Theresa. 'K. You ready?

00:47:21 Theresa Host Yeah. Lay it on me.
00:47:22 Biz Host This whole pandemic time has not left a lot of room for there to be... choices that I can just make and have control over. Y'know?

00:47:32 Theresa Host Oh, ain't that the truth.
00:47:34 Biz Host Y'know, where it's like, "Oh, do we need to take care of X, Y, and Z? Here's my plan! Boop, boop, boop! Done!" None of that. I've just been floating free— *[Laughs.]* Free without a plan—

00:47:48 Crosstalk Crosstalk **Biz:** —that I could execute—right!

00:47:51 Biz Host **Theresa:** That's not you. Yeah.
And so just like puzzles, I get to show those puzzle pieces who are boss—who is boss, is English. A garden, I can control you, Mother Earth. This little plod—I get to say where you go! Until I ignore you and the ants come! Anyway. Geniuses just have to happen for a moment, guys. *[Laughs.]*

00:48:15 Theresa Host No, that is genius. Good job!

00:48:18 Biz Host Thank you.

00:48:19 Caller Caller *[Answering machine beeps.]*

Hey, guys! I am calling with a genius, which is exciting 'cause they're rare. My kids hate getting out of the bathtub and every night is a debate over who's gonna get out first and neither of them wanna get out and the water will be completely gone and they're just sliding around in there—

[Both laugh.]

—arguing with each other about who's gonna get out first. But they love picking music. So like when we're in the car I let them pick a song if I wanna keep 'em awake.

[Biz laughs.]

So I thought, y'know, I had my phone in the bathroom with us while we're doing bath time, so whoever gets out first gets to pick their song. Thinking back to like my baseball days when the pitcher got to pick their exit—or their entrance song? I was like, "You guys get an exit song! Whoever gets out first gets to pick their exit song!" So they get to pick what song they get to jam to while they get out of the tub. And now they fight over who gets out first. I don't know if it's a genius 'cause we just changed problems?

[Biz laughs.]

But it's made it more fun. There's a soundtrack now. So that's cool. Anyways. I'm doing alright tonight, and I hope you guys are, too.

Love you guys and your show and you're doing a great job! Thanks!
Bye.

00:49:32 Biz Host You're doing a good job and I'm pretty sure that a Webster's Dictionary, under "genius," it says, "Just changing the problem."
[Laughs.]

00:49:42 Theresa Host Yeah. So true. So true.

00:49:47 Biz Host Right? Like just—

00:49:48 Theresa Host "You got a new problem now! Good job not having to deal with that old problem anymore."

00:49:53 Biz Host You have a new problem, this time with music. So that makes it better. Good job!

00:50:01 Theresa Host Good job.

00:50:02 Biz Host I think you're doing a stellar job and I just like the idea of entrance and exit music overall. And therefore that is how I will be making my way through the rest of this pandemic. Failures.
[Dramatic orchestral music plays in the background.]

00:50:17 Clip Clip
Theresa: *[In a voice akin to the Wicked Witch of the West]* Fail. Fail. FAIL!
[Timpani with foot pedal engaged for humorous effect.]

Biz: *[Calmly]* You suck!

[Biz and Theresa repeatedly affirm each other as they discuss their respective failures of the week.]

00:50:22 Biz Host Fail me, Theresa.

00:50:25 Theresa Host Okay. So Gracie, my nine-year-old's, school is about to start doing a one-day-a-week in-person thing? And that's fine. The kids have to have a negative COVID test before they go, which is fine. I... made the appointment and then last night when I was doing like the schedule for the day, I didn't have my phone. I had left my phone in like another room and I was too lazy? I was like, "I know what's happening on Friday. The same shit that always happens on Friday."

[Biz laughs.]

And I set up the schedule and blah, blah, blah, blah, blah. And then I just—usually when I do that, I later at least have the sense to go and double-check the calendar and just make sure there wasn't something I was forgetting? But I never did that, and then today I got the notice—the appointment notice. Like you know my calendar does the ten minutes before it's supposed to start reminder?

[Biz laughs.]

And I was like, "Oh, yeah." This thing we're doing—it's like across town—

00:51:31 Crosstalk Crosstalk **Theresa:** There's no—and plus, like—

00:51:33 Theresa Host **Biz:** You're not making it.
—the preparation of "We're gonna go do—" I mean, just nothing. By the time I remembered and saw it, there was zero chance that we would make it. So—

[Biz laughs.]

Whatever. I will make another appointment and we will do it. But it's just one of those... y'know? Like, I could've—we could've done it. I just needed to look at my calendar to see that that would've been happening.

00:51:59 Biz Host

Yeah. God, you're doing a horrible job. I mean, I think we should just line people up and have them point at you.

[Theresa laughs.]

00:52:12 Theresa Host

And say, "Shame, shame! Shame, shame!"

00:52:13 Biz Host

Yeah. "Shame, shame."

Oh well.

[Theresa laughs.]

Alright. So Kat and I—Thursday night is our TV, watch-a-little-something night. And we've had a few projects that we've worked our way through and then we were left without anything to watch. So I just—we're scanning through the Netflix and I come upon the new *Charmed*. And I'm like, "You know what? Kat really likes witchy stuff. They're into the witch stuff." I remember the original *Charmed*. It was alright. I mean, I didn't watch it as much; maybe one or two episodes. But it's no *Nancy Drew*. I'm not making the same mistake I made when we watched the CW's *Nancy Drew*. Which was terrifying, okay? So we started it— *[Laughs.]* It is definitely not appropriate. Like, it's very good and wow have they taken on a feminist, like, stance on everything from witches to—I mean, the whole thing is just me—in fact, the theme of the first three episodes are about an assault on campus. 'K? And so like we're—a lot's coming out of this? Including two to three episodes in—'cause we went two to three episodes in! We, y'know, a horrible monster. Like a horrible—yeah, you're gonna have a hard time sleeping if you look at it. A lot of sex. Just like a lot of sex. Which again, sex is—yay, sex! It's not like we don't talk about those things. I just was like, "This is a lot!" They're mixing messages of happy sex and bad sex and like, I'm not ready to have all of these discussions?

00:54:03 Theresa Host

It's a lot. Yeah. It's a lot.

00:54:04 Biz Host

It was a lot. So we've stopped. But like— *[Laughs.]* Just cut it right off at the—

[Theresa laughs.]

—at the witchcraft. I'm a little bummed 'cause I was kind of digging it, but eh. There ya go. That's the fail. Once again, cannot seem to pick shows for my children to watch.

00:54:28 Theresa Host

Or just media in general. I'm thinking back to the recent book that you shared with Kat.

00:54:35 Biz Host

Yeah. I'm—yeah! Oh! You're right! Good point! Yeah. That's—

[Theresa laughs.]

00:54:46 Theresa Host

I'm not doing much of a good job with that one.

Is that a new segment for this, where we share a fail and we each remind each other of one of our past fails?

[Biz laughs.]

00:54:53 Biz Host Is that good? Is that helping?
Oh, that would be really helpful. *[Laughs.]* That would be...

[Theresa laughs.]

00:55:06 Theresa Host “This week on a very special *One Bad Mother*, we look back and remind each other all of our failures.” *[Laughs.]*
We just each have a list of only the other person’s fails and we just go down the line?

00:55:13 Biz Host Yeah. I’m just gonna start with coffee. With coffee.

00:55:17 Crosstalk Crosstalk **Theresa:** My baby’s drinking coffee? Yeah.

00:55:21 Biz Host **Biz:** With all of your baby children. Yeah.

Your baby’s drinking coffee. It’s a good one. It’s a classic. It let you guys know who we were as people.

00:55:27 Theresa Host Early on. Yeah.

00:55:30 Biz Host Oh, let’s feel better and listen to somebody else fuck it up. *[Laughs.]*

00:55:31 Theresa Host Yeah.

00:55:32 Caller Caller *[Answering machine beeps.]*

This is a fail. I have a four-year-old who is going to a new school that celebrates the holidays and does Valentine’s Day and Christmas and all of that stuff and I was super on top of it and bought valentines when I went to the grocery store the other day and we filled it out as an activity yesterday on January 24th and I put them to the side so that I would have them ready. And I was like, “Okay. Don’t forget them on Valentine’s Day party day!” And my kid is so excited—and I’m so early with stuff—that my kid is bringing his Valentine’s Day and is probably going to have a shit-fit about giving them to kids today on January 25th. So I was so on top of shit that now we’re blowing our load a little too early.

[Biz laughs.]

My kid is a little premature with the Valentine’s Day festivities. Sometimes you’re too late, sometimes you are two weeks too early. And I’m probably just going to have to do it again the night before.
Bye.

00:56:45 Theresa Host Yeah. This is a practice run, is what you gave yourself.

00:56:47 Biz Host Good job!

00:56:49 Theresa Host You’re gonna get to do it again. *[Laughs.]*

[Biz laughs.]

00:56:51 Biz Host Yeah! That is good foresight. You will—I can see all of this unfold. I can see the raising of your self-esteem by getting them early. Doing the activity. “Look at us! We’re doing it!” And then your child just being like, “We’re not going any further until I take these into school.” Right? Like, “I don’t understand what you mean by waiting ‘til February? That doesn’t make sense!”

00:57:21 Theresa Host “As far as I know, February doesn’t even exist, so I’m gonna bring these now. It’s—they’re ready.”

00:57:28 Biz Host “And if you say no, I’m gonna really be upset. And this could spiral into something that’s exhausting for you. Just giving you a heads-up, parent.”

[Theresa laughs.]

“I’m gonna flip out in a way that’s gonna really take its toll on you. So y’know.” Yeah. This is—I will say, good job just going with it. Good job just letting that kid take ‘em into school and not trying to have a logical discussion about it with a five-year-old or however old. Anybody under the age of 22, really. Just let ‘em have their valentines.

00:58:09 Theresa Host Plus I feel like at this stage in this fail, we can still say, “Maybe it’ll be fine.”

00:58:16 Biz Host Oh yeah! “Maybe it’ll be fine!”

00:58:19 Theresa Host You never know! Might be fine! *[Laughs.]*

00:58:22 Biz Host We don’t know! *[Laughs.]* I’m laughing with hope. *[Laughs.]*

00:58:26 Theresa Host Me, too!

00:58:28 Music Music “Mom Song” by Adira Amram. Mellow piano music with lyrics.

You are the greatest mom I’ve ever known.

I love you, I love you.

When I have a problem, I call you on the phone.

I love you, I love you.

[Music fades out.]

00:58:50 Music Music Up-tempo keyboard music plays in background.

00:58:51 Theresa Promo *One Bad Mother* is supported in part by Bombas. Bombas is dedicated to making the most comfortable socks in the history of feet.

00:59:01 Biz Promo Guys? I’m just gonna quickly tell you how much I love the Bombas socks. They actually stay on my feet. The little no-show socks? I love them. And they’re comfortable for freaking ever. But I really wanna actually make sure that everybody remembers that Bombas—their socks do more than keep feet cozy. Every pair of socks you purchase, Bombas donates a pair to someone in need. And the generosity of Bombas’s customers has allowed them to donate forty million pairs of socks and counting.

00:59:36 Theresa Promo Give a pair when you buy a pair and get 20% off your first purchase at Bombas.com/badmother. That’s B-O-M-B-A-S.com/badmother for 20% off your first purchase.

00:59:52 Biz Promo Bombas.com/badmother.

00:59:57 Promo Clip **John C. McGinley:** Hey, kid. Your dad tell you about the time he broke Stephen Dorff’s nose at the Kids’ Choice Awards?

[Audience laughs.]

Music: Upbeat, funky rock.

Andrew Reich: In *Dead Pilots Society*, scripts that were developed by studios and networks, but were never produced, are given the table reads they deserve.

Will Forte: When I was a kid, I had to spend my Christmas break filming a PSA about angel dust. So yeah, being a kid sucks sometimes!

[Audience laughs.]

Andrew Reich: Presented by Andrew Reich and Ben Blacker. *Dead Pilots Society*. Twice a month on MaximumFun.org.

Echoing Background Voices: *Dead Pilots Society...*

Sage Ryan: You know, the show you like. That hobo with the scarf who lives in a magic dumpster?

[Audience laughs. Scattered applause.]

[Music fades out.]

John Hodgman: ...*Doctor Who*?

Sage Ryan: Yeah!

[Audience laughs and applauds as the clip fades out.]

01:00:39 Promo Clip

Music: Jazzy saxophone plays in background.

Annabelle Gurwitch: Hi! Are you someone who thinks that when one door closes, another one opens?

Laura House: Someone who always sees the light at the end of the tunnel?

Annabelle: If you answered “yes” to one or both of these questions, good for you!

Laura: We are not those people.

Annabelle: Nope! I’m Annabelle Gurwitch and I’m a “Y’know that other door opening? It probably leads to a broom closet” kind of person.

Laura: And I’m Laura House. When I see a light at the end of a tunnel, I assume it’s a train headed right toward me!

Annabelle: Laura and I have created a brand-new podcast for people like us! It’s called *Tiny Victories*. We’re sharing personal tiny victories or things we’ve read or seen that inspire resilience.

Laura: So if you’re looking for a tiny reason to get out of bed each week, subscribe to *Tiny Victories*.

Annabelle: Available on Maximum Fun, or wherever you get your podcasts!

Laura: Let’s get tiny!

[Music fades out.]

01:01:25 Biz Host

Everybody? Cozy up. Slip on a mask. And let’s settle in together—
[Laughs.] And listen to a mom have a breakdown.

01:01:35 Caller Caller

[Answering machine beeps.]

Hi, *One Bad Mother*. This is a rant. I was just taking a shower and I noticed that my legs are covered in bruises. Covered! From head to toe. As a result of my toddler. Who is constantly jumping on me or... tripping me or hanging on me or her crap is everywhere and I'm running into it and knocking my legs and knees into it and I have bruises all over my legs. My upper legs are all bruised from holding her, because it's right where her feet are and she kicks her feet while I'm carrying her. And I just am so tired. *[Laughs.]* And I just... want to have nice legs back. Without bruises on them. And I know this is stupid and trivial when we have a pandemic going on, but I think this might just be the thing that pushes me over the edge and completely breaks me right now. *[Sniffles.]* Anyways. Thank you for listening. I guess I will *[deep breath]* just walk around with crazy, bruised-looking legs for the rest of my life.

[Biz laughs.]

01:02:57 Biz

Host

Thanks. Bye.

First of all, you're doing a good job. Second, here's some good news: as your child gets older, the bruises really are not as all-encompassing. It's more like you get in the shower and there's just one weird bruise on your thigh.

[Theresa laughs.]

And you're like, "How did that bruise get there? Like, that's a big bruise! That looks like I ran into the corner of the coffee table, but I didn't. How did I get that?" And that—surprise!—I'm going through that experience right this very minute. *[Laughs.]*

[Theresa laughs.]

In fact, I'm pretty sure we've discussed this before as one of my fails. Because I'm with you. That feeling of getting in the shower and just seeing your body so impacted by a child being in your life in this, like, way that no one tells you, A, they're even gonna do that. Right? Like, no one says, "Hey! Chapter 3 of *What To Expect When You're Expecting*: Mysterious Bruised Legs!" *[Through laughter]* That's just—and then you get 'em and yeah! It's not—it's not a look that makes you feel together? Right? Like it is! It is like... kind of... what is the word I'm looking for? It's not debilitating.

01:04:29 Theresa

Host

I just wanna add that I feel like there is like a sad... parent acceptance about it? Like—

01:04:36 Biz

Host

Yes!

01:04:38 Theresa

Host

Because it's not your kid's fault and it's just something about how they're—we're not like—it's like the opposite of what we would say to ourselves in another situation, which is like, "What I'm doing right now doesn't feel good to my body. This doesn't feel good. I'm not—" Like, "I don't like getting bruises all over my legs. I'm gonna—boundaries. I'm not gonna engage in this." It's like, you don't really get to do that when it's your own toddler—

[Biz laughs.]

01:05:19 Biz Host —just doing toddler stuff and you're an actively involved parent and that's awesome. It's very demoralizing? Is the word, maybe?
 01:05:22 Theresa Host That's the word I wanted to use earlier! Demoralizing!
 01:05:23 Biz Host Okay.
 Because you have a toddler. They're a lot. At the end of the day—or when you wake up in the morning—and the sort of emotional... like... fatigue hits you from all the nonstop shark parenting you've had to be doing, just the constant moving, constant engaging, constant emotional regulation, constant keeping them alive, constant—oh, and there's dinner and there's your own life and there's work and there's—blahhh, right? All of that is exhausting and then you get naked in the shower and you're like—

[Theresa laughs.]

“Oh, shit.” Like, “Ohhh, dammit!” And physically, this is—ehhh! Right? Like, so I—I just... I just want to say, you are such a good parent. You're doing such a good job. And it is within your right to like—I know the whole, like... comparing things like this to larger conflicts and situations that are in the world? Yeah. No. It's not the same as a pandemic. No one—no one is accusing you of trying to compare it to a pandemic! It just sucks. And you get to fucking hate it. So... y'know. And that doesn't take away from the suck that is the pandemic. You are doing a remarkable job.

01:07:01 Theresa Host Yes, you are.
 01:07:02 Biz Host Theresa?
 01:07:03 Theresa Host Yes.
 01:07:04 Biz Host You're doing a very good job!
 01:07:08 Theresa Host Thank you, Biz. So are you.
 01:07:11 Biz Host Oh, thank you. Was there less crying this week? I had less crying this week. How was your week? Less crying? More crying? Same crying?
 01:07:21 Theresa Host I've had... uh...

[Biz laughs.]

01:07:79 Biz Host I haven't had a lot of crying this week. No. I've had a lot of—
 01:07:29 Theresa Host More of a general numbness?
 01:07:36 Biz Host No, I've had more of like a frozen state of... fear. Yeah.
 Oh! Yeah. Mine's more “Less crying, more of a ‘everybody watch out. I'm about to say what I really think to you right now!’” Staaaah! I'm about to treat you like a fool on the Subway! *[Laughs.]* Like I just—so. Good! Glad to hear it.
 01:07:55 Theresa Host Yes!
 01:07:56 Biz Host I will talk to you next week.
 01:07:58 Theresa Host See you then!
 01:07:59 Biz Host Bye!
 01:08:00 Theresa Host Bye!

[Biz laughs.]

01:08:04 Biz Host Oh, boy. This show was a joy. Guys? First of all, as always it is a pleasure to see Theresa and I just am so thankful I get to see her at least once a week. And what did we learn today? Well, let's get the silly one out of the way first. Cake solves all parenting problems. So cake parenting—still very impactful. But what we also learned was the importance of putting a new light, a new story, pulling the

positive sort of expressions of words and of language into how we talk to each other. Into how we explain to each other. *Black Is a Rainbow Color* is so great because—yeah, look. It doesn't erase all of the negative connotations associated with the word "Black." Nothing can do that. *[Laughs.]* But what it does is it offers a different way to start the conversation. It offers us a new tool in our arsenal in our work to be anti-racist. To have open discussions with our children. To make all of these things normal, normal, normal when it comes to who we see in books.

And again, this book in particular is such a gift because it is a wonderful resource for librarians or teachers to use for Black History Month or any month? *[Laughs.]* The playlist is also awesome, as is the poetry. But the story itself is such a delight and the illustrations are also just remarkable. You can spend a lot of time just absorbing the art that is in this book. So we'll make sure everybody knows where they can get a copy for themselves and their school and their library. *[Singing]* I love you, libraries! Liiibrarians! *[Regular voice]* 'Cause sometimes we don't get to see these in the schools! And—so yeah! You guys know how I feel about libraries. And they are so important and I love you. I love you, librarians. I do. I'm looking really engagingly at a Zoom camera to make sure that you can really feel how much I love you.

Everybody? You're doing a very good job. Again—timely, not timeless—but right now a lot of people in America are dealing with multiple crises. One on top of the other. There is a terrible winter storm. That is consuming most of the country. There is, sadly, sometimes we don't discover it or care about it until it's too late, a real problem with the infrastructure in many parts of our country, and that tends to impact our communities of color more than other communities. People are without power. They are without water. For days. And there is a pandemic. And there are people who need power? For medical resources and medical reasons in their own home. And I just—is it a lot on top of a lot on top of a lot? And it is very easy and within *[through laughter]* your right to feel completely done. But I want you to know that you are doing a good job. You really and truly are. And I see you? And... I will be here to talk to you again next week. Bye!

01:12:19 Music

Music

"Mama Blues" by Cornbread Ted and the Butterbeans. Strumming acoustic guitar with harmonica and lyrics.

*I got the lowdown momma blues
Got the lowdown momma blues
Gots the lowdown momma blues
The lowdown momma blues
Gots the lowdown momma blues
Got the lowdown momma blues
You know that's right*

01:12:43 Biz

Host

[Music fades somewhat, plays in background of dialogue.]
We'd like to thank MaxFun; our producer, Gabe Mara; our husbands, Stefan Lawrence and Jesse Thorn; our perfect children, who provide us with inspiration to say all these horrible things; and of course, you, our listeners. To find out more about the songs you heard on today's podcast and more about the show, please go to

01:13:11	Theresa	Host	MaximumFun.org/onebadmother . For information about live shows, our book and press, please check out OneBadMotherPodcast.com . <i>One Bad Mother</i> is a member of the Maximum Fun family of podcasts. To support the show go to MaximumFun.org/donate .
01:13:35	Music	Transition	<i>[Music continues for a while before fading out.]</i> A cheerful ukulele chord.
01:13:36	Speaker 1	Guest	MaximumFun.org .
01:13:37	Speaker 2	Guest	Comedy and culture.
01:13:39	Speaker 3	Guest	Artist owned—
01:13:40	Speaker 4	Guest	—Audience supported.