

- Jingle: [00:00](#) She Shed Comedy with Linda Schwartz: Empowering Your Comedy Career.
- Linda Schwartz: [00:07](#) Hey everyone. Welcome to. She Shed comedy podcast. This is Linda Schwartz, your host. And if this is your first time listening, then thanks for coming. In today's episode we sit down with Vanessa Anton, who is an improviser. She teaches Improv and has been a student of Improv for many, many years. We also talk about vulnerability in Improv, her upcoming projects, and other really cool things. The She Shed comedy podcast is produced every week for your enjoyment and show notes are found at sheshedcomedy.com. Come back often and feel free to add the podcast to your favorite RSS feed or iTunes and you can follow me on twitter, Instagram, Facebook, and YouTube at sheshedcomedy. All the links are in the show notes. Now, let's get into the show.
- Linda Schwartz: [00:53](#) Welcome everybody. I'm Linda Schwartz, your host here at She Shed comedy. Today I am with a very, very special friend of mine and her name is Vanessa Anton. She is an Improv actor and also an Improv teacher. And what I really love about this story is that we started in Improv. Well, I started improv together, but we did play together many, many years ago with a true peer in San Diego called The Hinges. Shout out to The Hinges. And I, I, I just love your journey. Talk a little bit about going from a student of Improv to a teacher of Improv and what that has it been like for you?
- Vanessa Anton: [01:39](#) Well, I started, I started after a divorce is what kind of got me to take some improv classes and then I just never stopped pursuing it. And then I joined The Hinges after a bunch of classes and then I would take classes in LA and then it was like, okay, well how much further let's go to Improv camp and meet people all around the country and then let's continue. Let's take classes in Chicago. Let's go. Oh wow. There's an Improv festival in Ireland. Like let's just keep going and meeting people wherever we can. And so I just have continued and at some point, maybe like four years ago, I got the opportunity to teach on campus for like the recreation department at UCSD. So I started there and then it find a city Improv, so between UCSD find a city Improv. Um, I've been teaching and, now I'm teaching for UCSD extension, which is really fun.
- Linda Schwartz: [02:34](#) Got It. So what's, can you share a little bit about the differences in like where you were in terms of like what the biggest lessons are as a teacher and also as a student, what you're learning. Are they kind of like the same lessons or, what's your take on that?

- Vanessa Anton: [02:51](#) It's, yeah, that's a good question. I, I stopped being more nervous as a performer once I became a teacher because then I started worrying about everybody else that I was teaching and I started worrying about their journey and their experiences and whether or not I was like providing, providing the right guidance for them and just hoping that everyone was feeling. I took on too many of their emotions so I'd get back from teaching and just be like, Oh God, I'm so exhausted. I guess if I noticed that somebody was hesitant or somebody was having like an off night or feeling like nervous about their own stuff, which you do an Improv because it's so real. It's so who you are brings out your insecurities. I took on like all their emotions and I'd get home and be like, I do that less now. But I definitely, I definitely like notice when people are off or people are feeling I'm not their best. And I just, I just want to like nurture.
- Linda Schwartz: [03:46](#) Yeah. Isn't that interesting though? Like when you go from a performer to being on the other side and watching and teaching someone to perform how, I know for myself that, those insecurities of. I mean, I, you know, up until now I've had a lot of insecurities about performing and it must be really interesting to kind of have a shift in perspective and notice like those insecurities are really real when you're performing. But also recognizing that from a teaching standpoint and being the observer, like it's, it's a completely, it's so relatable. But also that, you know, you just want the person to win, right? Like I, and, and I feel like we put a lot of pressure on ourselves to, to, you know, overperform or, or come into the, to the performance with everything that we've got. And you, what I really love about what you're doing right now, you teach a vulnerability in Improv class. And talk a little bit about that because I, I just, I love the idea of just vulnerability, period. I mean it's so open and so raw and, and it takes a certain emotional aspect within ourselves. Share that.
- Vanessa Anton: [05:11](#) Well I'm a little bit of an emotional person. It's no lie, but I sort of found like my voice in Improv and I, I like to steer people when they're having like conflicts or issues in Improv scenes. I like to steer people to find like the realness, like what's really like getting you and like, can you just call that out? Like I'm scared, I'm afraid of being hurt. I'm a like, what is deep inside? And let's pull that. Let's pull that stuff out. And like put it on the table and that helps in real life relationships and it helps an Improv like it just like whatever you're feeling deep inside, are you nervous? Are you afraid of being abandoned? Like everyone's got these weird deep seated like insecurities when they bring themselves forward and it's like just say it.

- Linda Schwartz: [05:58](#) And so basically giving voice to those feelings and insecurity
- Vanessa Anton: [06:02](#) And instead of trying to hide it and being like, oh I'm a funny person, I do this thing, check out my accent, you know, like let's just be real. And then actually stuff gets really funny in like a real authentic way. So that's what I really liked.
- Linda Schwartz: [06:15](#) I love that.
- Vanessa Anton: [06:16](#) Yeah,
- Linda Schwartz: [06:17](#) We need more of that. And I would really love to take your class.
- Vanessa Anton: [06:21](#) I have somebody coming up
- Linda Schwartz: [06:24](#) And so I did a little bit of Internet stalking and I came across your latest blog called Getting Quiet. And it really struck a chord with me after I read it because of like, you know, the nature of this show is to really empower women and empower people and you know, if other people like. And then happened to watch or listen to this show. I really just wants this content to allow people to get within themselves and confront the things that are holding them back. And I love what you said. I'm just one line really stuck out for me and it sit with your shit like, you know, share the edit and it reminds me of a, a rumi poem called the Guest House and I'll post this in our show notes, but the gist of the guest houses basically to sit with your emotions, treat them as a guest and allow them to come forward and be with them. And so you can monitor those feelings so that you can move forward and move them rather than ignoring them. Really basically what you were just saying earlier with the vulnerability, giving a voice to those emotions and allowing them the freedom to be. Share a little bit about your thoughts on that.
- Vanessa Anton: [07:45](#) I will, I will. Well in the summer for some reason. Feels like a real challenging one for me. Just emotionally. So I think I was having a few days where I was like I need to get shit done, but I'm not going to get shit done unless I confront all this awful stuff that's in my mind so I'm just going to let myself just like stir in this and just feel it and be frustrated and be mad and be sad or whatever and let it kind of pass through. And I think that when I wrote that I was, I had like a few days I canceled some things. I missed a show. Like I just couldn't. I'm like go out and be social and funny or whatever. I just needed to kind of sit with some stuff. But I've also been working on, I'm a solo show which

is a revisiting a lot of relationships in my life, which has been like a lot of digging, a lot of like going past through old emotions and feelings from like my childhood through my teens and my twenties and thirties. And it's like link ad and like seeing patterns and like how we ride through things in life. And it's just like, I'm, my mind is like, so I'm so full of like all these moments in my life coming together. And so I'm just like really hyper aware of emotions.

Linda Schwartz: [09:02](#)

I, I totally get that. I think as women to, you know, for us, we are emotional creatures and so to be able to give voice to those emotions and allow ourselves to be just be in that space of feeling angry or frustrated or sad, you know, and I think, you know, the construct of society says that these things are signs of weakness even in women. And you know, I, I, I think personally that being able to sit with your emotions and giving yourself the grace to really feel them and move through them really opens up the space for your creative self to really arise and urge. And I love that you're creating this one woman show. I'm, you have a name for it?

Vanessa Anton: [09:51](#)

Yes it is unpaired.

Linda Schwartz: [09:54](#)

Okay. So what's the premise? What's the concept that

Vanessa Anton: [09:58](#)

It's all, it's sort of came to mind. I've been thinking about this for years. I've taken solo show workshops in LA like I've been like, and I just, I questioned myself too much so my one of my friends is like really pushing me and she's directing it. But when I was like cleaning out, my shoes are looking through shoes. One day I went through like eight vivid memories are like, have different relationships with different. Like Oh God, I remember it being at comic con with this person and that feeling I was going through like with these shoes. Oh my God. I remember being at Seaport village when I was wearing, I think it was. And then I remember being, oh my gosh, these were like 20 years ago I was hiking in big Sarah with this one boyfriend.

Vanessa Anton: [10:37](#)

Like I had all these when I was done cleaning, like looking through my shoes and I was like, I just went through so many emotions and so many. Like I was so exhausted. And so the show kind of comes from like looking through things of your past and like it's very shoe related because I've always had a lot of shoes and it's always like a thing in relationships. I'm like, how the shoes take me back when I put them on, it takes me back to these moments. And so unpaired is like a not being paired, being a solo person and getting to like a certain point in your life. And this is how it is. It's not what I expected.

- Linda Schwartz: [11:15](#) Brilliant concept. I can't look for it. So do you have a date?
- Vanessa Anton: [11:18](#) Well, I have one in October in San Diego at find a city Improv. October 20th. I'm also doing it in Phoenix in case anyone's in Phoenix at the torch theater. They have an Improv theater on September 29th, I believe it's that Saturday. And teaching some workshops there.
- Linda Schwartz: [11:34](#) I look. Let me down for a ticket or two. I would love to come.
- Vanessa Anton: [11:38](#) Awesome. Thank you.
- Linda Schwartz: [11:39](#) I would love to, not in a box that's
- Vanessa Anton: [11:42](#) Going to be very warm, but if you're in Phoenix. Yeah. So then if it, if it goes well or if it's something that might be done again, I'll look to try to like maybe try another, another theater space or
- Linda Schwartz: [11:53](#) How Cathartic though that this is what I love about performing. And you know, I've said this before, that the act of performing or getting into a class or, you know, it is really an opportunity to. It's like personal development in action, right? It really forces you to look at your own shit, be with it.
- Vanessa Anton: [12:17](#) And it really does. Yeah.
- Linda Schwartz: [12:18](#) And, but, but, you know, having that emotional clearing allows you to really look at it from a different lens, you know, either through the lens of humor or through the lens of compassion, self compassion and on. And it allows the story to really manifest itself. I mean, it sounds like while you were going through your shoes in your closet, not only was it a cathartic process, but it has been the genesis of a brand new story. Brand creative.
- Vanessa Anton: [12:53](#) Do this show for a long time. And I haven't figured out like how to, what the context would be. And I've always dealt with my stuff, like cleaning out stuff, like there's so many memories in our stuff, like it holds so much energy and it's like we're holding that if we keep this stuff. And so that's also part of it. Yeah. So it just like sort of hit me, like maybe this is how we carry it out.
- Linda Schwartz: [13:18](#) What a Cathartic message though. I mean I've let go of a lot of things in my life and it, it, you just feel lighter on so many different levels. Yeah. I just, so I, I just feel like there's so many, so many life lessons and Improv and, what are the biggest lessons that you've learned ?

- Vanessa Anton: [13:43](#) That I've learned? I've learned it's just important to call things out. Like if you're like, just in like an Improv scene. If something, if there's like a weird thing that's like dangling the same, like you need to call it out and if you get a reaction to something like just say it. So in my life I've learned to just be more honest with things and just like, like at this doesn't feel right or this upsets me and not to feel bad about hurting another person, but I'm so sorry I have these emotions because I always would say something like, this upsets me. I'm so sorry. I'm upset. Like I'm just, I'm so sorry, but like, so try not to apologize for the way you feel and also just to be like more real with who you are, which is part of that saying things. But like I'm kind of a Dork and I do these things and I do these weird dances and I'm just going to do them and not also apologized. I've apologized for everything for a long time. So working on that,
- Linda Schwartz: [14:37](#) I feel you. I mean I think there comes a point where you, you know, for any artist's journey, you really come to a point where you have to be self honoring and honest with who you are and what your capacities are, your gifts and talents and being able to just call that forward and being willing to share yourself. I think that's the vulnerability part is like sharing ourselves, sharing our truest emotions, whether that is sadness or joy. I mean, some people put a cap on their jewelry even, you know, and we need more vulnerability in the world. So during my internet stalking I, I came across, it just the fact sheet about your fun facts about you and your comedy idol you've said is Betty White.
- Vanessa Anton: [15:34](#) I know I did it's that like Cliche,
- Linda Schwartz: [15:37](#) No. I love Betty my best after Betty. Yeah. So incredible. Yeah. To talk about your love for her, sharing your love.
- Vanessa Anton: [15:48](#) I just think like being like an older and woman and still being successful and still being like notable and admired like hell. Yeah. And I love her. When I look back at, I know she's done so much more than this, but when I grew up with golden girls, so that was my first introduction to her. I just, her timing and her like hilarious. And just. And she's like, I'm sweetened up, but I really, I can be crass, like all our layers are so amazing.
- Linda Schwartz: [16:19](#) She's so dynamic, so dynamic.
- Vanessa Anton: [16:21](#) Yeah.
- Linda Schwartz: [16:21](#) And Oh

- Vanessa Anton: [16:24](#) Yeah. And I love that. I've watched that show was a little kid like for women with amazing comedic timing, like I watch it backs in adult and I'm like, these ladies are like, what the hell? I loved it as a kid, but I didn't really realize why. Also it was filmed in Miami. It was an LA obviously, but there was set in Miami. So I'm from Miami, so I was like, these ladies are in Miami when I was a little kid. I didn't know. So, but I just loved that I loved them and they resonated with me.
- Linda Schwartz: [16:52](#) I'm going to put your arm on the table if you can relax and sit at the table and be with it.
- Vanessa Anton: [17:03](#) So yeah, so I just love female comedian. Like that must not have been anything easy life, you know, our journey
- Linda Schwartz: [17:11](#) Starting out when she did, I think, I mean she was such a pioneer for her time. And um, one of my books here is Love Lucy Lucille Ball. She was awesome. She's one of my favorites too. And reading this book, like just knowing, I mean it's easier for us today any time in history to do what we're doing, right? Like they've really paved the way for us to be in this space, the in this time and really go after our dreams have for me.
- Vanessa Anton: [17:49](#) Yeah.
- Linda Schwartz: [17:50](#) That's an Improv or standup. Yeah. I mean, who else has been an inspiration?
- Vanessa Anton: [17:56](#) Oh my gosh. Well just like the, the younger women that like, you know, did Improv and like the, like you have Tina fey's book heresy and Amy Poehler and , thinking about younger women like, Gosh, I think like parks and rec, like the Gal's name, it's escaping me right now, but the young gal on that show so amazing. I know she's, I think came from Improv. Do you know time like assistant or her? Chris Craft's wife on the show his name. But anyways, I just appreciate all these young women that, they just seem like
- Linda Schwartz: [18:38](#) Shita Jones.
- Vanessa Anton: [18:39](#) Well, she's one of them. I also love. But, and, oh and crazy ex girlfriend. Rachel Bloom, right? Like amazing. I'm just paving these roads by being like quirky and weird and like being crazy and like this is funny and it's okay. Like, so I appreciate that too.

- Linda Schwartz: [18:59](#) Yeah. So if you were to describe your comedy style or your Improv style or you as a person, what would that description look like?
- Vanessa Anton: [19:10](#) Well, I, I do love the vulnerability stuff and I do love. I'm getting into the feelings and relationships of scenes, but I also love being batshit crazy sometimes. And so, I love, I relate to Lucille ball a little bit. People always talk about my facial expressions. I guess I have a lot of expressions and my characters and I do a lot of things with my eyes and I do a lot of weird stuff so I love playing. Like we might come out weird character. So I love doing weird stuff. So at the same time that I'm like vulnerable and I love to get to the heart of things. I will also just be like, well I should just dance and like do some weird shit. And like, what does that even mean? So I'll do some weird stuff, but I'm sorry, appreciate all of that. I appreciate just fun depth. Like it's just all so wonderful. I don't know if that describes me very well.
- Linda Schwartz: [20:02](#) I think your personality shines through and I just, I just adore you. So I've been following you for many years on the Facebook.
- Vanessa Anton: [20:02](#) I thought I heard you walking behind me. Oh you said on the Facebook setting you behind my car. One set of money, dammit. But then I was like kind of excited. I was like, she's really cool
- Linda Schwartz: [20:26](#) No. And I. So when I was really impressed by, and I just was so inspired by was your travels to different countries to do Improv, let's talk. But, how, how does that even happen? What like.
- Vanessa Anton: [20:46](#) Okay. So the thing I haven't really done it as much. I feel I've done like tube, really fun trips. So I did like the Ireland Improv Festival because I was, there's a really nice person from Ireland. His name is Neil Cran. I don't know if I'm allowed to say names, but I met him and Improv camps. He came over from Ireland. He was sort of like this trailblazer for that community and from Dublin and so then I went to their festival and performed as an ensemble performer, which is where you apply as a single person because you don't have an Improv team and they put you with other people so you get to play with people. So I did that there and met more people through that. And so that sort of like opened it up to like a global, like, oh my gosh, all these people are really amazing and like to learn how they do it in Europe.
- Vanessa Anton: [21:27](#) Like how is their style different? And it's different depending on. Then you like break it down by area and everyone's got different styles. And then just recently I did, oh, I did Improv

camp in Ireland again, which was another neil. I'm inspired event. And to, to show in London with some friends that, one of my friends created this, a group of us from different places and we all perform together. The who blend fun. And, and then I do a little side trip to visit a friend in Oslo who I met at the annoyance in Chicago because a lot of people from Europe go to take those classes. So I met people from Poland and I met someone from New Zealand and Norway, Norway was there was a group and so went to Oslo and got to do like a show in their community and met a bunch of those folks and they're so beautiful. And so now I'm trying to figure out my next like where can I go next and I still have to like have money for these things in time. So it's like a trying to pace it out and figure out I want to go to Copenhagen, I want to go Finland as a festival, I want to go, I'm Scotland's got something, there's something in Montreal in November and I'm like, that's in North America. That's easier. So I applied for that. So anyways, I'm trying to, I just want to go

Linda Schwartz: [22:39](#) And just me giving you so many life opportunities to travel and meet new people. Yeah. Play. And , I just, I love it, I love everything that you're doing.

Vanessa Anton: [22:53](#) I will, I will. But I'm just coming up. There's a festival September in Utah that is really great that will go to some friends and yeah. So just try to every couple of months trying to like do something that gets me into another city or another, just to like revive the art.

Linda Schwartz: [23:13](#) I mean, it sounds to me that you are just a student, like you're always learning.

Vanessa Anton: [23:21](#) I never want to stop learning. Yeah. Teaching but also learning because you're learning when you're teaching like, so I'm never going to be like thought classes below me. Like I'm going to. Yeah. Like I'm no better than someone that's a student. Like we're just all in different phases of our lives or whatever.

Linda Schwartz: [23:37](#) Absolutely.

Vanessa Anton: [23:38](#) Yeah.

Linda Schwartz: [23:38](#) And , I mean, and it sounds like you've traveled all over obviously all over the world to do these things. But what are your favorite classes here and out in San Diego and LA and Chicago. And for our listeners who are in those areas, I love

your, your thoughts and recommendations on where they can get into an Improv class.

Vanessa Anton: [24:02](#)

Well, I really enjoyed my week at the annoyance and Chicago and I feel like it hit me at a good time because they're just like, fuck the rules. I have to say the f word. Yeah, it's fine. It just happened. And so they're really against the rules and they, so they sort of like help you. It's like a fun journey. It's just like breaking boundaries. And so I really loved it there and I feel like I was there at a good time. And, I think that's great place. I'm in LA, I did classes at UCB and I finished their program, but ever since I've been training in La there's the pack theater, so that sort of came up and that's a really great open place.

Vanessa Anton: [24:46](#)

There's a newer places, there's all kinds of things happening like the Ruby, which is like really open to women and like all kinds of, uh, making it more diverse for Improv because it's historically a lot of white males, so they're trying to like open it up to all kinds of folks. And then, there's revolution theater that someone's to have a valid court started up there. So there's a lot of new things. West side comedy isn't Santa Monica, I'm Nick Armstrong's a artistic director that I could get the title. But, so there's some fun, a lot of fun, newer things happening up there because ios closed. And so we changed some of the dynamics of their, San Diego. Well, there's flying city Improv.

Linda Schwartz: [25:29](#)

So share a little bit about finance city. Is that, is, is that, I mean, people, I always thought that it was just a performance house.

Vanessa Anton: [25:38](#)

It is, it's also, there's a whole curriculum levels one through six, they've got a, what is it called? A conservatory that follows levels one through six. And, so like people that are like, oh, I want to do more, we do it for a few months. There are special workshops. They bring down people from LA a lot, which is great. There was a festival so they sometimes will bring people in from other cities. Um, there's also, I don't want to leave out other places like old town Improv has a classes and shows, international comedy theaters where I first took my classes. And then, lots of, some friends just started up a thing called cornerstone Improv, which I'm going to teach vulnerable classes in September.

Linda Schwartz: [26:21](#)

So cornerstone Improv

Vanessa Anton: [26:22](#)

Yeah.that's brand new and they just are offering an outlet for San Diego teachers and maybe visitor visiting teachers to teach what they love about Improv. So it gives like more places to

learn at a really good price to come really affordable. So just a lot of cool stuff happening.

Linda Schwartz: [26:38](#)

There is, I, I can't believe how the Improv scene has grown in San Diego is just a recent years. I mean, there was a point in time where I was like, it was just popping up everywhere and I was like, holy

Vanessa Anton: [26:51](#)

And back then it was just like another group. Oh God, when I forget what they're called, theater sports or comedy. Sports was big for a little bit. But, yeah, it's crazy. There's so much. And there's so many projects, possibilities, like people like Improv coaches, people want to work on new shows, new sketches. There's just so many people wanting to do art and create things and it's really, you'll find so many people that are eager to jump on new projects. It's really cool.

Linda Schwartz: [27:21](#)

I love the Improv community.

Vanessa Anton: [27:22](#)

It's awesome.

Linda Schwartz: [27:23](#)

Really is the, I mean, you know. Yes. And everybody is, they really embrace that tenant in life and in performing. So I really appreciate that. I really, and all of these recommendations,

Vanessa Anton: [27:41](#)

I probably left out a bunch of stuff, but often I have in my hand I rolled over.

Linda Schwartz: [27:45](#)

I love it. So if you could share like three be your top pieces of wisdom for a new improv actor, actress, what would those three pieces of wisdom being?

Vanessa Anton: [28:02](#)

I think I'm being real, like just being, I'm also being nice because I think there has to, if there's some She shed for my shoe. I think it's important to be assertive and strong, but you can still be a nice person. Yes. And there are so many people that think like they should be, I dunno, like being like not like you have to fight for what you need, but they do it in an aggressive way and it's not cool like just being a nice person, but you can also be assertive and strong and that's hard to figure out the balance, be real and let your quirks shine. Because that's who you are. Nobody else has that. Don't apologize. I apologize all the time. I feel like saying I'm sorry right now, feeling just being like everything's great. It was at three that was kind of like three and a half ish. I put a bunch of stuff in there now.

Linda Schwartz: [29:08](#) I love it. Thank you. So I do this thing with my guests. I have the little. I love these intuitive wisdom.

Vanessa Anton: [29:16](#) Everything about this little space and you're going to find me sleeping and it's all good.

Linda Schwartz: [29:24](#) Okay, so I choose a card until you just share what comes forward.

Vanessa Anton: [29:31](#) Do I look at it?

Linda Schwartz: [29:32](#) Yeah, look at it.

Vanessa Anton: [29:36](#) What's yours?

Linda Schwartz: [29:37](#) What's your networks?

Vanessa Anton: [29:39](#) Do I show. It's possibility.

Linda Schwartz: [29:41](#) Mine is Lover.

Vanessa Anton: [29:44](#) Can we try it? It's okay. I don't need any more shit in my life.

Linda Schwartz: [29:49](#) You really need this card.

Vanessa Anton: [29:51](#) That's possibility. Could lead me to know

Linda Schwartz: [29:54](#) This is true. This is so true. Oh, so what does that mean to you? What

Vanessa Anton: [29:59](#) It means that things are like this is great because there's things that I'm looking forward to and things that sometimes it feels like there's not enough money. There's not enough time. There's not enough, but this reminds me that things are possible. Things are. Things can happen. Don't lose faith.

Linda Schwartz: [30:14](#) Yeah. And this card for meat lovers. I don't know. I feel so.

Vanessa Anton: [30:19](#) I mean I'm free after this. No,

Linda Schwartz: [30:23](#) And I do love you.

Vanessa Anton: [30:24](#) I love you. So Lover, lover, lover, like.

Linda Schwartz: [30:28](#) Well, I always, my mind just goes directly to

- Vanessa Anton: [30:33](#) Me too, but there's also like, there's so many. It's all over in our lives in all different ways.
- Linda Schwartz: [30:39](#) Yeah. So this morning I got a message from the universe because I don't really talk about this very often because it's such a private thing, but I, I do these a nighttime intentions like that time intention at this lovely. I'd asked for some support and like a sign and this morning I went to get coffee and came back to a praying mantis. My door and the symbolism for praying is just so it was just so affirming that you know, everything that I need is within myself and I just want to get into the stillness of it all. And, and so I think you're absolutely right with the message of lovers because there are so many different aspects of love, but the foundation of anything, whether that's a life or relationship or friendship is love. And I'm, I'm just so blessed and honored that you came, that the fact that we're reconnecting after so many years is just has been such a delight and internet stalking you has been probably one of the best time.
- Linda Schwartz: [31:49](#) No, I love you. I'm so, if people want to learn more about you, where should they go? What should they do? Should they internet stalk you?
- Vanessa Anton: [31:58](#) They can internet stalk me. I do have a website that I started. It's okay. I'm working on it. So it's just VanessaAnton.com, but I will post like classes I have coming up there and some thoughts and things, happenings and stuff. I have twitter at Veechic V, e c h I c, and all the other things, you know, Facebook and Instagram, but those two are like public.
- Linda Schwartz: [32:29](#) Cool.
- Vanessa Anton: [32:29](#) I think my instagram is private. I don't know why, but I have one
- Linda Schwartz: [32:29](#) You should have.
- Vanessa Anton: [32:29](#) I should,
- Linda Schwartz: [32:29](#) You should do.
- Vanessa Anton: [32:30](#) I should do it. Fantana Essa.
- Linda Schwartz: [32:31](#) Yeah. I love it. I'm so honored that you came
- Vanessa Anton: [32:37](#) These are an organic banana chips from trader Joe's and they're amazing, punching a lot of. Mastered the art of eating them

quieter. So that I don't disturb people because I don't want to disturb people. Always apologizing.

- Linda Schwartz: [32:52](#) Stop it, crunched up, financial crunch, crunch that banana and jam with us all.
- Vanessa Anton: [32:57](#) God, thank you, trader Joe's,
- Linda Schwartz: [32:59](#) We love Trader Joe's. We're obsessed with trader Joe's and these are my most favorite beverage.
- Vanessa Anton: [33:05](#) They're going to be mine now to finish.
- Linda Schwartz: [33:06](#) So good. I'm pretty sure this bell is going to go off any minute, but thank you for coming. Appreciate your time and energy and love and support for She Shed comedy podcast.
- Vanessa Anton: [33:25](#) Beautiful.
- Linda Schwartz: [33:26](#) And, yeah, we'll keep. Sorry. I don't know. Keep us posted on everything that you're doing. Please come back anytime.
- Vanessa Anton: [33:35](#) I'll come in here while you're interviewing someone. Just be like, don't forget about me. I might. I don't know that
- Linda Schwartz: [33:42](#) I'd be so open to that, but thank you guys. And thank you for listening everybody. We hope that you'll join us again. So until next time, take care. Be well. Love Ya.
- Jingle: [33:55](#) She Shed Comedy. Like us. Follow us. Share us. Tune in next time.