

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
EPISODE #42- I Don't Want to be JOLLY

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

(Singing to the tune of "If You're Happy and You Know It")

If you're jolly and you know it make a fart noise (makes a fart noise)

If you're jolly and you know it make a fart noise (makes a fart noise)

(Stops singing)

Ahhhhhhhh!

I don't want to be jolly, y'all.

And I should give a shout out to Jolly - the character from Candyland who's purple and he's in charge of the Gum Drop world - y'all know who I'm talking about? And of course since I'm recording this right around Christmas time and it's set to air the Monday before Christmas, of COURSE we will talk about Jolly Ole Saint Nick.

But first off I'm gonna talk about JOLLY-ness from a business - an acting biz - standpoint. As we know by now Hollywood has their good ole stereotypes. And, something I've noticed - many MANY of the roles I auditioned for when I was heavier especially were that of the chubby yet jolly girl who's usually eating a hot dog and or cake and or swimming in a chocolate fountain and making fun of herself and fat people worldwide. And, I wasn't having it. In life or in auditions. So, while I HATE turning down work, ACTORS HATE TURNING DOWN WORK - it comes from the FEAR OF NOT HAVING WORK, which is MUCH deeper than FOMO, y'all - I also hate FITTING into a stereotype.

And, while yes, I DO believe - and I have practiced this - to make fun of yourself first so others don't do it for you (classic coping mechanism also followed by the one and only Gilda Radner when she was young)- there is a difference of choosing your own form of self deprecating humor and stand up routine and doing THE most Unoriginal I'm the chubby happy go lucky girl stuffing my face with éclairs. Because, I want to choose my destiny and if my destiny is to NOT be the jolly chubby girl but not get as much work, SO BE IT. I will create my own work.

And, when you're a bigger girl with curly hair from South Louisiana, I think people kind of expect you to be jolly. Or at least I think they think I should be jolly and I'm

not the jolly type so then I get guilty for not being jolly and I get all sorts of un-jolly. Y'all feeling me on this?

My lack of jolly doesn't exist or doesn't not exist to make anyone else feel uncomfortable. It's just that sarcasm and real talk come much easier to me than bubblyness. I'm loud, I'm passionate but I'm not jolly.

But Hollywood really wants bigger people - women especially - to be jolly because that's comforting, nurturing, it almost makes their bigness okay. Because otherwise then we have to make the bigger peeps the villain. It's one extreme or the other. And, Hollywood's argument is "well, you bigger folk are CHARACTER types." Well you know what? Jolly from Candyland, Santa from The North Pole and Brooke Hoover from Baton Rouge have ALL sorts of feelings on the emotional spectrum and they sure as hell ain't always JOLLY.

I think we need to make this podcast into a drinking game that every time I say Jolly, you take a shot. If you don't drink, then perhaps take a deep breath instead. Actually, I think that's healthier for all of us, every time I say JOLLY during this episode, let's stop. And take a deep breath.

Let's talk about Santa. Yes, while he may scare many little kids in those Christmas photos and it's funny to watch their reactions of terror, he's not a happy go lucky JOLLY (deep breath) guy. Imagine how AWKWARD it would be if Santa were slender. Right? Because we have told ourselves that a slender person can't contain all that JOLLY-ness. If Santa wasn't so overboard JOLLY, I DO think he'd be downright legitimately scary.

But enough about Santa. I'm really wanting to talk about the LACK of JOLLY around the HOLLY days. I think when someone tells you, especially you, by you I mean me to "oh smile." Or, "you'd look better if you were smiling." Or, "I like this photo better because you're smiling." It's like STOP giving me COMMANDS and you don't know what's going on internally. Right now, this time of year ESPECIALLY we do NOT know what is going on with other people internally. While the Western world and Hallmark and Candace Cameron (don't even get me started) expect all of us to smile and be having the most wonderful time of the year, it may be all a person can do to get out of their house and go get gingersnaps at Aldi. Do NOT also tell them to smile that it's the most wonderful time of the year.

Besides, it's awfully presUMPTious to ASSume someone just doesn't have naturally resting bitch face. And why is it CUTE when a CAT is grumpy but NOT acceptable when a person is? The Grinch was maybe so mean because he had people telling him he should SMILE too much when all he wanted to do was curl up on couch with his dog Max and watch Nightmare Before Christmas.

I'm asking all of us to be mindful right now. Don't be so OVERLY WHO-VILLE like and assume everyone else needs to be having a JOLLY ole time just because you are.

Think about those who can't be with their loved ones for an infinite number of reasons - think about those who don't have loved ones to be with - think about those who don't love themselves and all of this forced down your throat cheer and reminders of "this is a fun time for family" JUST MAKES IT WORSE. The holiday season is like FOMO ON CRACK. So, let's be gentle with those who don't seem so JOLLY and/or with ourselves when we aren't always jolly.

And, if you DO want something that might cheer you up, if you have a sick twisted humor like I do, just Google KRAMPUS. He's the evil being that is like the antithesis of Santy Claus. He scares the living daylight out of the bad children. And, it's just the concept that is funny to me. We live in a house built in 1880 so we have squirrels and spiritual activity happening all around us this time of year. And just when I start to feel a little bit of the sads, sure enough I'll hear a familiar pleasant nails on the chalkboard sound and I say, "Ah, it's you Krampus" and I feel a little better. Maybe even a little...JOLLY.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit Brookehoover.com/tuffybuttproductions or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

And, if you like this podcast, please give me a five star rating and write a review on Apple Podcasts and, please, most importantly, share with your friends, family and other people you may know who are as phat as we are - that's phat with a PH.

©2022 Brooke Hoover