

BUT HER LYRICS... EPISODE 009 - Bonus Band Episode! (Life in W.O.W.)

SHOW NOTES:

This episode of But Her Lyrics... is a bonus episode! Host Shawna interviews each band member about joining and playing in War On Women. Let's get deep about sleeping versus partying, sexism in the music industry, getting mentally healthy together, how most bands are fuck ups, and doing what we do. Our badass patrons get a shout out, and Shawna begs for a Taco Bell sponsorship. Potatoes forever!

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EPISODE TRANSCRIPT:

[intro music]

Shawna Potter: Welcome to But Her Lyrics..., the show where we delve into the meaning and politics behind each song from the new War On Women album, Wonderful Hell. I'm Shawna Potter, singer and lyricist for War On Women, and your host. It's a bonus episode. So late 2020, I interviewed each band member for like two hours a peach... [laughs] Okay, but I still don't know what I'm doing here. Late 2020 I interviewed each band member for like two hours a piece, there we go, and got a lot of great stuff. So if you're a patron of the show, you already know that previous bonus episodes have covered things like everyone's musical journeys, how they stayed busy during quarantine, their favorite songs, interviews with Carol Adams and more and more and more. You can still access those Patreon-exclusive bonus episodes and so much more by signing up for my Patreon. Head to patreon.com/shawnapotter now. I've decided to make this bonus episode public because we're going to learn what it's like to play in War On Women, and I thought that'd be fun for everyone. I'm going to go in backwards order of when people joined the band. So we're going to get even more insight as we go along. First we're going to hear from drummer Dave, then guitarist Jenarchy, bassist Sue, then Brooks, and well, you're going to be hearing from me the whole time. So, sorry not sorry.

Interview Time

Shawna Potter: Did you have any reservations about joining a feminist political band?

Dave: No, because I had known about War On Women before joining War On Women, and I had you guys' first vinyl for a long time. And I always liked it, I always found it to be like, I don't know, it spoke to me. It never crossed any weird political lines for me, I always aligned with the band politically, I think. So that didn't really bother me. However, one of the bands that I was in at a certain point started to get a little political, but we were four white dudes, four basically cis straight white men trying to make political music. And it was like, I even felt it in the band, I was like, "Who cares? What do we have to be angry about? [laughter] We can be allies. Who wants to hear four white guys be political?"

Shawna Potter: I mean, I'm personally not interested anymore. I don't think I need it. [laughs]

Dave: It comes off as preachy, and at that time we were asking, do we want music to just be purely inclusive? Which means to have like no politics at all. So it doesn't matter who you are or where you're from or what you believe, you just want to like hear good music. Is that important? Or is it important to draw a line in the sand about your listener base and be like, "I don't want you to listen to my music if you don't like gay people," that kind of thing. So we were asking ourselves those questions early on but...

Shawna Potter: That's interesting because I think that four white cis men deciding definitively not to write political music is actually political. It's an a privilege to not have to be bothered by enough stuff to feel compelled to sing about it, you know what I mean?

Dave: Yeah, that's the catch 22. It's your privilege to not be in a political band. And then if you are in a political band, who cares? Because you're just this white guy, what are you complaining about anyway? So, yeah.

Shawna Potter: Yeah, interesting. What's it like touring with us assholes by the way? What's different than touring with the other bands? Or I mean, really have you played with this many non-cis men?

Dave: No, no, never. I've been in bands with women before obviously, but touring is different than just playing gigs and playing around town and stuff. So this has to be the only band I've ever toured with with non-cis men. It doesn't matter that you guys are non-cis men, I think the number one difference that I notice is that you have all been to therapy and it shows. [laughter] None of the other bands I've been in - none of those guys go to therapy and it shows. I mean it in the best way possible because it's all about communication.

Shawna Potter: Okay, that's good.

Dave: I mean it in a way where you guys have looked inward and you've been like, "How can I do this better? How can I be in a working relationship in the best way? How can I be in a band in the best way? What is unique about being on tour as opposed to another work situation like an office building or anything else? And yeah, it's all about communication. You guys are just really good at communicating very directly, very not passive aggressive, that's the big thing. I've been in other bands where things just fester for a long time, and it's that one little thing that is kind of just eating away at you for the whole

tour and there's nowhere you can go. You're with people for 30 days straight, you're sharing bedrooms, sharing bathrooms, sharing the van, sharing green rooms.

Shawna Potter: There's no escape from the issues no matter how hard you try. I mean, I will say that we have not always been perfect, all of us have not been going to therapy our entire lives. It's actually a process that started after the creation of the band once we realized how necessary it was. Either the band gets healthy, stays healthy, works on, works on our own personal shit, works on how we deal with others or we're not a band because it's just not going to be fun, it's not going to work. And so it took a few bad things happening and festering and kind of getting to the point where you can't fix it anymore to put in that work and realize it's kind of your only choice, either that or the band breaks up. And I think speaking for myself, the band seems bigger than me, it seems more important than my petty bullshit, and so it was worth doing that work.

Dave: Yeah. I feel as though I entered the band at a very good time, and I can tell that... I mean, like how long has War On Women existed?

Shawna Potter: 10 years.

Dave: 10 years, that's a long time. Then I was in the band pre-COVID for a year basically, so 10% of your existence. [laughter] You guys have probably been through a ton before I showed up. Yeah.

Shawna Potter: And you know, luckily for us, you are a good communicator as well. You're super straightforward, you almost don't seem to have a stake in what happens when we're discussing options. You're like, "This is what's up," and we agree with you or not.

Dave: I thought you were going to say you don't have a filter and you just say shit.

Shawna Potter: No, no, no, no, no, no. I mean, like you say, "Well, these are our options," and you just put it plainly versus like, "If we don't do this one thing, I'm going to die or I'm going to kill you." So I think that we benefit from your ability to communicate clearly and directly as well. And it kind of makes me think like, "Well, then of course you must appreciate how hard we work on it, even though we're not perfect because that must mean that you've been dealing with the opposite of your style, basically."

Dave: Yeah. I mean, my other band, Black Lung, that has done all this touring before I got to War On Women was like - they were a band, basically the two other members of that band were in this band called The Flying Eyes, and that band had done a ton of touring through Europe. And that was their only band that they were ever in. It was the first band that they started when they were in high school, and then that band got to do all the cool stuff. But that means that they kind of grew up in the band together.

Shawna Potter: I absolutely understand.

Dave: So all those growing pains of learning how to communicate and learning how to just be in a working relationship and figuring that out on the road, it's super, super hard. And so I got two of those guys to be in a band with me and they communicate to each other like brothers. They're literally like brothers, they've known each other since they were six years old or whatever. And brothers fight like

family fights. When you know someone so well, you know everything about that person, you know all the buttons to push and you know all that shit, it's like I'm kind of left to be the mediator at times, which is fine. I don't mind and they're much better now, but like... [laughs]

Shawna Potter: Yeah, do I need to cut all this out?

Dave: No, no, no, I'm not saying anything they don't know, [laughs] this is shit known. But it's like, I don't know, the difference between a band like that and a band like War On Women who has had this 10-year life and different band members and like you said, the band is bigger than you, the band takes on a life of its own. Even though it is this thing that you started, now it is morphed and transformed into so many different versions of itself, you just have to adapt and embrace what it is now, I think.

Shawna Potter: And it is difficult to do that when... I've been playing guitar since I was 12 years old, my first band I was 14 years old, and I was touring in high school. So I absolutely identify with what you're saying and that you can build up these communication patterns that are not great. And it's seemingly impossible to break those patterns when you've known those folks for so long. Yeah, so moral of the story, everybody go to therapy because it's the only way out. It's the only way out, everyone needs a little help.

Dave: Why am I angry about this thing? Why is this festering? Why is this... Can we do this differently? It turns out the answer is absolutely, you know.

Shawna Potter: So Warped Tour aside, joining the band, what's it like touring with us assholes? What's different about it than touring with your other bands?

Jenarchy: I don't know. I mean, now we have toured together so much that it's normal to me. Things I like about it, I'm not saying this isn't the case in my other bands, but I like that Brooks is a really consistently safe driver and usually sober and stuff since so much time--

Shawna Potter: He's always sober when he's driving. [laughs]

Jenarchy: When he drives.

Shawna Potter: Let's be clear, throw him under the bus. [laughs]

Jenarchy: When driving. And we spent so much time, I don't know if people realize so much of your time is just together in the van or the bus or however you're traveling, the plane. And so that's really what it's like to be in a band, is all of us in the van together making jokes and listening to podcasts and having good communication, good conversations. When there's something to talk about, you'll be like, "Okay, let's talk about this." I even remember one night on Warped Tour we all went around and said something we appreciate about everybody, including the crew, the crew was all there. And so just really, really good rad communication style which I appreciate and have been learning to be better about. Let's see. I know we stop to use the bathroom a lot, that's a thing. Anytime you want a bathroom break, it's not like school where anyone's going to try to oppress your bathroom break.

Shawna Potter: Every band I've been in stops to use the bathroom a lot. And so maybe it's me, maybe I'm the one. But yeah, I cannot fault anyone for needing to stop because that is my lifelong band touring experience since I was 14 years old.

Jenarchy: Yeah. Well, maybe I think it's a feminist thing. I mean, I know everybody uses the bathroom, but there's not this like, "Dude, just pee in a bottle, shut up," kind of thing. Nobody's like, "Why?" It's just, yeah. I don't know, what else about being in the band? I love the shows. It's a very musically proficient band. And I mean, we talk about that in conversations. After the show we'll be like, "Okay, that note was bent a little bit, and the timing of this is..." Even from the first shows that we played together, that was always a part of it. And I appreciate that level of professionalism and also communication about playing. We all want it to be really good, and we're openly communicating about that. So there's also not... In high school bands or something, there could be that thing where you're like, "Ah, the drummer is rushing," you would just say that. Drummers don't rush in this band, but if they did, you would be like, "I think you were rushing that part a little bit, let's work on it," so that's really cool.

Shawna Potter: Yeah. It feels there's less resentment or that high school stuff of talking about people when they're not there that I have experienced in other bands. Because really the only way you really get rid of that is for everyone to individually work on their communication skills and their own mental health and boundaries and stuff. And then everybody acknowledges that we're also going to do that together. And that's a lot of work, that's work on top of playing, learning all the notes, playing the song right, showing up on time, that's the next level of being in a band, but I really appreciate how this particular lineup of this particular band even though we are not perfect at it, we at least know what we're striving for.

Jenarchy: Yeah. Current lineup is the best version of everything that we've learned and put together. And I feel really close to everybody because we have those kinds of communications and those experiences. And I think also I joined the band at a time that it was ready to be a really mature version of the band.

Shawna Potter: Yeah. What is it like living in Gainesville, Florida during a pandemic when the rest of us are in Baltimore? But we're also not seeing each other either, you're not actually missing anything, but how does it feel? How strange is that?

Jenarchy: I was really bummed at first. I felt really scared and disconnected about that life. I was just like, "Oh my God, am I going to be in the band anymore?" [laughs]

Shawna Potter: Like we're going to kick you out because you're in Gainesville? [laughs]

Jenarchy: I don't know. Is there even going to be bands anymore? I was so loving the groove that we were in of touring and everything. We were about to go on the next big tour, we had plans through the whole year, I was finally adjusting to all the flying and whatnot.

Shawna Potter: Yeah. Jenarchy is not a great flyer. So somebody give her a gift card to whatever fucking store is always at the airport so that they can distract themselves before their flight. [laughs]

Jenarchy: I've become a professional flyer though. When I started, one of my first trips up, we would take off and I would just be crying and vomiting, I had all these issues. But I've gotten to the point now where I know where all the gates are in all the airports. I know the bartender at the layover airport. I know how to book a flight and then hop in and get a different flight and get them to change it, once you're in the airport, you can do a lot of maneuvering if you're... Yeah, so I've become a professional.

Shawna Potter: Amazing.

Jenarchy: So yeah, I was bummed. I was crushed and bummed and just really like, "What's going to happen? I don't want to do anything else with my life."

Shawna Potter: I do know. [laughs] I understand.

Shawna Potter: And you've seen some changes in the band.

Sue: I sure have. Being in a band is really weird. It's not like anything else, I think. I don't know what other life thing is like being in a band. The only thing that I can think of maybe is a sports team, but there's no coach and there's no real goal. [laughs] There's no way to know whether you won or did a good job really.

Shawna Potter: Yeah, there's no real attainable goal. [laughs]

Sue: So but you have to fucking practice a lot just like a sports team, you know what I mean? And you have to be in each other's face all the time. [laughs] But I don't know. I wasn't that scared to play with you guys though because, well, I'm always scared of the first time I do something, okay.

Shawna Potter: Sure, whatever it is.

Sue: But then as soon as I start doing it, I'm like, "Oh, this is cool." And I honestly started having fun almost immediately, I think, with you guys. And I don't know, it was just cool to learn about everybody a little bit. Because I came into a thing that already existed, so you guys had all these stories and stuff. But here's something that I really appreciated, if somebody would start yapping about something that happened a long time ago that I wasn't around for, somebody, it wasn't always the same person, but somebody would always jump in and get me up to speed on it, you know what I mean? So I felt like that was really inclusive, and I really appreciated that,

Shawna Potter: Yeah. Well, we learned our lessons from Metallica, what not to do. [laughs] And so we really wanted to make you feel welcome.

Sue: You didn't make me turn the bass all the way down on the record.

Shawna Potter: Exactly, exactly. Oh my goodness. So I was talking to Jennifer, and I'm not sure if I just spoke to Dave about it actually, but I was talking to Jennifer about coming into something that already exists, and especially from their point of view of coming in really just to help as a fill in and then that transitions to like a full member. So from your perspective, what are your thoughts or what have you noticed? You came in as a new person to something that already existed, but then you've become a

staple. There's so many people that think you're the original bass player of this band, you've been around and you've seen some changes in the band, you've been here a long time. So how has that changed your perspective to maybe adding Dave or Jenarchy?

Sue: So I would think that like... I don't think Dave needed my help [laughs] with anything, you know what I'm saying?

Shawna Potter: I definitely do.

Sue: But I feel with maybe some of the other people like Michael or Jenarchy or Ben, I feel like I always want people to have a buddy if they seem like they need one, you know what I'm saying? And so the fact that I could step up and be the big sis or whatever the hell, you know what I mean?

Shawna Potter: The War On Women liaison?

Sue: Yeah, you know what I mean? I don't know. I think that one of my strengths is I can usually put people at ease pretty quickly, and I'm kind of, I wouldn't say that I'm chill, [laughs] but I don't think I'm super high maintenance or I try not to add to stress. So I don't know, just trying to be a positive force when someone is coming into something turbulent, you know what I mean? You don't want to fuck up. You don't want to lead with all of the gossipy bullshit, you know what I mean? You want to make people feel at home, and then we move into the gossipy bullshit. Sorry. [laughs]

Shawna Potter: Well, that's great. I'm glad you had that experience coming into the band, and I'm sure that makes it easier for you to be that person for others. And really we all, I'm sure, share the load on that a bit because there's so many of us in this fucking band.

Sue: But, you know, let me put it this way, some people like to hang out more than others in this band.

Shawna Potter:

Well, that's for fucking sure. [laughs] I don't mind admitting I am not the person that wants to hang out. I will put that out there. Sue and I are opposites when it comes to hanging out on tour. I like to sleep, sleep and sleep and sleep as long as possible, and I honestly think that if I played guitar and didn't sing in this band, I totally believe that some things about my habits would change. But I feel like I really, really have to take care of myself because I'm not a risk-taker, so I'm just so scared of getting sick. And so I just do everything I can to avoid it. So obviously War On Women will not be playing in a pandemic taking risks right now, we are going to wait until it's safe for that reason. But yeah, on tour, what are your favorite things to do on tour? Walk us through a day in the life of Sue on tour, what's that like?

Sue: Oh my gosh. Well, it really all depends on where you're sitting in the van, really though. Whether I'm yakking away or laying on the floor listening to music depends on can I sit up front? Because I feel like if you're in the back, you have to yell and it feels you're not part of the conversation.

Shawna Potter: Front and back of the van can't really hear each other that well.

Sue: Maybe we should get an intercom. [laughs] Like, "Breaker breaker, let me tell you what I think about this song that we're listening to right now." [laughs]

Shawna Potter: Yeah. I think Brooks would turn it off right away. He would tell us that he installed it and then never actually install it, so you're just yelling into a box that's empty thinking that it's broadcasting to everyone else in the front.

Sue: So basically if I can sit up front, I'm like, "Blah, blah, blah." If I can't sit up front, I'll lay on the floor. Shawna, you almost always sit in the back now, so that's kind of what it is.

Shawna Potter: That's our little spot now.

Sue: You do your sewing and I do my listening to music or whatever the hell I'm doing. [laughs] And then we get to the show and I'm like, "Cool, let's move stuff," and then we do that. And then the usual boring waiting around for soundcheck, stuff like that. But my favorite thing to do is if there's time to just go for a little walk in the neighborhood of the show, and just like, "Oh, maybe there's a cool little coffee shop, maybe there's a cool little place to eat." I just love checking out a little neighborhood, and it's cool because if we end up playing the same places maybe once a year or something like that, you're like, "Oh yeah, that's that place with that great pizza place two blocks away. Yeah." So it's kind of you have your own little neighborhoods that you remember and walk around and know about. And it's cool because I love that about my city and neighborhood, and I feel like I get to be a temporary neighborhood person in different cities and it's cool.

Shawna Potter: Do you feel like before a show you have some energy you need to burn off, any nervous energy or do you not get nervous?

Sue: No, I do not get nervous. I get bored and tired of waiting. Here's the thing, I'm an adrenaline junkie, this is true. And I know however tired or crappy or how I feel before we play, after we play, I will feel amazing unless something horrible happens like I pee my pants [laughs] or forget how to play bass, which happened once.

Shawna Potter: Just the once though?

Sue: No, no, I'm sure you remember. Anyway, it was in Exeter. [laughs] I know that this is kind of, I don't know, doing a bunch of speed or something for me, the energy I get from connecting with the audience. That is why I do this. Not to sound like an energy vampire, [laughs]

Shawna Potter: I mean, a little bit.

Sue: But I feel I give as much as I take, Shawna. I work really hard on stage because I know that people are into it when I do. And if people are into it, then I'm like, "Yeah, let's give them some more." And it's a whole vicious cycle of awesomeness. That was like a tongue twister. [laughs]

Shawna Potter: Yeah, a precious cycle, an awesome cycle.

Sue: An awesome cycle of awesomeness. I live for that. And then after we're done, I'm like, "Yeah! Let's party! But then I'm like, "Ah, I have to move stuff again."

Shawna Potter: Yeah, that's the worst part, there's load out.

Sue: And I used to be bad at remembering that I had to load out. I would get into a conversation or something and then not realize that the music had stopped, the headliners were done and I should be at the van right now or whatever, you know what I mean? But I feel like I was like, "Sue, you got to straighten up here with this stuff," and I really made an effort to be better about it and I think that I'm pretty okay with it now. And also it kind of helps to not have to share gear. If we can load out right after we're done, that's my favorite because then I know, I'm like, "Clocking out now." [laughs] Honestly, the yacking with people in other bands and the people at the club and the people that go to the show, that's my favorite thing, and I really miss that energy in my life right now. Because it got to the point where I didn't have to plan to hang out with people because it would just happen. But now I don't have that, and I forgot how to make plans with people. [laughs]

Shawna Potter: And you kind of shouldn't in the same way that you would anyway right now.

Sue: Even to just talk on the phone though, it's so different, you have to schedule something rather than just being like, "Yack, yack, yack, hey, how about those monitors tonight or whatever?" I don't know. I just miss that. Me and Jenarchy did an online kind of virtual show thing for the ONCE Virtual Venue, and honestly, that was really fun because the people in the bands got to just hang out for like an hour after the actual stream was over, just bullshitting on Zoom and sharing videos, and it was so fun. I really just miss that stuff.

Shawna Potter: Yeah. I mean, that's one reason why I'm doing this podcast hoping to connect with people about the songs in a different way instead of yelling in their face, I'm somewhere in their ear.

Shawna Potter: So let me just write something down here really quick.

Brooks: Okay, I'm going to do the same.

Shawna Potter: Don't write something down just because I'm writing something down. Okay. So putting the recording of this record aside, something that I asked everyone else in the band was, especially the drummer Dave being the new guy, asking what's it like to tour with us assholes. And even Sue, Sue's been in the band for so long, but she's actually not the original bass player in our band. And so we talked about what it was like to join this band. So since you and I started this band together, I can't exactly ask you that. But what are some memories or some thoughts you have on touring with this lineup? What's it like touring in War On Women? I know it's kind of open-ended, but we don't get to play shows right now, and I want to capture some of that experience.

Brooks: So at this moment, I look fondly on touring because I like to travel, and I haven't done that this year. And I like to drive and I usually drive the van on tour, and I haven't done that. So I like doing that. And I don't know, I'm kind of a nerd that really enjoys the whole production process. I like getting there and unloading gear and organizing gear and figuring out sort of the stage direction and who's going to go

where, and when this band's done, where's their gear going to go? Even when I was a kid doing theater, that's the stuff I liked, the behind the scenes figuring stuff out so that from the outside it looks like everything has gone smoothly. So I like that part, and I feel like this particular makeup of the band, everybody sort of knows the little role they play in that part of it. I don't know. I think in general, this band is pretty smooth as far as traveling and touring goes. We get places on time, we make sure we know what's going on, we take good care of our equipment and our traveling rig. Any issues that anybody's having, we try and address them openly I hope. I don't know. It's different traveling when you're our age versus being in a band when you're 21 or 22. So it's not crazy and exciting, but I think our tours go well. And I think bands that we tour with sort of take note of that, I think we're a good band to tour with because we take care of the space that we're in, we take care of our gear, we watch after the other bands gear, we're supportive of the other bands, we keep the backstage clean, we stay out of their way when we need to, those are the things that make touring with bands good.

Shawna Potter: Right. People that don't play in bands or don't tour a lot maybe don't realize that. That's why you're seeing bands on the same bill that play totally different music or you don't think that they go together it's because they might all just have the same kind of vibe individually and they're easy to hang out with.

Brooks: Because when you're on tour, most of the time you are not playing music. And so you want to make sure that you're with people that travel well. And then when it is time to play, that the rest of the touring doesn't affect the playing in a negative way. Because that's why you're there and that's important. So like I said, I think other bands notice that about us and hopefully why we get asked to go on tours or get asked back. I've made lifelong friends in bands that we've toured with.

Shawna Potter: Now I know that everyone in our band kind of shares that philosophy of wanting to be the best band to tour with, easy to work with and all that. When I think about it though, I can't help but think because there's women in the band or because there's non-cis men in the band, so I want to over-deliver. I want to work twice as hard for half as much. I want to not give anyone any excuse to write our band off because unfortunately not enough bands with women get opportunities and get to play, and so people's experiences with bands with women in them are limited. And so we have a little bit of the weight on our shoulders of representing other women, which it shouldn't be that way, but unfortunately it is sometimes. So are you thinking of that?

Brooks: Yeah, I can see that. But in my opinion, in entertainment you're either professional or you're not. And yeah, we might get some sound guy in some small town might think that way, but when we do bigger tours and we deal with professional staff, I never feel like, "Oh, we have to try extra hard because there are women in the band," we just do our thing and people take notice. And I think that's good because that's what we should do. I mean, and maybe I'm speaking as a man in our group, I don't know, I can't speak for the women in the band. I don't know if you all are trying extra hard to make up for some negative assumptions about you, but I feel like by and large, I'm thinking of like the touring we did last year.

Shawna Potter: It's hard to remember anything before that at this point.

Brooks: I think we just showed up and we were professional, and we did what we needed to do and that's it.

Shawna Potter: I mean, to be honest, there's not a lot I do solely because I might experience sexism. I don't let it dictate my life or change my life or change who I am, but I don't get to forget it exists. It's just always there, it's always something to acknowledge. And so no matter what I'm doing, if it's just being my normal professional self backstage at a show, I'm still aware that sexism exists and someone might interpret any unprofessional behavior as a reason why, "Well, that's why there shouldn't be women back here anyway or something." Do you know what I mean? I don't get to forget it if that makes sense.

Brooks: Yeah, that makes sense to me. I think my point was in general, bigger, more professional venues are much more relaxed as far as having to worry about that kind of stuff than if we... You know what I'm talking about. If we show up to some little bar in Georgia or something, then you're like, "Oh boy, what's the sound guy..." Yeah, I think we all feel that. But playing at Brooklyn Steel or something, I'm not worried that, "Oh, we have to try extra hard tonight because we have to impress these people, even though we have women in the band." They're used to dealing with professionals. So, I don't know, I know what you're saying, sure, I'm not forgetting sexism exists, but as far as us trying harder than other bands, I don't know. Because so many bands are like fuck ups. And so literally sometimes all you have to do is advance the show, show up when they ask you to, load your gear where they ask you to, play the set time that they ask you to, and that's the base level of expectation. But a lot of bands can't get it together and do those things. And so just being able to pull those things off already sets you above so many bands. And so I don't think that's going the extra mile, I think that's just doing what's expected of you and hopefully they're like, "Hey, these ladies can get it done, great." [laughs]

Shawna Potter: Well, I think this episode seals it. The theme of this podcast is therapy, I guess. This is in addition to our already known theme of not serving your anger but making sure it serves you. Not quite as catchy as other podcast phrases I've heard. Less merch worthy, but maybe one of you has a better idea. Let it be known, I'm always open to merch ideas for the pod or for the band. I'm kind of tapped out, so I need your help. Huge shout out to the best patrons in the world, Stephan and Julina, Gaelen, Melissa, Zacharie, and Lauren, if you want a shout out or want to make a request, bump it up to 25 and up. And of course our sponsor First Defense Krav Maga. And if you know of a business who's doing okay right now or more than okay, I'm talking like, do you know someone at Taco Bell HQ? Well, tell them I'm looking for sponsors for the podcast and the band. I'll be holding my breath till I hear from Taco Bell.

As usual, the album Wonderful Hell is available right now on vinyl from our Bandcamp. And it's sold out everywhere else as far as I know, so snag it on Bandcamp where you can also get it digitally. And it's streaming in all the usual places. Thanks to Brooks Harlan for chopping up our song Her? to create the podcast theme song. If you'd like to support this podcast and this band, stop what you're doing and share, subscribe and review this podcast. It's free and it helps. You can buy WOW merch from B9store.com, shirtkiller.com, and in the UK and Europe through Cortex Records and LHPmerch.com. You can buy my book, Making Spaces Safer, from AKPress.org or your local independent bookstore. It's available in Spanish from Orciny Press, and I'm currently on the lookout for translations in other languages. So if you know of a local publisher that can help out in your country, put me in contact. If you

need a new overdrive or boost pedal designed and built by our guitarist Brooks himself, head on over to bigcrunchamprepair.com. And again, join my Patreon to help me keep this pod going. You can join in at the seeds level at only a dollar a month or you can hire me to run a safer space or bystander intervention training. Invite me to speak at your university or conference or otherwise keep me busy until it's time to go on tour again. And to make sure all shows and tours actually happen, please get vaccinated, and encourage your community members, neighbors, friends, and family to get vaxxed, too. See you in the pit.

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