

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
SEASON 2 EPISODE #3- JESUS TAKE THE WHEEL

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...

Hey Y'all. Thank you for tuning in to this week's episode of Who's Dat Phat Girl? I want to preface it with this. The episode title is "Jesus take the Wheel." Well, while I am - I am raised Christian and I do follow a lot of the Christian church calendar, I am more spiritual. I accept all religions or all non-religions. I accept everyone so Who's Dat Phat Girl? is non-denominational, we are secular. I am in no means trying to convert anyone to Christianity here. You will see why if you jump into this episode with me that we are calling this episode "Jesus Take the Wheel." It is also a Carrie Underwood song for those of you Carrie Underwood fans out there.

So, let's dive right on it. So, I grew up in Louisiana, South Louisiana, but we also spent every summer in the mountains of North Carolina - more remote and specifically a little bit inland or outland I believe and more up into the mountains of Asheville, North Carolina. A lot of people have heard of Asheville, North Carolina. But, not many people have heard of Sapphire or Highlands or Cullowhee or Lake Toxaway - Transylvania County. That's where my mom used to live for some of her lifetime. So, those summer memories of North Carolina were very fond, very awesome.

And, one year I was in college and my best friend Lyndsey came up to visit me and we were looking for something fun to do. And, this was back in the day when Internet was still dial up and of course in the mountains (flubs mountains and speaks gibberish for a bit) if I could talk in the mountains of North Carolina, the dial up Internet was even worse than your average dial-up. So, we were looking for something fun to do. And, in the phone book - yes, we still had a phone book - there was different kind of blurbs for different things to do. And, we had already done most of them such as Sliding Rock, et cetera. But, there was something called Judaculla Rock and to read y'all a little description of what they have now, I don't have the phone book anymore obviously. But, this was the closest description I could find to what they listed in the phone book of like tourist attractions, fun things to do:

Judaculla Rock in Jackson County (near Sylva and Western Carolina University) is a sandstone boulder with some 1,500 designs carved into it by the Cherokee. It's

about 30 miles from the Qualla Boundary, home to today's Eastern Band of Cherokee Indians. Nearby Cullowhee was a Cherokee town.

Alrighty so- "alrighty" I never really say "alrighty" unless I am imitating Ace Ventura.

So, Lyndsey, my best friend and I and our neighbor boy just up the hill from my momma, he was about maybe 12 or 13 years old. He was totally hysterical cause he was Brian - like how was he funny? Don't just say he was hysterical. Describe to me how was he hysterical. Not hysterical as in "ah" freaking out but he was a funny guy. At the time, he had two broken arms, yes two broken arms 'cause he was a "bad boy" (Momma's voice), as my momma would say.

So, the "bad boy" (Momma's voice) Brian, our neighbor with is two broken arms, Lyndsey and I, we load up into my 1995 White Ford Mustang and we drive the back roads of Transylvania County, they became dirt roads because we thought it would be the quickest way and it was to Judaculla Rock. So, we used MapQuest directions. We printed out MapQuest directions. Yes. That gives you an idea of the time period that this was. And, we start driving, driving, okay. So, I'm expecting and so is Lyndsey and I think so is Brian with his two broken arms that this rock is going to be kind of on the edge of a mountain, right? Kind of like if y'all watch "Big Sky" well spoiler alert one of the guys falls off the mountain in Season 3 in (country voice) Reba McEntyre's season - I love "Big Sky" But I expected it to kind of be like "Big Sky" fabulous or North Carolina Sky fabulous, the North Carolina mountains are not clearly as big as they have in Montana.

But, so we start driving and instead of what's the word climbing the mountain, instead of escalating in the Mustang, we're like de-escalating. There's no mountains around. We are in a cow field, y'all. And, it starts raining and it's getting muddy. And, we're like where's this Judaculla Rock? I'm expecting to end up like on the edge of the earth and Judaculla Rock is going to be carved into the side of a mountain. Nope. We look on MapQuest and we see a little sign that says Judaculla Rock this way and we keep driving into the middle of the cow field, I may have said "cow patty" but you know same thing, cow patties are within a cow field. And, it's like this little roped off area. If they had said this - they said this in Wikipedia but they didn't say this in the phone book. It's .85 acres. It's not big at all. Point 8-5 acres is miniscule compared to what we were expecting. And, the rock is not on the side of a mountain. The rock, the sandstone boulder as they say is just like plop in the middle of a cow pasture. So, we go and we look at it.

It's pretty awesome. The carvings, I'm not going to lie, are awesome. But, it starts raining so the carvings are filling up with water and we're getting muddy. I'm like, "Guys, let's head back into the car. Let's get out of here, it's getting muddy." So, we get into the Mustang and Mustang's are, if you've ever had a sports car, they're not very practical for the North Carolina Mountains. So, we're - my wheels are spinning. The Mustang wheels are spinning. They're not moving. We're not going anywhere. I'm trying to reverse to get out. To get out of the parking area. We cannot move.

Brian, our only manly man and Lindsey and I are like very independent women, we are trying our best to put our thinking caps on to get the Mustang out. And, really the only option we have, we can't reverse out of the spot that we're in to properly exit. The only option we have is to go forward. But, if we go forward, we're going to hit this big ole gate that belongs to somebody who I think owns the cows. Now, Judaculla Rock I believe belongs to Jackson County.

But, at the time I think it was on somebody's - like belonged to somebody's property. So, the only way to get out is to bust through the gate. So, we're like okay let's just go open this gate. The gate has a lock on it. The gate is locked. And, again, it's Ford Mustang. It's not like a Range Rover Defender or something gigantic like a Hummer. I don't have a large vehicle to bust through this gate. There's a lock. And, Brian, our "bad boy" (Momma's voice) neighbor, he's like (Southern accent), "Well we could always pick the gate - we could just pick the lock." I'm like, "pick the lock with what? Start looking everyone." And, all we can find is sticks. All we can find is sticks and stones. They'll just break your bones but they won't find the lock that you need to get open.

And, I'm like, "Y'all wait, wait, wait a second." I start digging in the console of my Ford Mustang and (sings like praises) "Ahhhhh" I'm showing it for my YouTube friends but I'll describe it - describe it for my podcast friends. I'm sorry I let out a tiny burp because I got very excited.

It's a Jesus safety pin (**paper clip**). It says Jesus with a big ole heart around it and it's a Jesus safety pin that my Momma must have had in the Mustang before she gave me the Mustang. So, Brian, being that he's a "bad boy" (Momma's voice), he pulls apart the (oh, sorry - apologizes to the paper clip) I don't want to break the safety pin. I've had it for decades now. He kind of pulls apart the safety pin. It's still pulled apart. And, he goes up to the gate with his two broken arms. His fingers can still work. And, he picks the lock.

Nobody's around. We are afraid - we are like in shotgun land. Y'all we are like in Redneck of Redneck land and you know I don't say this offensively because I'm sorry it's just the truth and my friend Brian, our neighbor, he would be the first that he's the first to admit he's a Redneck. So he's like (Southern accent), "Don't worry girls, we're in my nick of the woods. I'm a Redneck." So, this smart boy picks the lock, opens the lock. And, we're just waiting for somebody to come out with their hound dogs and their shotguns. Nobody comes and we just push that Mustang forward. And, we speed out of there. We don't lock the lock back, nothing. We just keep on going.

And, so y'all. Of course this is going to have a moral to the story. The moral to the story is this:

If your wheels keep on spinning. If you're trying and trying and trying so, so hard for something and it's just not working, why do we keep doing the same thing over and over? Why do we keep doing something that's not helping us, that's not getting us forward? You know? Sometimes it's better to not do anything at all. Sometimes it's better to take a leap of faith, whether that is the faith you believe in, even if that faith you believe in is your higher self. Whatever that is, sometimes you just have to think out of the box and let Jesus take the wheel and I say "Jesus take the wheel" again insert that with your higher self, taking a break, taking a moment to regroup and letting that shit go, as they say.

I need to practice what I preach. Again, I'm not trying to preach! Right? Right I'm not trying to put anybody off here. But, you know it's an expression right? I'm practicing what I'm preaching. Recently, as we know, my dad has been in the hospital. And, I have been the queen of making to-do lists and getting those to-do lists done because there's not much else I can do other than the to-do lists, but yes there is. I can just (singing) "Let Jesus Take The Wheel" or however the song goes. I've only heard the song one time when I was in North Carolina, actually.

But, you know we can apply this to a lot of things. I know a lot of - myself and my fellow actors, sometimes when work is slow for example, we think, "Oh we gotta do this. We gotta get new headshots. We gotta, we gotta email all of our representation. We gotta do this." See that mud turning wheels kind of feeling? So, I've been doing that lately with my dad - oh I gotta do this and I've gotta do that and I've gotta do this. And, sometimes we just have to let it go. I notice a lot of people, myself included, have also done that with weight loss.

I've gotta keep exercising. Gotta keep, gotta not eat anything but I've gotta keep exercising. Gotta keep exercising. I gotta keep exercising. And, y'all. This is a known fact. I will quote it from a source specifically. Again, it's all over the place. You can Google it. You can search with your own research but this is specifically from University Health News:

Over-training causes the body's adrenal glands, which manage stress, to secrete high levels of cortisol on a regular basis. High cortisol can cause bone loss, and muscle breakdown, create belly fat, increase sugar cravings, and lead to insulin resistance, a pre-diabetic condition that causes high blood sugar.

So, dude. I'm not saying don't exercise. I'm just saying...sometimes when you want something or you want something to happen so badly and I'm saying "you" but I mean "me" right because we all write the book that we need to read or we all do the podcast that we need to hear. But, I think we all need to hear this. Especially right now. Especially as we're still digging our way out of the past several years is that over-doing is just going to create more mud and more friction and it's going to make your proverbial 1995 Ford Mustang tires keep spinning. Just let it go. Take a moment to rest or pause. Find your proverbial Jesus safety pin somewhere. Pull it out your butt. Find it somewhere. And, let that take over.

I'm taking a deep breath because I think we all need to take a deep breath because this is very hard for me to do. But, we need to give up control right?

And, hey if you are ever in the Cullowhee area of Western North Carolina, go check out Judaculla rock. Go check it out. The Cherokee tribe did a beautiful job of the carvings. It's just that in my own head, in Lyndsey and Brian and our own heads, we had elevated it to something that it didn't quite live up to but at the end of the day it did live up to something because it taught me a very important lesson.

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/fluffybuttproductions 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

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