



The Lived Experience of An Artist in Pandemic

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These are my accomplices that inspired and assisted me with my work and it was important for me to introduce them right away.

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This book is first dedicated to my niece, Ariel, whose smiles and laughter was the one consistent joy for me during the pandemic and to all the children born and being raised during the pandemic, the impact on your lives will last well into your futures, and my hopes are for a world that learns from this time and that you inherit a world that does better, for its inhabitants, has compassion and empathy.

This book is dedicated to all who have been loss not just to COVID19, not just all epidemics, pandemics, and plague, but to all who have been lost and to all those who grieve.

Isolation forces us to realize and feel
all of our trauma, ancestral and global.

There are so many who inspired and impacted my work in this book, if you felt you should have been personally recognized and were not... It is all Bob's fault, blame Bob.



Introduction

There is an old saying that the best laid plans of mice and men always go awry. The year 2020 is an example of this in the extreme. I had been very excited to delve into the research of touch and dance, showing how it relates to partner dance, the ways they can do so much to heal, grow, and connect. I rejoiced in my research. I was excited to share the wonders of partner dance with my thinking partner, Ishmael Houston-Jones. Then the pandemic hit. From the first day of lockdown, I had been sheltering in place without a dance partner. I could no longer bring my research to in person experiences with other dancers because my need to be safe and keep others safe mattered more to me. I did not stop researching, but the research took a turn. I was without human touch. I began to feel what I was reading about, the effects of deprivation. This deprivation became debilitating and began to disrupt my mental health. I had to find other ways to create happiness and joy in my life. I failed many times. I fell apart many times. There was one practice that kept me going, kept me laughing despite the utter loneliness I was experiencing. After being in quarantine for a week and realizing that we would be in lockdown for at least a few weeks to a month, I had an inspiration. I knew that I could not dance with a partner while in isolation and that my friends and family were all feeling the strain and tension that a global pandemic can cause. I have owned a martial arts dummy for years and my love for acting can be only rivaled by my love for dance. I decided to create an online episodic “show” that would bring a little laughter in a difficult time. I would “teach” the martial arts dummy (Bob) to “dance”, an episode a day until I could dance with others again. The show evolved as we continued to suffer and survive in this pandemic but the one constant was how it provided joy for my viewers and for myself. This artist’s book details my journey within this pandemic, sharing what I have learned about touch and touch deprivation, the study of pandemics and epidemics and how they affect our lives, and the adventures of Brina and Bob - my way to create pockets of joy during a most difficult time. As you journey with me through my lived experience in this pandemic, may it help bring you understanding and awareness, and remind us where there is life, there is always hope.

The reasons behind why I find my research so urgent and so important, began before I found dance, when I decided to uproot my life to follow a dream. I was working in finance and was very successful but unhappy. This was the time when the mortgage market had crashed and the financial world was in upheaval. My position was safe but I watched as people lost their jobs and homes. I remembered trying to console someone, telling them that now was a chance to go back to school like they always wanted, to finally do what they dreamed. I gave this advice knowing that I have always ignored my own dreams. Finally, I decided to take the advice I gave others and I quit my cushy job and moved to Vancouver to study acting. My family and friends thought I was just overworked and needed a break but I knew that I was finally beginning to live my life. I fell in love with acting and the time in Vancouver made me realize much about myself. I severed unhealthy relationships and became more aware of who I am. One important lesson for an actor is that you must get to know yourself before you can get to know a character. I realized that I needed healing. I realized that for most of my life I had a great aversion to being touched. My family wasn’t the touchy feely sort so I hadn’t realized how deep my aversion ran and how it affected my ability to connect with others. I was charismatic and friendly, so most people wouldn’t have noticed my cringe to a pat on the shoulder or a squeeze of my hand. A therapist recommended social partner dancing to help me find my way to becoming more comfortable in public settings. My brother had just got engaged; I used his upcoming wedding as my excuse to begin dancing. Change did not happen overnight but it became clear that just like acting had changed my life years before, dance was changing my life. I was not just dancing, I became a dancer. I still would hesitate when approached in social situations, but on the dance floor I lost the fear and anxiety that I lived with. Not only was my aversion to touch slowly disappearing, but my self esteem, my confidence, and my health improved. Acting saved my life, then partner dance saved my life. I joined performance teams, traveled to international competitions and performed wherever and whenever I could. I could not settle on one genre, either. I would travel to different countries to learn dance forms embedded in cultures there. I took classes at my local community college to learn ballet, modern, and jazz, in turn I brought my love of social partner dance to these college courses, creating choreographies and sharing my knowledge with talented young dancers. I was a sponge and wanted to learn everything from everyone. I thought I was healed.

Then a violent incident happened to me after a partner dance social by people I called friends and at first I felt like all the work I did was lost, that now dance was no longer safe, no longer a place I could be touched without fear. I no longer felt safe in my community and I could no longer dance with abandon and spirit as before, but I could study and write about it. I knew that I could not go back to a touchless life again but I had to figure out how to live with this new trauma. It was not until my journey brought me to a MFA program where I could spend time in research and study, that I was able to understand my own trauma and obsession with touch. I hoped again to finally find my way to healing, and then the global pandemic caused the world to lock down. I was deprived again of touch and this time I knew the danger and the effects that would arise from this loss, but this time, it was a choice made in order to keep others safe.





CHAPTER 2
Researching Touch
Pre/ During Pandemic





Chapter 1

I can still remember my last nights of dancing in March before the lockdown. Looking back, I realize I am very lucky to have not contracted the virus then, that Covid19 was very much here and very much a threat. I remember the smells of the bars, of the dance floors, the mingle of sweat, perfumes, and spilled drinks. I can still feel the remnants of body heat contrasting with the blasts of cold air from the humming air conditioning, the vibrations of the music drumming through my body. The music mixed with a million conversations, a million laughs echoing through my ears. I remember the feel of my body moving with another, speaking an agreed upon language with each other as we moved together. I can still taste the lukewarm water I drank between songs, the bubbles from a drink, the remnants of the minty taste of chewing gum. I remember the soreness of my muscles and my feet, the high from the adrenaline that used to get me through the drive back home. I still remember leaving early so I was not too tired driving home. I still wish I stayed that last hour for a few more dances. I did not know it would be the last time for a long time. It has been more than a year since I last danced in a social setting with another body. I still remember, although it fades a little every day.

Before lockdown, I was doing my best to experience and practice what I was learning about touch and dance. I could already see the change as I began to understand why I had such a need for touch in my dance, why we all need touch in our lives. The pandemic only amplified what I already knew. I will share my research and how they relate to my lived experience during the pandemic.

“Touch, The Science of Hand, Heart, and Mind” by David J. Linden is a text that was very helpful in my study of touch while living in a pandemic. Dance became a place of healing and a creative outlet that also provided me with a safe way to heal my damaged relationship with touch. David J. Linden begins by sharing an anecdote that inspired him to research. He shared a game he played with friends while at camp. In the game, the teens asked each other which sense they would be willing to lose, like sight or hearing. They then attempted to create the experience of being without those senses, a blindfold over the eyes, cotton stuffed in the ears. But no one mentioned the sense of touch either as a sense they were willing to lose nor have an experience without. The very idea of being without touch was inconceivable to them.¹ I wonder about that now as we live through a pandemic that requires us to withdraw from each other. We still touch the floor, the coffee pot, the blanket... but not each other. I wonder if my niece (a baby now), when she is a teen and perhaps plays this game, if losing touch would be conceivable. The word feel is in feelings, touch is so vital to our emotions that we use tactile words to language emotion.

The first few months of the pandemic I had to deal with the feelings of dread and fear of a virus we do not fully understand, but also the feeling of disconnection. No matter how many virtual hugs, emoji kisses, or video calls I did, it was not the same as a real hug or kiss. The most devastating

loss for me was my infant niece. When I found out they were expecting, I rescinded my applications to programs that would take me too far from the first baby to be born in both our families. I met her and fell in love. I have always loved children and have close relationships with many, and before the pandemic I worked to consistently be in her life. It was very painful to not see her outside of a screen, especially at a time when she was growing so fast, changing so fast. I will never get those months back. I will never get this year plus back. I was the kind of friend who would come to the hospital when a friend would give birth; many of my friends have had children during the pandemic, I have yet to meet them beyond a picture or video call. There are milestones I will never be a part of. Before dance, the only touch I was comfortable with was with children and now I must keep a safe distance from the children I love.

Solomon Asch, A Polish Jewish immigrant who emigrated to the US in the 1930's during the rise of Hitler and the Nazi party asked the questions, “How can the social world shape our beliefs in the face of clear contradictory evidence? And how do we come to form rapid decisions about another character?”² These questions arise for me while watching the world go insane during this pandemic, watching people I thought I knew behave recklessly when faced with a deadly virus, watching anti maskers wreak havoc online and in the real world.

How do I make decisions about my friends that gathered despite the surges of the virus? Can I judge them on their choices during unprecedented times? Can I ever trust or believe them again? Social partner dance can only work with trust, but how can I trust the dancers that recorded themselves dancing at parties without masks, without any precautions while my father was mourning over 20 friends who lost their lives to Covid? I worry about the survival of the dances I love but I care more about those who will never dance again because we couldn't stay home.

Linden asks the questions, “what social functions are served by interpersonal touch?” Is social touch always intended to foster trust and cooperation?³ Social touch tends to reinforce cooperation and loyalty. I know many who want to jump back into social touch or already are, but incidental social touch may be less likely to come back, or at least not for a long time. I do not see handshakes, high fives or fist bumps being as commonplace as they were. These interactions are symbols of comradery and trust between people even those who are not intimate or close to each other. I have high fived strangers, shook hands when words were not available, I have given my arm to the elderly, scooped up a runaway child to bring them back to their parents, all without thinking twice. That has changed. Social touch was a part of my life and a part of all our lives. We may not see the overt effect of its loss on our society and lives, but the effects will be there and will last much longer than our time in isolation. I've learned that interpersonal touch not only has a special role in early human development but continues to be crucial across the span of human social life, promoting trust and cooperation and

thereby deeply influencing our perceptions of others.⁴⁴ This is so important to remember and be aware of while living in a pandemic, that we are losing a vital part of our lives that affects our ability to trust and perceive each other. It makes me wonder why cruelty and lack of empathy feels amplified, is it partially because we removed interpersonal touch from the equation?

A text that relates to Linden's work is "Touch" by Tiffany Fields. Fields goes into detail not only the need for touch in infancy, but the need for it throughout life, as well as how touch deprivation affects us. Her belief is that massage is a way to ensure touch in life and that there is vast evidence of the health benefits of massage. "Someone once said that research is me search, that we study problems that have personal meaning."⁴⁵ For her, it was how touch therapy helped her premature daughter. She shares how pacifiers help babies gain weight and that made researchers wonder if they stimulated more areas of the body, would that help even more. Massaging infants did work to help them thrive and grow especially those who are premature and/or sick. Jim Burke understood the healing power of touch and commented that he believed loving touch could not only save the world from disease, but also from future war.⁴⁶ This is a beautiful sentiment and one that I can see the truth in so much more now in the pandemic, where the lack of touch and contact with others has increased depression, anxiety, chaos and cruelty. There are a multitude of therapeutic benefits to touch: decreases of stress and anxiety, positive effects on growth, brain waves, breathing, heart rate, and immune system. Even knowing this, there is a large problem of a lack of touch in our society even before the pandemic.

Touch deprivation is a subject that Fields goes into in great detail. Fields begins with the case of orphans in World War 2 in an orphanage in Romania whose growth was severely stunted and bodies were just skin and bones. The introduction of regular nutrition and massage therapy significantly improved their health and saved their lives. It is an important example of touch being necessary for growth and development. There is a quote from an episode of the Oprah Winfrey shared in the text that makes me think of all the times in Zoom classes, when we are told and encouraged to find and see how the Zoom environment "is just as good as real, in-person classes", how we are just as close and can be just an inspired and engaged. A teacher shared on Oprah's show, "in my classroom, we hug with our eyes." Oprah walked over to her and said, "Did you get that hug I just sent you?"⁴⁷ My answer is no. I understand and feel the intent of the "air hugs". I know that it is love being sent, I know that I am getting an impression of my classmates through Zoom although I never met them. I know that Facetiming my niece, the kids I used to babysit, my friends and loved ones, is a way to hold onto our connection, to hold onto each other. But it is not the same. I can smile into the screen and you can feel my warmth, but you cannot feel my energy in the room, you cannot see the nervous shake in my legs under the table because the camera can only get so much of me. I spend way too much time trying to decipher and read what others are feeling, when in person I know and feel it immediately.

Fields goes on about the critical importance of touch and she asks the question "How will they learn about love and affection if not through touch?"⁴⁸ Massages are likely to nurture

the parent as much as, or more than the infant, but in some places, some parents are afraid of their children's young, vulnerable

bodies.⁴⁹ My mother tells me that my father was very afraid to touch me as a child because I, like Tiffany Fields' daughter, was premature. It is something I am very aware of as I try to encourage him to interact with his granddaughter. "Massages allow parents to know their child's body better, and impart the message to the child that touch is good."⁵⁰ I know now that a lot of my issues with touch stem from the lack of touch as a premature baby living the beginning of my life in an incubator, then growing up in a household where touch is limited. In addition to being critical for growth, development, communication and learning, touch also serves to comfort and give reassurance and self esteem. "A child's first emotional bonds are built from physical contact, laying the foundation for further emotional and intellectual development."⁵¹ Fields shares that despite the many proven benefits and necessities of touch, US society is socially conditioned to limit touch. This is where the need for partner dance came into my life. I would go months without touching another human being, not realizing that this was directly tied to the deterioration of my mental health. Once I began receiving consistent touch through partner dance, I was able to feel and see the improvement in my mental health and well being.

I fear though, that a fear of touch will exist after the pandemic. Fields shares an anecdote about an elderly patient and their doctor who would pinch them playfully and discreetly every check up. The patient says "I've been waiting for you, to tell you it is because of you I am still alive... every morning you pinched my toe when the others weren't looking... Nobody plays with the toes of dying men. So I decided I must not be dying after all. The doctor's touch let this man know he was still a viable human being."⁵² It is through touch I too realized I am a viable human being when for a long time I did not see myself as such. I always thought it was dance that saved my life, but it was touching. That doesn't mean I don't still need to dance... I just need touch too... even when I cannot dance.

A study done showed a correlation between sensory deficits and senile traits among 42 people in a nursing home, where some residents received massages, frequent stroking, hugs, squeezes of the hands and arms and pats on the cheeks and heads, and some did not. Those that were touched were more alert, better humored, and more physically vital than those residents who were not frequently touched.⁵³ Gary Luce, founder of a group dedicated to exploring the excitement of old age, taught older men and women how to massage themselves and others. The majority of this group found this type of touch non threatening and beneficial for the massager and the massaged.⁵⁴ Volunteer grandparents would massage infants and the volunteer grandparents would also be massaged, both experiences had positive results such as better sleeping patterns, less depression, and greater self esteem. This research had a personal effect on me. During the pandemic I have made significant efforts to stay isolated and cautious so that my father can interact and touch his granddaughter. He had been very ill, but when our families decided to quarantine together, and he was able to cuddle and care for his granddaughter, he began to show similar positive results as were found in this study. It is difficult to encourage him to contin-

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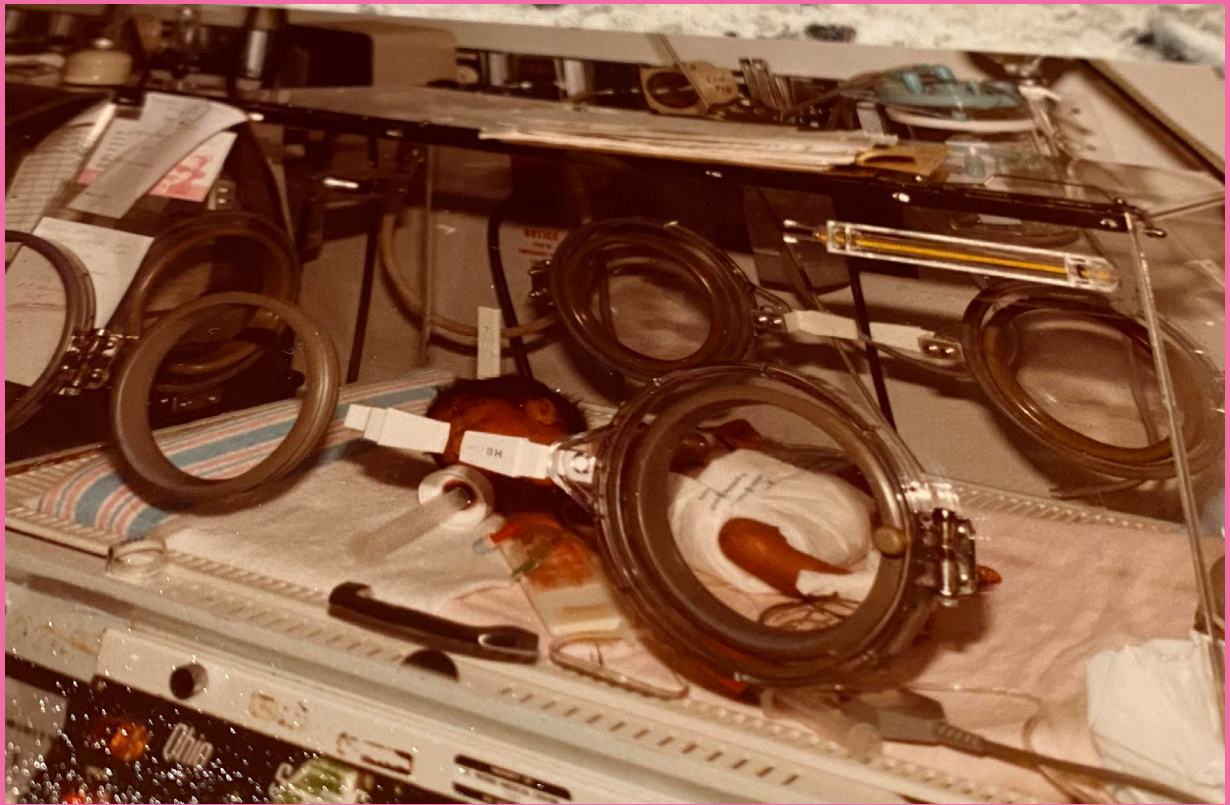
ue these practices of care because of cultural expectations, his not wanting to overstay his welcome and his fear of not being strong enough anymore to hold her, but we are slowly working against those insecurities, as my research has shown me how much he needs these interactions. I also need to find ways to encourage touch between us as a family, especially during a time when I am not yet ready for socialization but still need touch in my life. My niece was held and celebrated for the first 9 months or so of her life, but since the pandemic began she has been secluded in isolation and it has deeply affected her. She is wary of strangers, has rarely played with other children, sanitizes everything herself and constantly wants to wash her hands and take baths. I worry about her social development. I worry for her continued good health. I fear ever getting sick again and being away from her. I miss all the children I used to care for, the honorary auntie and favorite babysitter. These children are growing up to fear touch and closeness.

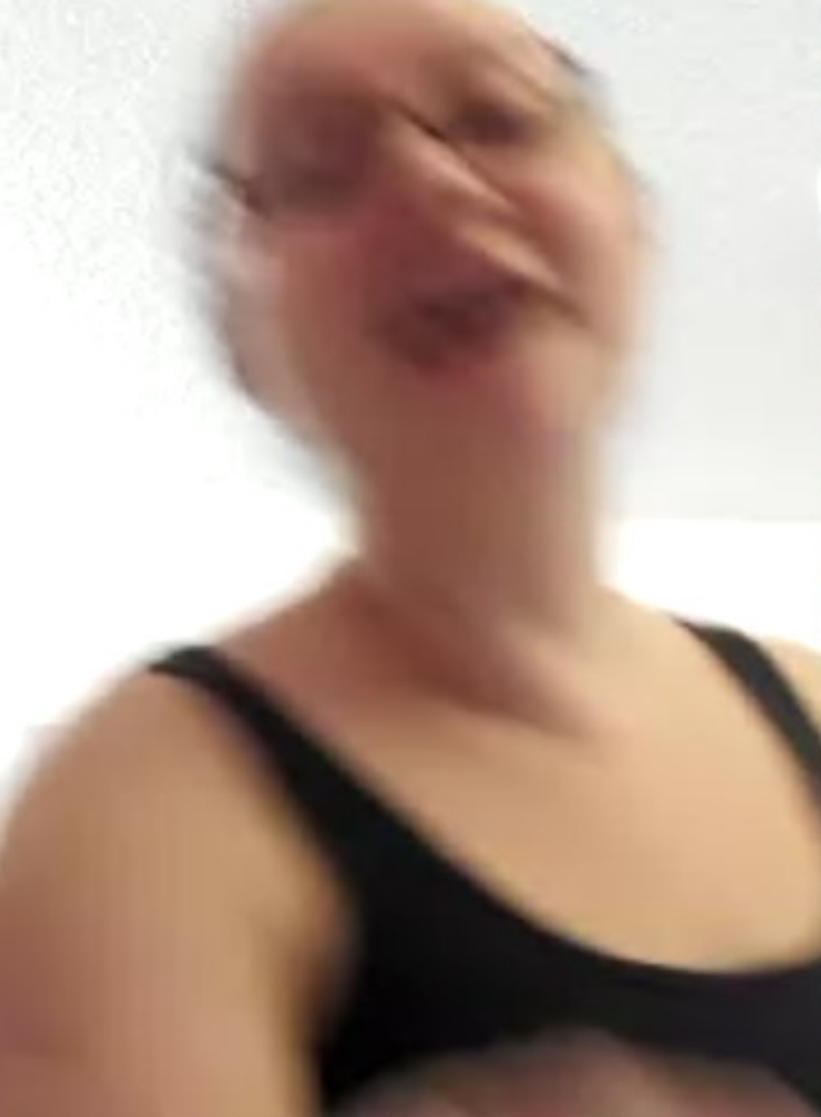
Premature babies are separated from their mothers and are touch deprived to keep them alive, to protect them. Premature babies are separated from their mothers and are touch deprived to keep them alive, to protect them. Unfortunately touch becomes negative for them because most touch for them is negative, the removing or applying of tubes, blood draws etc., that can have lasting effects on the infants.¹⁵ I believe this to be true because I myself was a premature baby who lived my early life in an incubator and spent years in and out of the hospital. I always wondered about my distaste and discomfort with touch, I blamed it on traumatic events. But it began before that. It began in the first months of life where no one touched me except for medical necessity. Decades later I began to understand it and try to rectify it with increased touch in partner dance. Touch is ten times stronger than verbal or emotional contact, and it affects nearly everything we do. No other sense can arouse you like touch. I always knew that, but I never realized it had a biological basis. If touch did not feel good, there would be no species, parenthood, or survival. The mother would not touch her baby in the right way unless the mother felt pleasure doing it. If we did not like the feeling of touching one another, we would not have sex. Those animals that did more touching instinctively produced offspring. "We forget that touch is not only basic to our species, but the key to it."¹⁶ We have forgotten this, but in March, 2020



we were all reminded. I will never forget driving to the grocery store for my family, and seeing the empty streets. The last time I saw my town so empty was during Hurricane Sandy in 2012, where the roads were dotted with felled trees and downed power lines. The trees are still standing and the power is still running, the only visual is the emptiness and the silence. I dread those visits to the grocery store. The roads are empty except for in front of essential stores, where the lines would wrap around the parking lot. I would wait for hours, with my mask on before it became a mandate, to pick up enough food to last us. The entire time I was completely filled with dread and fear. I know I was not alone, that this experience was common to many. Suddenly, there were no more parties, no more games, no more gatherings, no more... However, some refuse to believe, refuse to let go of their comforts, refuse to put their lives on hold. I am not perfect, and I am not a saint, but I did put my life on hold to save lives. I will always look at this time as one of loss and waste, despite the cleanse that the environment needed and receive when we were forced to stay home. It will still be a time of loss because so many people died who didn't have to. Years from now, those who chose to not distance, not mask, not inconvenience their lives will look back at this time. I hope the grief and regret does not destroy them. I hope that instead, they make a different choice the next time around, because as we know from history, there is always another disaster to come.

Several investigators have suggested that touch deprivation in childhood leads to physical violence. Dr. J. H. Prescott has reported that most juvenile delinquents and criminals come from neglectful or abusive parents, and he believes that the deprivation of body touch, contact, and movement are the basic causes of a number of emotional disturbances including depressive and autistic behaviors, hyperactivity, sexual aberration, drug abuse, violence and aggression.¹⁷ There are also studies that show that touch deprivation severely affects their sleep. They did a study of children who were separated from their parents from two to twenty weeks where they received less touch, the children would still have trouble sleeping even when reunited with their parents.¹⁸ Touch deprivation also affects the immune system. Steve Suomi conducted a number of immune studies with monkeys that found a direct relationship between contact and ability to produce antibodies.¹⁹ I can attest to touch deprivation affecting health and sleep. I am at a point in my lived experience where I barely sleep, and what sleep I do get is restless. I am losing hair, and my muscles and bones are in constant pain. My eyes burn from overuse and too much screen time, so much so that after classes I have to lay down and close my eyes to give them rest. I have implored my family to increase touch in our pod, but they are too uncomfortable with touch. It is not just their discomfort with touch but also fear of disease, since I am the only one who ventures outside when needs arise. The only one who touches me is my niece, and now she is a precocious toddler who completely understands her agency which I applaud. Cuddles now are sporadic and usually only guaranteed when avoiding bedtime. I live for those sporadic cuddles, and there are never enough of them. As Diane Ackerman notes in a "Natural History of the Senses," "Touch is so powerful a healer that we go to profes-





sional touchers (doctors, hairdressers, masseuses, dance instructors, manicurists etc). It seems that as our culture places more restrictions on touch within human relationships, alternative forms of touch become more popular. It is as if we need a minimum of touch for our emotional well being and physical wellness, so we find acceptable ways, and sometimes functional ways (e.g. going to the hairdresser) of being touched.”²⁰ This helps me understand the willingness of people to risk Covid to get their hair and nails done. I remember before finding dance, I would find ways to afford getting my hair and nails done often. I told myself and others, it was to look presentable for my 3 jobs, but these were also the only places and times I was ever touched outside of a handshake or a high five.

My family and I had been in seclusion since March 2020. I have held true to the sheltering in place as much as I can. It has been really hard on me mentally, emotionally, and physically. No matter how often I work out in my living room, go for walks, and teach my mom yoga, it will never be equal to the daily regimen of dance, social partner dance as well as work out classes I did before. I lost almost all social contact and virtually all physical contact. I did not touch another human being until my brother’s birthday in July, 2020. Thankfully, I was able to continue to quarantine with my brother’s family as a part of my isolated bubble, but we do not get to see them every day and we all only touch my niece. I am so much more aware of my relation to touch and the loss I am still experiencing as I write. I say often, that I isolate now so we will all be there when we gather again. We all want this pandemic to end soon. I do too, and for me, the thing I will want to do most will be to touch and dance with others without fear and with wonderment.

I began “The Body Keeps the Score” by Bessel Van Der Kolk before the pandemic. This book not only helped in guiding me through understanding my research, but also understanding myself and what we are living through in this shared global trauma.²¹ Dr. Van der Kolk begins by explaining that trauma can and does happen to everyone, that it does not just affect those who have experienced the trauma, but the people around them, their family and friends. That traumatic experiences leave marks, traces (whether large scale, or personal) on our minds, emotions and bodies; affecting our ability to experience joy or intimacy and affecting our biology and immune systems. We all want to move past trauma.²² It is not that a lack of willpower or character prevents us from healing but that trauma actually CHANGES our brains. He discusses neuroplasticity and how our brains can be re-routed through therapeutic interventions to heal from trauma. The global pandemic is a global trauma that all people are experiencing and we all will need healing from this trauma.

Dr. Van der Kolk shares how he treats his patients who suffer from trauma and conducts research to explore the effects of traumatic stress and how to treat it. His writing is an invitation and guide to dedicate ourselves to facing the realities of trauma and doing everything we can to prevent it.²³ He realizes that in this time there is a need for a new understanding of trauma and how it changes how we think, feel, act, and experience.

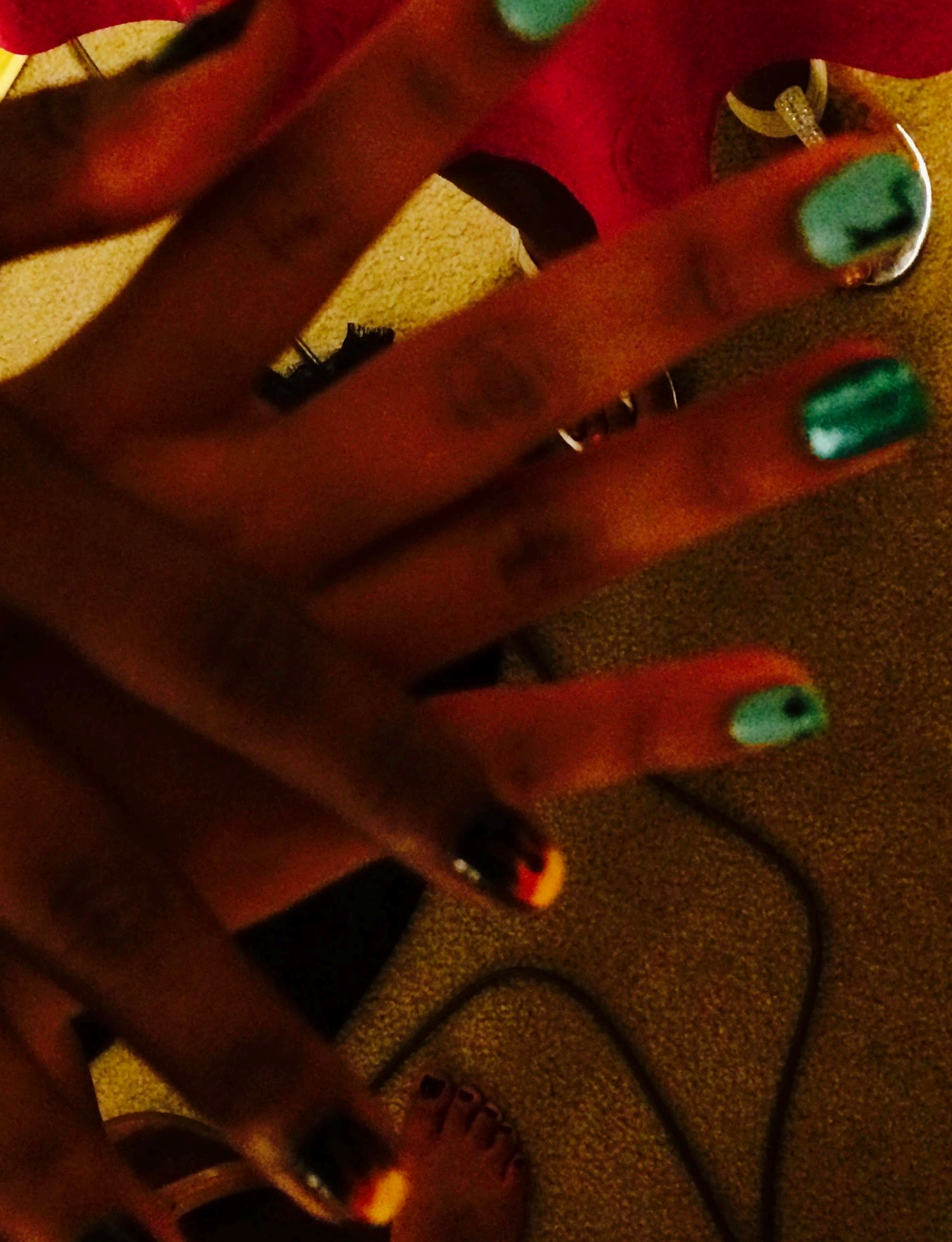
Dr. Van der Kolk shares that people cannot get better without truly knowing what they are feeling. Healing can only come from understanding your mind and body. He talks about finding ways to rewire the brain to address all the issues simultaneously with knowledge of what is happening or has happened to you.

Multiple case studies and research shows that just thinking about a memory of a trauma can trigger in the brain the same reaction as if the trauma was actually happening.²⁴ I wonder what brain scans will show on our brains after surviving this global pandemic. I am sure I will react every time someone coughs without covering their mouth near me and any small tickle in my throat or congestion will bring elevated fear and anxiety even if rationally I know it’s just allergies or a cold not Covid. These are the imprints from the pandemic that we should not sweep aside, but acknowledge so we can truly heal.

Dr. Van der Kolk begins with a case study of a young boy who witnessed 9-11 first hand from his classroom, 1500 feet away. He shows the doctor a painting he drew the next day. The picture shows all he saw, the plane, the fire, firefighters, people jumping out of windows, but there was one other part of the drawing that Dr. Van der Kolk asked about, a black circle at the bottom of the painting. The young boy tells him it’s a trampoline to keep the people who jump safe. The young boy witnessed an unbelievable disaster, and he uses his imagination to process it and begin to move forward.²⁵

I was very touched by this boy’s drawing and his innate need to find an alternative to the horror he witnessed. I realize now nearly a year after reading this text the first time, that I had the same need that the boy did when the lockdown occurred and my family was bombarded with loss. It is this need that helped inspire the eventual evolution of my videos with Bob. I began with videos of dancing with Bob but I eventually began reinventing stories where the heroes and villains all make decisions to help stop the spread of the virus and show empathy and compassion. I was so hurt and traumatized not just by the cruelty online and in the news but from real life experiences of people shunning and bullying me to stop my actions of care to help stop the spread of Covid19. Through my Bob videos, I could imagine all the characters in the beloved tales of my childhood and the TV shows I’m binge watching, all in solidarity with the same message; let us all do what we can to stop the spread of this virus so we can move forward with our lives.

Dr. Van der Kolk explains that this young boy was lucky because he had a healthy support system and home life, and that children tend to take cues from the adults in their lives, so if their caretakers remain calm and responsive, they can usually survive horrific situations without long term psychological scars. This gives me hope for my niece and the children I love and miss, who are growing up in a pandemic world. My dearest hope is for them to survive this pandemic without long term psychological scars. This case study shows two important parts of adaptive response to threats that are basic to human survival: 1. Take an active role in your own rescue and 2. Reach safety to allow your mind to make sense of what happened, which can allow



you to imagine an alternative to what was experienced. Unlike this young boy, traumatized people get stuck and cannot integrate new experiences into their lives. I fear this for myself, as I feel great anxiety in re-entering the world. Even though it has been difficult and torturous at times, living in self-isolation, I have a great dread of returning to a world that has not learned from this year and is not being careful or caring. Dr. Van der Kolk explains why I feel this way. Everything that happens after the event is marred by the traumatic event, after a trauma the world is experienced differently. The traumatized person spends all their time and energy suppressing their inner turmoil making them unable to be present in their lives.²⁶ Dr. Van der Kolk says that feeling SAFE is the most important aspect of mental health and safe connections are fundamental for full, healthy lives..²⁷ The autonomic nervous system has three ways of seeking safety: 1. social engagement (your nervous system reacts to how the group around you is reacting) 2. fight or flight 3. freeze or collapse. The separation from social relationships due to the pandemic forces us to utilize the two other nervous system tactics for us to feel “safe.” The pandemic helps me realize there is no real true complete safe, only safer. The natural response for most people when they are distressed is to seek out people we like and trust to help us go on, but if you have never known love or trust for or from someone or have been betrayed by close persons in your life, instead of reaching out you go inside yourself, find ways to deal by yourself that can include binge eating and drinking, cutting yourself, whatever will give you relief. Many people have experienced the gaining of weight and binge drinking during the pandemic, many have lost trust in each other, in our leaders, and we are unable to reach out to others as much as we would have before. A brain that is not in trauma, when it isn’t working on anything in particular, it puts its attention on itself and helps create a sense of self. But brains in trauma must work so hard and be so heightened in defensiveness that they go into a deadened state, a numb state. People lose a sense of themselves, a sense of purpose or direction, they lack self awareness.

Dr. Van der Kolk goes on to explain that this is when there needs to be agency, the feeling of being in charge of one’s life which starts with introspection, or sensory awareness.²⁸ People in trauma need self regulation and need a relationship that is positive within the body. They need to realize that they do not need to always be in hyper survival states, they have to begin to have genuine relationships and experiences with others that are individual, not everyone is a threat. This is so key to understanding what we all need to be aware of moving forward from the pandemic. There is quarantine fatigue and covid fatigue from brains that are overwhelmed and overworked. As we transition into the next stage of the

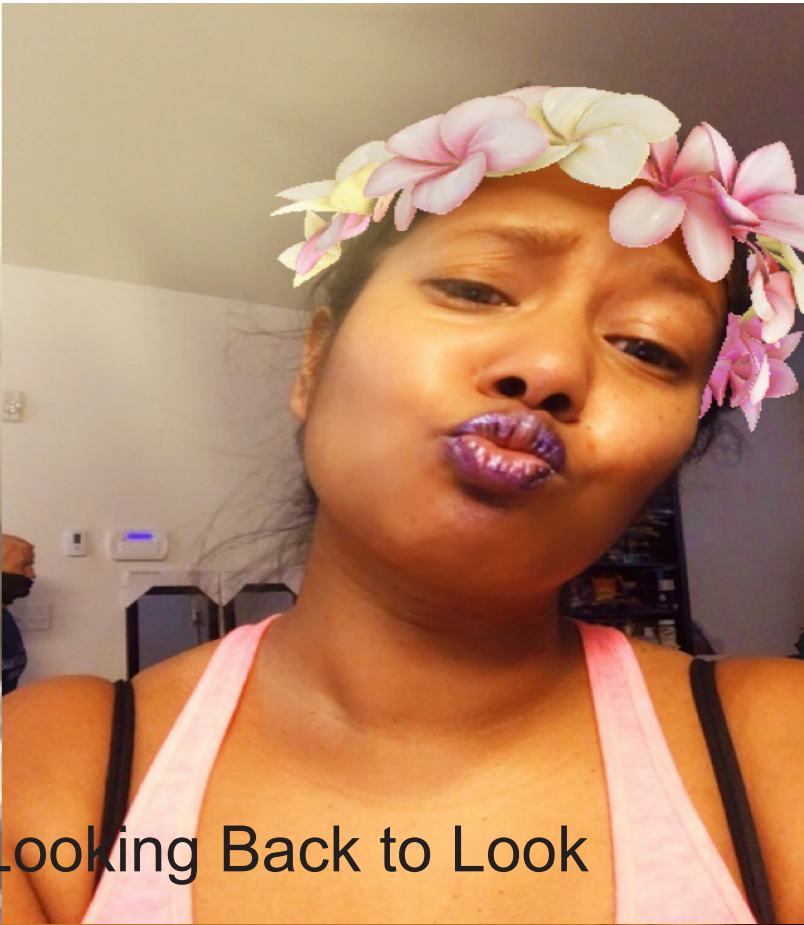
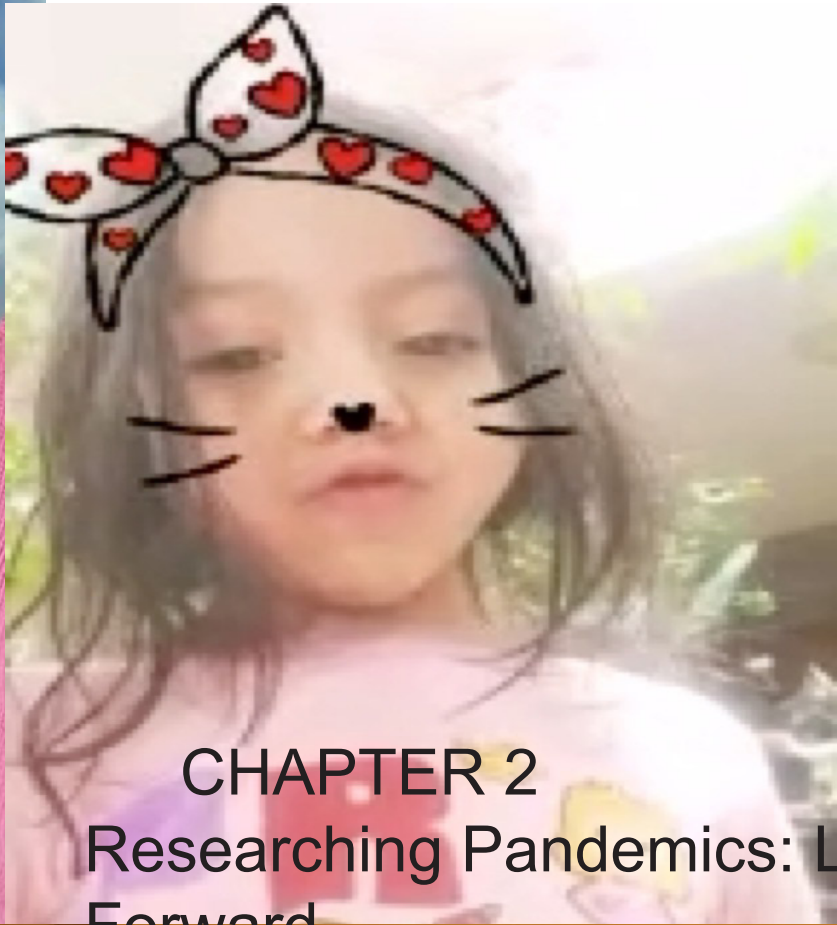
pandemic, as parts of the world open up again because of vaccination, the need to still have control and the distrust of what or who is safe reminds us that we are still living in a traumatic state. We need to safely experience these sensations and emotions. “The most natural way that we humans calm down our distress is by being touched, hugged, and rocked.”²⁹

Dr. Van der Kolk shares that it is very important to language what one is feeling after experiencing a trauma but it is almost impossible to put into words traumatic events. He shares a campaign for AIDS Awareness, “silence = death, silence about trauma = death of the soul.”³⁰ Ignoring one’s inner reality can destroy one’s sense of self, identity, and purpose. He shares that the road to recovery requires learning to tell the truth no matter how painful. He shares that to get to language, the body is the bridge, it will tell you what words you need to say.³¹ He recommends writing when you can’t speak to help with the healing.³² He shares that the arts, music, dance can help let out what trauma victims may have difficulty saying. They can draw, sing, dance it out but that language will eventually still be needed. Writing this artist book has and will be a healing journey for me and I hope for those who read and heal alongside me.









CHAPTER 2

Researching Pandemics: Looking Back to Look Forward



Chapter 2 : Researching Pandemics- Looking Back to Look Forward

When it became clear that my practices and research were turning towards my own lived experiences while isolating myself during the Covid19 pandemic, it became imperative that I look at previous epidemics and pandemics, the lessons we should have learned from them, and the eerily similar patterns and behaviors that occur with pandemics and epidemics, from the “Plague” through to contemporary pandemics like HIV/AIDS. I was inspired by a recommendation given to me by Claudia La Rocco during a writing class where I shared my thesis statement. Claudia suggested that it would be helpful to look at the experiences of the past to better understand what the lived experience is today. I took the time to research not only the diseases, but the people affected by them, the way disease actively changed lives, histories, and our futures.

I began with learning what pandemics actually are. In “Epidemics, The Impact of Germs and Their Power over History” Joseph S. Loomis states, “an epidemic is generally defined as an increased occurrence of a specific disease in a certain location over a given period of time.”³³ When an epidemic becomes so widespread that it involves multiple continents, it is generally referred to as a pandemic³⁴. According to Loomis, most epidemics/pandemics are caused by specific types of germs, viruses, bacteria, and protozoa.³⁵ The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) or the Coronavirus or Covid 19 is the virus/disease that has caused the pandemic we are living in.³⁶ Viruses are “intracellular parasites” which mean they require another living thing in order to replicate.³⁷ They lack the biomechanical machinery to create more proteins or genetic instructions, and they get around that by “hijacking host cells and using them to replicate and produce new viruses.”³⁸ They are technically not alive because they need something alive to exist. Viruses can kill in two ways, the host cells become “unhealthy” because of too many virus particles and/or they “trigger a host response that’s too forceful and the body begins to kill and destroy its own tissue.”³⁹ The second way can be helpful to understand why seemingly healthy people die or become incredibly sick; their immune systems fight too hard and weaken the body. The Corona-

virus is also a zoonosis which is an animal infection transmittable to humans.⁴⁰ David Quammen discusses zoonosis and how they differ from other pathogens or germs that can cause a pandemic in his text “Spillover, Animal Infections and the Next Human Pandemic.” Quammen shares that this term can help “clarify biological complexities. It helps us comprehend why medical science and public health campaigns have been able to conquer some horrific diseases, such as smallpox and polio, but unable to conquer some horrific diseases, such as dengue and yellow fever.”⁴¹ He explains that unlike viruses that only infect humans like small pox, zoonosis like the Coronavirus, Spanish Flu, AIDs, etc, can hide. That sounds like a simple word to use to describe the destruction and devastation these and other zoonosis have caused in history, but it helps for those of us that are not scientists to understand them. Because human-only viruses can only live in humans they are easier to isolate and then eradicate while zoonosis is able to hide in the body. A virus that is a zoonosis has Rna which is dna that is able to recreate itself outside of its cell; it mutates and changes frequently, allowing it to hide.

The “plague” is the name of one of the most influential and devastating epidemics in human history.⁴² Loomis explains that the plague greatly affected the balance of power in Europe and Asia, the disease wiping out whole armies and cities so quickly that shifts of power were based on who survived in its wake. The most infamous form of plague was called the Black Death in 1334, believed to have wiped out 1/3 of the population of Europe, the population of the world at that time.⁴³ Loomis also share with us that the first recorded instance of using biowarfare was during the Black Death, when the Tartars of the Mongol Empire were attempting to invade the City of Caffa in Crimea (what is now the Ukraine), it became clear that the disease had decimated their army and they were nearly defeated, so they catapulted their dead into the city in order to kill everyone in it.⁴⁴ This became a model that would be used for the next 600 years, kill with disease first, then move in with an army to complete the invasion.⁴⁵ There is evidence of Europeans using smallpox to decimate native populations in the Americas and Africa, Germans used anthrax in World War 1, and Japan used typhoid in WW2.⁴⁶ According to Loomis, historians also suggest that the “failure of clergy to save people from the



plague and subsequent corruption indirectly played a role in helping spark the Protestant Reformation.”⁴⁷ There was a surge of severe antisemitism, and entire Jewish populations were murdered after being blamed for the plague. The need to blame someone for the devastation caused by disease has played a role in our history and is still present as evidenced by the rise of violence against Asians in the US during the Coronavirus fueled by misinformation and leadership. The hunger to blame and to release anger and fear has been and still is stronger than reason.

Despite medicine being more philosophical than practical during the time of the plague, the way they were able to slow the spread of the plague was through quarantine. The word quarantine which originated in Italian and means 40 days, is how long ships had to quarantine during the Black Death.⁴⁸ Quarantine saved countless lives then and to this day is still a preventative measure that works in saving lives during a pandemic.

The art that came out of the plague was political in nature but also surprisingly hopeful, showing “more images of hope, salvation, and piety” than of death and disease.⁴⁹ Examples of work made with a political intent include art created about the Jewish pogroms and of the disillusionment with the Church. The most enduring metaphor from the plague is the “Dance of Death,” which is of skeleton corpses of different classes dancing together to show that the plague did not discriminate. These paintings indicate the “psychological toll that would last well beyond the mid 14th century.”⁵⁰ I am curious as to what art movements will mark this time for us. I realize that with my practice with Bob, I too use humor to allow myself to deal with the daily trials of living in a pandemic, and I do see a theme of hope in them, a hope for solidarity, a hope for care for others. My work may not last the test of time as the “Dance of Death” did, but the works that do will say a lot about the psychological tolls we have yet to face.

Michael B Oldstone who wrote *Viruses, Plague, and History, Present, Past and Future* along with Loomis agree that smallpox, much like the plague, greatly affected history by killing leaders and decimating populations.⁵¹ Be-

cause so many died from Smallpox, it helped bring the downfall of the Roman Empire by devastating the economy. One of the constant concerns in this current pandemic is that the lockdowns severely affect the economy and business survival.

This is without a doubt true, but the potential losses of life that are occurring if the lockdowns were not happening would potentially be greater on the economy than the lockdowns are. We will never know the number of lives being saved by locking down. I understand personally the financial hurt during the pandemic, but I would still rather suffer financially than experience loss of life, any life.

Smallpox made conquest and colonization easier in the Americas, Caribbean Islands, and Africa by decimating the indigenous populations of all those regions.⁵² Immunity comes from exposure or vaccination; those who survived the recurring epidemics of smallpox in Europe had some immunity to the virus when they traveled to these other continents, but still were able to carry the virus. Travel and asymptomatic carriers are both real dangers when it comes to spreading a virus. Loomis calls the decimation of the populations of Africa, the Americas, and the Caribbean, “one of the worst genocides in all of recorded history.”⁵³ “Europeans systematically slaughtered entire civilizations with advanced weaponry and epidemic diseases.”⁵⁴ Loomis believes that if not for epidemic diseases, Africa could have been successful against invading Europeans.⁵⁵

Survivors of smallpox become immune to it. Once scientists and doctors became aware of this, research began into the why and how in order to find ways to inoculate people without them actually having to get sick first. The solution was found by British doctor Edward Jenner that would “forever change the landscape of preventive medicine.”⁵⁶ In the Eighteenth century, Jenner was in conversation with milkmaids in the market town of Gloucestershire England, found they no longer feared smallpox because they had already had cowpox, which is a mild disease, and offered them protection from smallpox. They told him it was known in their area that those who worked with cows had a lifelong immunity to smallpox.⁵⁷ Jenner decided to test this by



inoculating James Phipps with the pustules of a milkmaid named Sarah Nelmes.⁵⁸ He then exposed James to smallpox but he remained immune. He was able to successfully inoculate people with the same results. It was called vaccination “in honor of the cow it was derived from, (vaca is the word for cow in latin).”⁵⁹ Eradicating smallpox began with Jenner, and to date has been successful, due to a global effort to vaccinate everyone, so much so that the WHO (World Health Organization) declared it eradicated in 1980.

The discovery of vaccinations changed the world and saved multiple lives, however there have been and continues to be people who object to vaccination. The stigma that surrounds vaccinations is unfortunate as we now move into no longer being able to eradicate the Coronavirus, or even achieving herd immunity. According to the Mayo Clinic, “Herd immunity occurs when a large portion of a community (the herd) becomes immune to a disease, making the spread of disease from person to person unlikely. As a result, the whole community becomes protected — not just those who are immune. Often, a percentage of the population must be capable of getting a disease in order for it to spread. This is called a threshold proportion. If the proportion of the population that is immune to the disease is greater than this threshold, the spread of the disease will decline. This is known as the herd immunity threshold.”⁶⁰ In 1998, British surgeon Andrew Wakefield published an article stating his belief that MMR vaccinations “predisposes children to intestinal dysfunction and autistic-spectrum disorders.”⁶¹ He actually says that his study didn’t prove anything; furthermore, it was not fact checked. The article started, as Loomis puts it, “a firestorm in the medical community.” Parents refused to vaccinate their children despite hundreds of years of evidence. Anti-vaccination propaganda is still rampant and multiple “studies” were conducted that claimed vaccines were toxic, caused brain inflammation, and were unnecessary. These studies as well Wakefield’s original article (in 2011 it was revealed that he purposely falsified findings) were debunked but still in 2021, the

anti vaccination movement is strong. We have all been suffering for over a year and vaccination is how we can transition from quarantine and isolation, but too many are reluctant due to anti vaxxer propaganda. In what feels like a prophetic moment, Loomis addresses this, “a willful ignorance endangers future vaccination efforts. For instance, if we are eventually successful in generating an effective vaccine against HIV, ant-vacciner activism could impede and ultimately lengthen the epidemic.” That is exactly what is happening now with the Coronavirus. I can empathize with fear of side effects; they are very real. But, medicine usually comes with side effects. A percentage of people die every year from taking Tylenol, but it doesn’t stop it from being a staple in most medicine cabinets. And I do not think mandatory vaccination is a solution, the uproar and conflict from it could do more harm. The misinformation from anti vaccination propaganda is intentionally harmful and it is costing lives. I hope that science will eventually win over misinformation; if the next pandemic mortality is any higher, our lives will be counting on it.

Poliomyelitis or the polio virus has been around since ancient times but didn’t appear in medical history until 1789.⁶² Polio was not as deadly as other pandemics, but its psychological impact still makes it a feared disease. Polio targeted children. Children are our future, and represent hope and innocence. Polio was a disease that robbed children of their childhood and plagued their parents with fear. It changed the way children were raised.⁶³ This was a time where children were children, could run free, play with little oversight, but because of the fear of catching polio, parents became more protective of their children, and began to isolate them to keep them safe. “helicopter parents” began during the polio pandemic. I considered this a lot, when I look at children being raised in the current pandemic. Covid 19 is believed to be less dangerous for children, most children only experiencing slight symptoms, but like anything, there are exceptions, and those exceptions put fear in many parents’ hearts much like it did during the polio virus. Children are still not eligible for the current







vaccine, and still must mask and social distance for their protection. They also are great at spreading the virus. Many of my friends who caught the virus, caught it from their children. Children will be children, it is up to the adults in their lives to protect and care for them. I am concerned for them as the US opens up, removing mask mandates and social distancing requirements despite so much vaccination reluctance.

Yes, Covid19 does not affect children like it does the elderly or at risk, but there is still so much we do not know about this virus, especially considering the new Delta Variant that has been affecting children. And unlike the polio virus, where there was global support for the vaccine, today there is significant resistant to vaccination. The entire world was united to beat polio, the likes of such unity is rarely seen outside of war.⁶⁴ Polio vaccines are no longer administered because it has been effectively eradicated from most of the world. Perhaps because it was children who were the most in danger and most affected, people were able to rally together to prevent the spread of polio so that no child will ever suffer from it again. It was also a pandemic before the anti vaccination movement began so the propaganda did not exist to sway parents from vaccinating their children. Oldstone says it best that, “when culture and science clash, culture always wins.”⁶⁵ There is now an antivax culture. Then, there were movements to encourage eradicating polio. A famous slogan, “We dance so they can walk” was promoted across the US, where balls were held to raise funds for polio research and vaccinations. I look at these attempts to encourage solidarity and compare them to the campaign to encourage vaccination now. My slogan this year was: I don’t dance now, so we can all be there to dance later.

Children may not be as in danger from Covid as they were from polio but the psychological trauma is still prevalent. Many of us, not just children, had to experience the effects of isolation. My niece is a happy, precocious, lively child ahead in her development (this is not just a proud aunt bragging) but I watch her as she stands at the window in their living room, yearning to go out, enraptured by all the children at play. She loves video calling my friends’ children, knowing their names and asking for them despite never meeting them. She is not alone. A friend lost a parent to Covid, I dropped some food

off for them and kept a safe distance, carefully masked. Her daughter, for whom I have been a beloved honorary aunt, jumped for joy and wanted so badly to hug me like she used to. It broke my heart to deny her. Another friend’s daughter would ask me time and time again when I would bring her to meet my niece. The door of my refrigerator holds cherished drawings from my friends’ children sending me their love and letting me know they miss me. I feel their hurt and confusion when I do not visit, do not attempt to leave my car when I drive by or cross their homes’ threshold to share in their childhood triumphs. This is not the Auntie/titi Brina they know and love. So, I drive by less. I call less. I find myself isolating even further than I need to, because it hurts. It has become easier to accept solitude, to become forgotten. I write this after my second birthday in the pandemic. The first one was much different. It followed a breakdown from the touch deprivation and fear that the first few months of the pandemic was full of. But it also had so much love, a zoom party filled with joyous cheers and laughter; we all believed that it would be over by the summer. My mailbox overflowed with fruit baskets and small tokens from my friends. I was alone, but not forgotten. This year, I was able to celebrate with my niece and her parents, and it was a perfect day with them. But it felt different. There was no zoom party, because we are zoomed out. The tokens were much less this year. But I pulled away from everyone this year, I set the tone. They all know that I did it to be safe and to play a part to stop the spread. They know I am deep in study and close to finishing my degree. I wonder now, if I was too vocal in my Bob videos and in sharing my feelings about this pandemic. Have I pulled away too much, gotten so habituated to solitude and isolation, that I will not know my way back to a social life, or have a social life to return to?

HIV/AIDS is considered an epidemic, but in looking at what defines a pandemic, and since HIV/AIDS spread globally, it is a pandemic and I will call it a pandemic moving forward. “Acquired immune Deficiency Syndrome (AIDS) continues to kill about 1-2 million people every year.”⁶⁵ This pandemic is still causing suffering and death even as we suffer from Covid 19. HIV spreads directly through body fluid transfers, like semen, blood, and breast milk, the most common way being through sexual intercourse.⁶⁶ There are a lot of conspira-



cies on what caused HIV/AIDS, including that it was created as a weapon against gay and Black communities. These conspiracies were fueled by historical treatment of these communities as well as the impact of the Tuskegee Experiment, where Black men were purposely allowed to suffer from syphilis despite available treatments.⁶⁷ There is finally a confirmation of the origin of HIV/AIDS, that it was evolved from SIV(simian immunodeficiency virus, a virus that infects primates) in the Democratic Republic of Congo.⁶⁸ There are theories now about the origin of Covid19, but it took over 30 years to find the origin of AIDS and we may never know how Covid 19 came to be. Conspiracy theories are always a part of pandemics throughout history, but they become truly dangerous when it makes people not accept treatment and not use safety or preventative measures.

I read accounts of nurses during the HIV/ Aids pandemic, the deep and torturous suffering of those patients, the fear that kept family, anyone away from them as they suffered and died. No one would touch them, fearing catching the virus, even after it became clear that was not how it was transmitted.⁶⁹ Now we are in a pandemic where touch is dangerous. The best way to prevent the spread is keeping social distance, so touch is out of the question. People died without having their loved ones by their side, instead watching their loved ones dying on a screen. The dying at the beginning of the HIV/ AIDS pandemic did not even have screens to say goodbye. Most of them died alone. "Since these groups were engaging in behaviors that many considered to be sinful and immoral, people with AIDS were often blamed for contracting the disease because of their "poor decisions..It is an enormous burden that carries with it grave consequences for the person living with HIV. Feelings of rejection, guilt, and loneliness commonly lead to depression and the actual isolation typically causes what is tantamount to social death for most people."⁷⁰

I have lived through a hell of a year, filled with isolation and loneliness, touch deprivation, but this year is nothing to the years that the

sufferers of HIV/AIDS have been going through for decades. There is still a stigma attached to being HIV positive, and the nature of that virus means living with it their entire lives. "The HIV epidemic is unique. Unlike measles or smallpox infections, which cause acute illnesses followed by immunity or death."⁷¹ Most survivors of viruses will then have immunity but with HIV/ AIDS, there is no immunity, and there is constant possibility of transmitting the disease.

The stories of each pandemic are heart-breaking, but stories of the HIV/Aids pandemic are especially heartbreaking because touch deprivation and isolation were not done to protect anyone, but because of the stigma of the disease and the judgement on those who contracted it. I have been hurt and disappointed by many during this pandemic by their lack of care of others and their refusal to believe or accept the dangers of this pandemic. In my readings, I can find some understanding from seeing the history of misinformation and disbelief during pandemics, but the judgement, lack of care, and cruelty is hard to swallow. Reading about the accounts of the HIV/AIDS pandemic, brings great sorrow to my heart. As I keep repeating, I hope we learn from our mistakes, I hope we do better. The millions of people who die and suffer during the AIDS pandemic deserve better. "HIV was not created in a laboratory, but it's pandemic was man made. Without the invasion and subsequent destruction of African culture by imperialism, HIV in all likelihood would have remained a disease localized to a small area that burned itself out. Instead HIV was able to enter into newly built cities allowing it to find an enormous number of new hosts in a relatively short period of time. The atrocities of colonialism created the spark and chance fanned the flames to create a nearly unstoppable inferno."⁷²

There are many instances during the HIV/ AIDS pandemic that give reason for fear and despair but there are also great moments of hope and strength, especially with dance. "They attempted to re-empower themselves through the restoration of traditional dance rituals and reinforcement of their sub-culture identities."⁷²



The dance community was deeply affected by the HIV/AIDS crisis and it also found a way to be a balm to those suffering and those in fear of the disease. During the Covid 19 pandemic, there are many instances during the HIV/AIDS pandemic that give reason for fear and despair but there are also great moments of hope and strength, especially with dance. "They attempted to re-empower themselves through the restoration of traditional dance rituals and reinforcement of their sub-culture identities."⁷³ The dance community was deeply affected by the HIV/AIDS crisis and it also found a way to be a balm to those suffering and those in fear of the disease. During the Covid 19 pandemic, we survived our isolation because of the arts, we listened to music, binge watched TV and movies, attended zoom parties, and read our ebooks. Without the arts, the lockdowns would have been much more difficult. I know I found solace in films and tv shows to give me moments away from grief and fear. The arts have provided ways to express the experiences of a pandemic as well as a way to find healing and joy during difficult times. That is what my videos with Bob are, a way to express, heal, and spread joy.

The Spanish flu of 1918 was the first pandemic that I looked into when wanting to look back at past pandemics, because of a conversation with a friend who is a professional dancer and dance historian. I asked him what he thought would happen to social partner dance after the pandemic. Studios and clubs were closing and I already knew that interpersonal touch would be affected in the aftermath of Covid19. He was hopeful that it would be like the Spanish flu, where because people were so relieved to have survived and missed touch so much, that the "Roaring 20's" were launched. People wanted to dance more, and they wanted to dance together. The social dance world will be changed but it will not be lost. This inspired me to look at accounts of the Spanish Flu. The first person accounts were eerie, as many of them felt so similar to stories I hear today; the reactions and losses mirror ours now.

The Spanish Flu of 1918 was not actually from Spain, "the influenza epidemic became known as Spanish Influenza, not because the

disease began in Spain, but because Spain, neutral during the first World War, had uncensored reporting of the influenza's wildfire spread through its population."⁷⁴ Misinformation has been rampant throughout the current pandemic, causing havoc and creating an already tense situation even worse. There are plenty of news articles that can be found from 1918, trying to convince the public that the pandemic was not as bad as it seemed, some claiming it didn't exist at all.⁷⁵ The misinformation was to keep the public from panicking while the US was at war, and distracting from the war effort and bond sales.⁷⁶

All that it did was increase the spread of the horrific disease. The propaganda pieces to pacify the public changed to articles documenting the massive deaths and losses. Both in 1918, and now are stories of the bravery and the commitment of the healthcare workers, many who died trying to save lives. I read those articles, thinking about all the essential workers I know who risked their lives this year, of the daily applause throughout the country for them. I wonder when or if they will stop the applause, but I hope they never stop, so we never forget. There were lessons from each of these pandemics discussed, and many more not mentioned, that tell us how we failed to stop the spread of Covid, how dangerous misinformation is, the importance of hygiene, and the effects that isolation can have on our minds and bodies. It is almost 100 years later, and people still fight over wearing masks. The government still keeps people in the dark until it's too late. I hope the holes in our health infrastructure, our systems, are not just hidden or filled, but remade, in ways that really work. That we realize how precious touch is, because it was taken from us, how important our relationships are, that we don't take any of it for granted anymore. I hope for once, we learn from our past.



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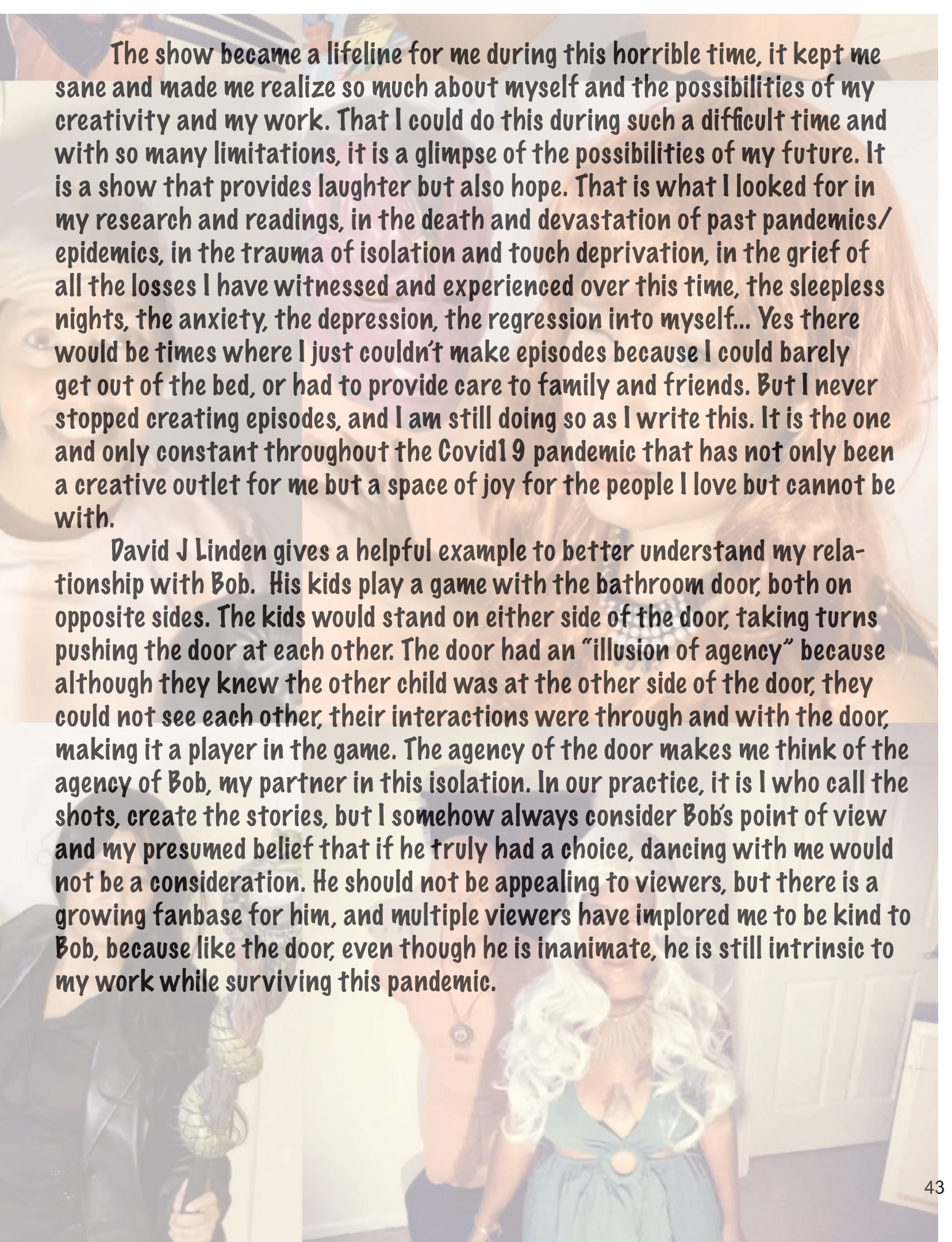
BOB!!!!!!

Welcome to
the
documenting
descriptions
of the
Brina & Bob
Quarantine
Show

(with never before seen insight to Bob's point of views!!)

I began the lockdown, worried about the world and concerned about the danger of the virus for my family, particularly my father who was at risk, but realizing that since it coincided with spring break, I could look at it as a much needed break from my busy life of constantly moving and going. I was finally forced to sit still in one place. I spring cleaned my apartment. I watched movies with my mom. I cooked meals I never had time to make before. When it became clear that this lockdown was going to last longer than anticipated, I began to realize that it would be some time before I would be able to partner dance and unlike some of my friends and colleagues, I was isolated without a dance partner. Somehow that inspired me. My friends were all afraid and filled with tension and stress. My home was filled with tension as my father began losing friends in rapid progression. I, partially as a joke, and mostly as a creative outlet, decided to create an episodic "show" where I would teach a martial arts dummy how to "partner dance" with me. The episodes brought joy and laughter in a difficult time to my friends and family. My parents, who normally do not participate in my creative work, were recruited as crew for my episodes and sometimes characters in the show. I began the episodes as just a way to connect with my friends and family and give myself something to do until I could get back to "normal". But normal has still yet to come back to my life. And the videos became more than something to do, they became a way for me to express myself and express what we are going through albeit in a comedic way. A way to bring new audiences to dances I have grown to love. A way to bring attention to safety guidelines, to encourage behaviors that stop the spread. A way for me to talk through a year plus of isolation in a very public way. "Bob" became a member of my household and the making of my Brina and Bob episodes became my practice. I am still creating videos and will try to continue to do so as long as we are living with a pandemic, or until I am unable to do so. This practice will go on after I graduate and I hope it will open doors for me creatively in the future. Tragic and difficult times reveal the nature of a person and I was able to embrace my creativity while still finding a way to give aid to others, aid through laughter....

The episodes began with an introduction to the concept and then went on to a "dance a day." Every day I would post a video with a different genre or style of dance that Bob and I would attempt, with a funny joke or reaction, as well as links to online classes or teachers I recommend for that dance. This was when we thought isolation would only be for a month. When it became clear that we would be in quarantine for much longer, I knew I would run out of the dance of the days quickly. If I wanted to continue my video a day, I would need to expand my creativity and topic range. I went on to do episodes of Bob and I attempting online dance classes and the struggles and hiccups that come with that inspired by actual hiccups and struggles I was encountering. We attempted the popular "challenges" on social media (failing miserably of course.) The current evolution of the episodes came to me while in between semesters. As I was following safety guidelines and isolating in place, the main outlets for me were watching movies/tv shows and reading. Even my conversations with friends began to revolve around what we were "binging," or what shows or movies we were rewatching. It made sense that our conversations were in that direction, it was not like we were going anywhere except our living rooms. One evening while watching a movie, I had a moment of inspiration, and decided on a new direction for my "Bob" videos. I decided that I would reimagine and recreate the shows and movies as if they were occurring now in the pandemic with Bob and I playing the characters while having my fanbase guess what film or show I was reimagining. Bob and I made videos with messages of social distancing and maskings, utilizing the characters and storylines of the movies and shows. In between those episodes, I also parodied songs to encourage social distancing (like We will Rock you became We will Mask You) and Holiday Specials, like for Mother's Day and Halloween where we found ways to laugh at trying to celebrate during a pandemic. The episodes were daily until the summer semester began and the demands of school and the fatigue from touch deprivation and isolation began to take their toll. Another reason for the need for more space between episodes, were my episodes becoming more grandiose and creative, they required more preparation, so episodes became more sporadic. But, there is at least one episode a week and will be until either the pandemic is over or I run out of ideas.



The show became a lifeline for me during this horrible time, it kept me sane and made me realize so much about myself and the possibilities of my creativity and my work. That I could do this during such a difficult time and with so many limitations, it is a glimpse of the possibilities of my future. It is a show that provides laughter but also hope. That is what I looked for in my research and readings, in the death and devastation of past pandemics/epidemics, in the trauma of isolation and touch deprivation, in the grief of all the losses I have witnessed and experienced over this time, the sleepless nights, the anxiety, the depression, the regression into myself... Yes there would be times where I just couldn't make episodes because I could barely get out of the bed, or had to provide care to family and friends. But I never stopped creating episodes, and I am still doing so as I write this. It is the one and only constant throughout the Covid19 pandemic that has not only been a creative outlet for me but a space of joy for the people I love but cannot be with.

David J Linden gives a helpful example to better understand my relationship with Bob. His kids play a game with the bathroom door, both on opposite sides. The kids would stand on either side of the door, taking turns pushing the door at each other. The door had an "illusion of agency" because although they knew the other child was at the other side of the door, they could not see each other, their interactions were through and with the door, making it a player in the game. The agency of the door makes me think of the agency of Bob, my partner in this isolation. In our practice, it is I who call the shots, create the stories, but I somehow always consider Bob's point of view and my presumed belief that if he truly had a choice, dancing with me would not be a consideration. He should not be appealing to viewers, but there is a growing fanbase for him, and multiple viewers have implored me to be kind to Bob, because like the door, even though he is inanimate, he is still intrinsic to my work while surviving this pandemic.

The next section of this book are snapshots and descriptions of episodes written post production. Bob's words or thoughts are imagined. These descriptions are by no means a replacement for watching the actual videos which are available online, but are like companion guides to beloved movie and tv show series, they can bring insight and even more joy and laughter with the episodes themselves.



The Brina And Bob Quarantine Show Episode: Introducing the show created during the pandemic

Setting: The Living area of Our Shelter in Place

Brina: Hello Everyone! As most of you know, I am a social partner dancer but what you may not know is I am in self-isolation without a person to dance with me so as we enter our second week of social distancing, I am looking for creative ways to still partner dance and I would like to share my attempts, here is my first one... BOB! Bob is used normally to train in martial arts so he's great at taking kicks and punches, let's see how he is at dancing.. Stay tuned!

Bob does not speak, but internally is a little confused and wishes Brina was still living her busy life, instead of always at home. He knows about her dance obsession but never could have imagined it would ever include him. He has no idea what his future holds and how long their isolation will last...

DISCLAIMER: This is for entertainment purposes only. Please kids, don't try this at home...

« Wash your hands Jammit »
- Bob



THE BRINA AND BOB QUARANTINE SHOW EPISODE BUT FIRST, SANITIZE..

BRINA: SO BEFORE WE BEGIN DANCING, I HAVE TO MAKE SURE BOB IS SANITIZED. NOW, HE HAS NO HANDS, SO THAT'S A PLUS. YOU DON'T GOTTA WASH THEM IF YOU DON'T HAVE THEM, BUT FOR MY OWN SAFETY, I AM NOT TAKING ANY CHANCES. (BRINA SPRAYS BOB WITH DISINFECTANT SPRAY)

BOB SAYS NOTHING, AND IS USED TO BEING CLEANED BY BRINA, BUT PERHAPS WITH NOT AS MUCH RIGOR AND INTENTION.

DISCLAIMER: THIS IS FOR ENTERTAINMENT PURPOSES ONLY. PLEASE DO NOT DO THIS AT HOME, NONE OF THESE ACTIVITIES SHOWN HAVE BEEN PROVEN TO NULLIFY CABIN FEVER OR LONELINESS...

THE BRINA AND BOB QUARANTINE SHOW: EPISODE: YOU CAN'T BE TOO SAFE...

AFTER SPRAYING BOB, BRINA WIPES BOB WITH DISINFECTANT WIPES, BECAUSE YOU CAN NEVER BE TOO SAFE WHEN MAKING SURE SOMEONE IS CLEAN AND PROTECTING YOURSELF FROM COVID19.

BOB: (NOT OUT LOUD) I HAVE NEVER FELT THIS CLEAN BEFORE.. BUT THE SMELL OF THE DISINFECTANT IS A BIT ABRASIVE...

DISCLAIMER: THIS IS FOR ENTERTAINMENT PURPOSES ONLY. I HAVE DONE NO FACT CHECKING OR RESEARCH ABOUT WHETHER CLEANING ITEMS (OR PEOPLE) WITH MULTIPLE CLEANING PRODUCTS IS EFFECTIVE AT KILLING GERMS, NOR AM I SPONSORED OR AFFILIATED WITH ANY CLEANING BRAND.

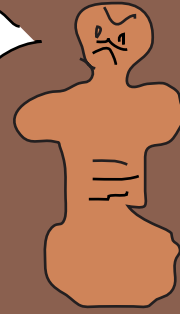
THE BRINA AND BOB QUARANTINE SHOW EPISODE: BECAUSE WASHING YOUR HANDS IS BEST

BRINA IS SURE THE DISINFECTANT SPRAY AND WIPES WORKED, BUT JUST IN CASE, MAYBE IT'S BEST IF BOB TAKES A SHOWER. WASHING HANDS IS BETTER THAN USING HAND SANITIZER, SO IT JUST MAKES SENSE THAT A FULL WASH WITH SOAP WOULD WORK BEST... RIGHT?

BOB THINKS TO HIMSELF, THIS FEELS LIKE OVERKILL TO ME... I HAVE BEEN IN THIS BATHTUB FOR OVER AN HOUR, HOW MUCH CLEANER CAN I GET ?

DISCLAIMER: THIS IS FOR ENTERTAINMENT PURPOSES ONLY. PLEASE DO NOT TRY THIS AT HOME... MARTIAL ARTS DUMMIES LIKE BOB ARE NOT MEANT TO FIT IN HUMAN BATHTUBS OR SHOWERS. A LESSON I LEARNED THE HARD WAY IS THAT THERE IS NO PROOF THAT SCENTED BODY WASH IS A FEASIBLE PRODUCT TO USE TO SANITIZE MARTIAL ARTS DUMMIES ... AND NO HE DOESN'T SMELL ANY DIFFERENT.

Wish you
stayed with
the tree..



The Brina and Bob Quarantine Show: Episode: Brina goes Outside
While Bob is in the bath, Brina decides to try to go outside, but has to remind others to stay 6 feet away from her.
Bob... is still in the bathtub, good thing he can't drown...

The Brina and Bob Quarantine Show: Episode: While Bob dries out...TREE!
Brina: Hey Everyone, So while we wait for Bob to air dry, I thought I would take advantage of this beautiful weather and try dancing with some of Mother Nature...Maybe a tree will be a better dance partner than Bob, we'll see... But first as always, gotta sanitize..." (Spoiler Alert, The tree is a better partner, Brina proceeds to sanitize a tree with disinfectant spray and then dances with the tree... although a tree dances better, the scratches and bug bites made it not a suitable replacement for a dance partner)
Bob is air drying slowly, having completely forgotten about Brina and all her nefarious schemes.

DISCLAIMER: This is for entertainment purposes only. While it is encouraged to enjoy fresh air during our time in quarantine, there is no evidence that Lysol works on trees or other forms of nature and it's not advisable to spray nature with any cleaning product... The soil was super slippery, if you choose to dance in soil be mindful of that and also that trees have rough skin, much tougher than Bob's...

'Janyla, bailed, then
I hate them
all" - Bob



The Brina and Bob Quarantine Show: Brina and Bob attempt to Zouk it Out

Brina tries to dance Brazilian Zouk with Bob, Brina becomes frustrated with Bob not responding to her and exclaims, "Bob is not cooperating!"

Bob says and does nothing as usual, he actually had nodded off before filming...

Disclaimer: This is for entertainment purposes only. This is for comedic purposes only. I fully realize (at least at this point of the quarantine) that Bob is not real... If you think he is, there are services that you can reach out to online who can discuss this with you.

The Brina and Bob Quarantine Show: Brina and Bob try Bachata

Brina tried dancing bachata with Bob and it looked like it might be going well until a voiceover of Brina's dad interrupted them, screaming, "Stop this nonsense! No Bachata!!" Bob and Brina make a quick escape...

While being dragged away Bob is hoping that Brina's dad doesn't blame him for dancing bachata, he has no real interest in dancing anything...

DISCLAIMER: This is for entertainment purposes only. No Bachateros were harmed in the making of this video.

The Brina and Bob Quarantine Show: Brina and Bob dance Kizomba in the closet

Brina (from inside a closet): "Hey, How ya doing? So after the last attempt, I thought it would be good for me and Bob to lay low. But we gotta keep on dancing, keep on trying, but this attempt is gonna be a little bit on the low, Let's see if it works..." (Brina tries to dance Kizomba with Bob in the closet, until a knock on the closet door puts a stop to the dancing and Brina and Bob hide...

Bob wonders if the closet is his new home now, he doesn't mind, it is better than the storage unit and definitely better than the bathtub.

Disclaimer: This is for entertainment purposes only. Neither Bob nor I were ever in danger during the filming of this piece. If you are in danger or know someone who might be during these trying times, Reach out to the National Domestic Violence Hotline who have live chats that can assist.

The Brina and Bob Quarantine Show: Brina and Bob Salsa in Isolation

Brina tried dancing salsa with Bob, but then stopped in exasperation, "Bob! What are you doing? I don't know if you are listening to the music, I don't know if you are on the one or the two, I know you don't have feet, but your "feet" have to be clear on what they are doing... I don't know Bob, I don't know Bob..." And Brina walks off in frustration once again...

Bob says nothing, he can't really argue because he definitely was not following the music, following a pattern, he wasn't doing anything. So he can see why Brina shouted in frustration.

DISCLAIMER: This is for entertainment purposes only. At this point of the pandemic, I am still aware that Bob is inanimate. This is for purely comedic purposes.

The Brina and Bob Quarantine Show: Episode 11: "Brina and Bob trying to west coast swing."

Brina attempts dancing West Coast swing with Bob and accidentally knocks Bob over...oops

Bob actually was happy to be knocked down, this was something he was used to, being knocked down and really wished there could be more of that than all this dancing nonsense.

Disclaimer: This is for entertainment purposes only, Please do not try this stunt or any of our stunts at home. No Bobs were harmed during this filming.

This
is trash
- Cameron

INTENTION
ERP OR
NOT WEAPONISE
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The Brina and Bob Quarantine Show: Episode:Argentine Tango

Brina tries to Argentine tango with Bob. It looks like it might be successful but it's because Brina doesn't realize that Bob is not even paying attention, and has fallen asleep again. While clueless, Brina says "Wow Bob... Finally, I feel some connection from you, the music, I feel like it's really starting to come together, How do you feel? (Bob is still sound asleep) Bob! I just want a little bit of feedback, this is a two way street, come on! COMMUNICATION!" **(Bob hears none of this... still fast asleep... Bob can sleep through anything.)**

DISCLAIMER : This is for entertainment purposes only. Although I am sure for some, there is a need to emotionally connect however you can. I do not recommend doing so with inanimate objects, they just don't know how to feel like we do nor are very good communicators..

The Brina and Bob Quarantine Show: Episode: Brina and Bob Hustle

Brina attempts to dance the hustle with Bob. She has barely danced at all when a disembodied voice screams "6 feet! 6 feet! 6 feet!", which is when Brina responds, "He is not even real!" But the disembodied voice continues its rant of 6 feet!

Bob says and does nothing.He would be happy to be 6 feet away from Brina if it means he did not have to dance.

DISCLAIMER: This is for entertainment purposes only. The 6 feet requirement is between people, not inanimate objects, so no need to avoid trees or street signs when outside, unless you are driving a car then please avoid hitting them.

The Brina and Bob Quarantine Show: Episode :Brina and Bob attempt Lindy Hop

Brina tries to dance the lindy hop with Bob, but he isn't cooperating. Brina exclaims, "BOB! You aren't kicking! Why aren't you kicking? The one thing you know is how to kick, I kick you all the time! Aargh!..." Brina then storms off. **Bob says nothing to Brina but thinks to himself, of course I know what kicks are, but how the hell is he supposed to kick with no legs? Bob would prefer to just be kicked please.**

DISCLAIMER: This is for entertainment purposes only. I put a UPS hat on Bob to dedicate this video to all the essential workers who are putting themselves on the front lines to keep us all safe and healthy; health care, grocery, delivery, road work, in transportation, the many essential fields that are risking their lives for us. So many who cannot stay home, for them I stay home as well as for the health and safety of us all to keep this pandemic from spreading so that one day I can go out dancing again (without Bob). Thank you to them and my heart and prayers are with them.

The Brina and Bob Quarantine Show: Episode:Brina and Bob trie Ballroom Rumba

Brina tries to dance ballroom rumba with Bob but he is distracted. Brina notices that Bob is not paying attention, so she looks to see what is distracting Bob. Brina says, "Really Bob? Is she who is taking her focus right now? (camera pans out to reveal another inanimate object) Is she why you are not paying attention? I see what you both have in common, you are both inanimate objects but we are trying to do some great work here, I need you right now. Be professional. You know what, I'll just give ya'll the room, do you!" Brina leaves the room. **Bob and the other inanimate object awkwardly stare at each other with vacant expressions...**

DISCLAIMER: This is for entertainment purposes only. I do not have the rights to "Toy Story" (Toy Story Spoiler Alert) No inanimate objects will or have "come alive" whether or not I am in the room. Also to be clear, Bob and I are strictly platonic, I do not date inanimate objects (although it feels that way sometimes with some living people.) I also DO NOT recommend dating inanimate objects like your teapot during these trying times no matter how lonely you are. I also do not recommend having inanimate objects in your home date (like your coffee cup and your wine glass for example), it would get weird. If you are single during the pandemic, look on the bright side, at least long term close confinement isn't putting your relationship at risk, no divorcing or breaking up with yourself, (although you might end up in a different kind of confinement from prolonged solitude.)

The Brina and Bob Quarantine Show: Episode: Brina and Bob try to Cha Cha

Brina attempts to dance the cha cha with Bob, but he still is distracted and inattentive. Brina exclaims, "Really Bob? Who are you focusing on now? She's (the inanimate object from the rumba episode) in the other room. (the camera pans to another inanimate object) Her? How many are you looking at? Seriously? I'm glad we are only dance partners." Brina leaves again. **Bob says nothing and again is confused by the inner workings of the human mind. If he could, he would shake his head.**

DISCLAIMER: This is for entertainment purposes only. Despite what Bob may think, these videos are not in any form a means for inanimate objects to encounter romantically, we need to conserve our sanitary products for high volume areas like door knobs and faucet handles, not the hot little statues I have collected throughout my travels. If you are looking for a dating service for inanimate objects (Bob) I do not believe one exists.

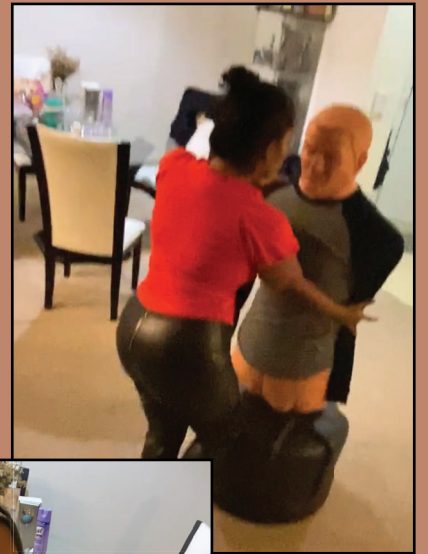
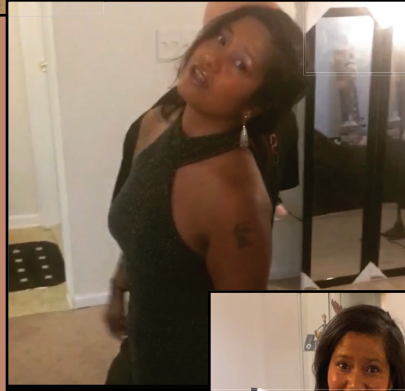
The Brina and Bob Quarantine Show: Episode:Brina and Bob dance Forro

Brina tries dancing forro with Bob when she sees something peeking behind Bob and says "Bob! What do you have behind here? Hmmm... Cachaca! (She displays the bottle) and what else? We have lime and sugar, I wonder what Bob wants to make? " **Bob says nothing but wonders to himself, how can he drink whatever it is she is talking about when he is made of plastic and rubber?**

The Brina and Bob Quarantine Show: Episode:Brina and Bob Swinging Along

Brina attempts to dance swing with Bob. But yet again, he is distracted, Brina asks, "Wait, who are you looking at now? Oh wait, this is one that I can understand. (the camera pans to a sketch of Gambit from Xmen Comics) I am a big Xmen fan too... Wait Bob! He has the last roll of toilet paper, No!" Brina runs to try to retrieve the last roll of toilet paper. **Bob is not as upset by these turn of events, as he has no need for toilet paper, being an inanimate object.**

DISCLAIMER: This is for entertainment purposes only. I do not hold the rights to use any image of any character from Marvel, despite being a lifelong fan. As funny as this is, please be mindful of the damage disaster hoarding can do. We are all in this time together peeps...





The Brina and Bob Quarantine Show Episode: Brina and Bob really want you to stay at home (and dance)

Brina is dancing with Bob a Jive influenced movement, she then turns to the camera, and says, "And this is why Bob and Brina want you to... please, please, we beg you, we implore you, stay the *^&* at home (while a disembodied voice also repeats, "stay at home, stay at home over and over) Everyone wants you to stay at home people. Bob wants to go back to being a martial arts dummy, I want to go back to dancing with real, live people, ok? No offense, Bob.. Please stay at home, Stay at home, Stay the \$^\$* at home !" **Bob for once, can't help but agree with Brina, anything to go back to just being a regular, every day martial arts dummy.**

DISCLAIMER: This is for entertainment purposes only. This video contains a song with Explicit lyrics. Most of my videos are family friendly but this one does have a song that parents may want to listen to before sharing with their children. I do not own the rights to any lyrics, But I do beg you to please stay at home, get some air, pick up groceries, but aside from essential workers, please stay at home.

The Brina and Bob Quarantine Show: Episode 20: "Brina and Bob Ballroom Bolero"

Brina tries to dance Ballroom Bolero with Bob when a disembodied voice screams, "No Mask! No mask!" and sprays Brina with disinfectant spray. Brina cries out, "Why? I don't need a mask inside, why?? Oh my eyes!! Terrible, this tastes terrible!" while she walks blindly away, hands outstretched, eyes closed. **Bob giggles quietly**

DISCLAIMER: This is for entertainment purposes only. You should never spray directly in someone's face even in times like this... Unless it's a mugger or a rapist, then spray the S&*% out of them! No one was mugged or harmed in the making of the video. There is no need to wear masks at home at this time, but please wear masks in public. Again, if you see someone without a mask, please don't spray them, just stay 6 feet away. RIP Kenny Rogers.

The Brina and Bob Quarantine Show: Episode: Brina and Bob Belly Dance

Brina dances next to Bob. Brina hopes that Bob will join in, but he just stands there. Brina tries to encourage him, "Come on Bob, I thought you would like this, you don't have to dance with me, just next to me. How am I emasculating you? You can be a male dummy and still wear a belly dance skirt. I figured you would want to show off your abs, not everyone has them. You know that you are just too negative... Don't kill my vibe!" And Brina shimmies away from Bob. **Bob agreed, he has great abs and considering that he has spent the last decade at least without a shirt, he is pretty sure everyone knows how great they are.**

DISCLAIMER: This is for entertainment purposes only. I own no rights to any music and absolutely no right to ask Bob for anything either since he never listens...

The Brina and Bob Quarantine Show: Episode: Brina and Bob try Vallanato

Brina is attempting to dance with Bob, when she feels a lump and steps back with concern. Brina says, "Bob, Why do you have a bulge? There is nothing anatomically on you that would create a bulge... So I am not doing anything inappropriate, I am just checking to see why. Like a security guard or a bouncer, Brina searches Bob and finds a bag hidden on his person. "Bob! Really? When I told you we are going to do a fun dance from Colombia, I didn't mean to take all the Colombian candy (Brina breaks the fourth wall for the umpteenth time on this show) Delicious coffee candy from Colombia, great sweet treat to keep you up while you are taking virtual online dance classes...

Bob still denies he took the coffee candy, although he does agree that they are quite a sweet treat. DISCLAIMER: This for entertainment purposes only. There is no need to call authorities, there was no theft. I do recommend the coffee candy, they are delicious, I couldn't help doing some free promotion :)

The Brina and Bob Quarantine Show: Episode: Brina and Bob try to Colombian Salsa

Brina tries to dance Colombian style salsa with Bob, it starts ok but Brina finally gets exasperated and says "Bob, I really can't take you seriously with the mask on, you don't even breathe! Like, why do you need a mask? Oh my God, he is losing his mind, I swear!" Brina storms off, yet again. **Bob stands in silence, he had forgotten he was wearing a mask, because like Brina has said, he cannot breathe, but he really cannot understand how that can be distracting.**

DISCLAIMER: This is for entertainment purposes only. You do not need to put masks on inanimate objects in your home. Also, your pets do not need to wear them either but good luck putting them on your cat or dog. I would pay to see someone put a mask on a fish.

The Brina and Bob Quarantine Show: Brina and Bob Merengue

Brina tried to dance merengue with Bob, but while dancing she gets annoyed "Bob, this is too much, I am inside, I do not need a mask, (as she is inside her shelter in place within her quarantine pod) Like, seriously, This is stupid-" Brina is interrupted by being sprayed in the face with disinfectant spray. She yells, "Stop it! Please! I don't need a mask inside!" She runs away as she is still being sprayed by the invisible third party. **Bob does and says nothing, but wishes he had arms so he could spray Brina when he found her insistence on dancing annoying.**

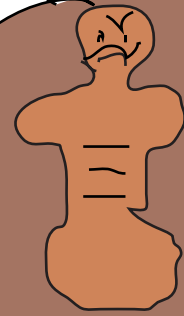
DISCLAIMER: This is for entertainment purposes only. Again spraying people is not advisable, much better to just stay 6 feet away.

The Brina and Bob Quarantine Show: Brina and Bob Hip Hop for a friend

Brina enters the frame dancing to a song requested by one of their child fans, how can one say no to a little cutie's request. She dances a bit while Bob just stands there. **Bob likes kids so he doesn't mind this video so much.**

DISCLAIMER: This is for entertainment purposes only. I do not recommend dropping anything like it's hot right now. You break a hip or back right now, it will be a tough isolation for ya...

See!! Where are
my abs?!!





The Brina and Bob Quarantine Show: Brina and Bob attempt kompa

Brina tries to dance Kompa with Bob. Brina stops suddenly and begins a tirade, "Thanks a lot Bob, of course DeeJay Sergy mix mix mix is a better deejay, being a deejay is super hard, like you have to deal with people with requests, like Bon Jovi on a Latin night, I love Bon Jovi, but it's a Latin night. No I can't put on Iheartzoukradio, That's for Brazilian Zouk music, that is not the dance today, although we will be there this weekend for the marathon on facebook on Iheartzoukradio (Bob asks for Dee-jay Sergymix again)... I guess i could call them now, but no it's meal time I don't want to bother Sophie and Serge at meal time... mmm... makes me so hungry... I could really go for some like legumes (Haitian vegetable dish) and black rice (it's a mushroom rice that gives it the black color) Haitian music makes me want Haitian food. What if Harry will deliver? Hmm... I wonder if he will deliver as far as Utah... Oh wait we are on camera, HIII (giggles nervously) I just want to tell you Kompa is a really nice dance to do with someone you love or someone you just tolerate... **(Background on this episode, There were several deejays donating their time to do sets online on social media so people still had the music if not social settings for the dances they love. Harry is a friend who has a local catering company, who was still trying his best to stay in business by delivering home cooked meals during the pandemic. I found it important to support local businesses that were doing their best to stay in business during a lockdown and are also doing their best to stop the spread of Coronavirus. One of my favorite restaurants was shut down at the beginning of the pandemic and instead provided food to the hospitals and the needy. They are open again but are still donating their time and food as well as following safety guidelines. Many businesses are out of business because of the pandemic, and the economic struggle and devastation is something that cannot be ignored and adds to the trauma and pain of this year. Deejays are still donating their time and music even at this stage of the pandemic.**

The Brina and Bob Quarantine Show: Episode : Brina and Bob (and friends) try to dance rueda

Brina tries to start dancing with Bob and other inanimate objects. After several attempts, the inanimate objects are less than compliant. Brina finally exclaims, "Why aren't any of you guys dancing? Don't you remember, I taught you all the calls, we are supposed to be dancing and Bob you're the madre-" Brina's mom from another part of the shelter in place answers, " YES?"; Brina responds, "No, not you mom," returns to speaking to Bob, " You are supposed to be giving out the calls but you aren't saying anything! I don't know why when things weren't working out very well for this experiment, that I thought I could dance with five inanimate objects, if I can't get one to dance!" She makes unintelligible sounds, puts her hands to head and walks off dramatically, again (see a pattern?) **Bob stands there with all the other inanimate objects, none of them having any type of reaction at all to Brina's outburst.**

DISCLAIMER: This is for entertainment purposes only. The likelihood of non living objects to learn dance movements and follow commands is unlikely. The experiment has made me nostalgic for this dance, it's been awhile.

The Brina and Bob Quarantine Show: Episode:Tries jazz

Brina creates a whole choreography with a costume and even a jazz split, but when it became Bob's turn to shine... He just stood there :(

Disclaimer:This is for entertainment purposes only. Please be careful where you throw your props when you are dancing in your home and keep in mind that it may be all that jazz to you but all that racket to your neighbors (sorry)

The Brina and Bob Quarantine Show :Episode: Brina and Bob try to dance waltz

Brina is dressed in an elegant black cocktail dress with her hair in a sleek bun. Bob looks unconventionally dapper in a blue suit. Brina begins with a graceful entrance and they begin to try to dance waltz. Unfortunately, since Bob doesn't have actual legs, he ends up falling on Brina. Brina lets the audience know that she is ok, but implores Bob to cut down on quarantine snacks. **Bob doesn't know what shes talking about, since he doesn't actually eat. Although he did enjoy taking Brina down and hopes injuries incurred will get her to take a break from her insistence on dancing.**

Disclaimer: This is for entertainment purposes only. An apartment living room is definitely not the best place to attempt a waltz, especially with a martial arts dummy who doesn't dance. No Brinas were hurt in this film.

The Brina and Bob Quarantine Show: Brina and Bob attempt fox trot

Brina enters dressed up but also bandaged up, with her head and arm wrapped and a bandage on her face. Bob shows no injury. She tries to dance with Bob but realizes the incidents earlier were much too traumatic and needs time before she can dance again. She lets Bob know this and she dances away.

Bob sighs in relief, finally free from all this dancing and video nonsense, it makes him almost want to dance in joy.

Disclaimer: This is for entertainment purposes only. Obviously, this was Bob's game all along, getting me hurt or too scared to make him dance. I know he may look harmless but I'm telling you, a year with him now and there is more to Bob than meets the eye... (I fear for my life! Save me from Bob! (j/k))





After two commercial breaks, Brina realizes attempting to dance with Bob has not been going as expected, so Brina decided it might be helpful if Bob joined her in her online dance classes, here are the descriptions of those episodes

Commercial Breaks:

Brina and Bob Quarantine Show Commercial Break #1 : "Supporting dance teachers teaching online."

Brina begins her song parody, "Tomorrow! Tomorrow! We'll be taking ZenZouk dances tomorrow, its only a day away! If you want to join us, then sign up on zenzoukonline today! " She stops her horrid song parody and starts saying, "Until then, we'll be listening to Iheartzoukradio all weekend long!... Go head Bob, let it flow, let it flow Bob, come on Bob, come on Boob, you got this.... BOB !" **But Bob thinks to himself, he does not got this, he does not got this at all...**

Brina and Bob Quarantine Show Commercial Break #2: "Supporting dance teachers online"

Brina begins another terrible parody, this time of a Fanta commercial, "Wanna Salsa, Wanna Salsa, Wanna Salsa, [on 2], Wanna Salsa, wanna salsa, wanna salsa [on 2], PAAACCCHHANNNGGAA PAAACCCHHAAANNNGGGAA! If you wanna salsa, If you wanna wanna salsa [on 2] you gotta go to south street salsa, you gotta go to you know where. But no seriously, Go to South Street Salsa's facebook page and sign up now. Like right now, stop scrolling, stop watching this video but like it first, go past the Corona memes and the dog pics, baby pics, random challenges, and sign up, only if you want to, still do it, sign up! Byeeee!" Commercial Ends **Bob, even though he has no need for soda, is now craving a fanta....**

DISCLAIMER: This is for entertainment purposes only. Bob and I stand to gain nothing from the promotions we choose to do from time to time, we just like what we like. We do not encourage the drinking of Fanta, and have no relationship to the brand. These commercials are for two different dance teaching programs that were teaching online during the pandemic. There were so many that transitioned to online teaching but we only made two commercials, because we got distracted by trying online dance classes and the difficulties that can arise... as you will see in the pages to come...





Once my brother and I joined quarantine pods, my niece, Ariel became a guest star in a few episodes, here are those episodes with her.

The Brina and Bob Quarantine Show Episode: Baby makes a snow Bob

This video does not have the Bob we all know and "love." In this video, Brina's niece and Brina decide to play in the snow. The baby decides she wants to make her own snow Bob! But alas, she ends up beheading her snow Bob. When asked why?, She says BOOM. **Disclaimer: This is for entertainment purposes only. If you build your own Bob, probably shouldn't make him go boom, but then again that might be fun too.. Bob better hope I never decide to go boom :)**

The Brina and Bob Quarantine Show Episode: Bob tries to get arms

This video begins with Brina's baby niece on the phone. We ask her, "Who you talking to?" Baby responds, "Bob". Her mom asks her, "What is he saying?" She answers, "Bob." Then "Mom asks, "What else is he saying?" Baby responds, "Arms. HEWWO (to Bob)... Bob." while grabbing her own arm. Mom says, "Arms? He doesn't have any arms..." The scene switches to Bob's side of the conversation where he says, "Ariel! ARIEL! I need your help. I need arms!.. Yeah I have no arms. Don't tell them it's me, it's too late. Anyway, I need... Hewwo, I need your help to get me arms. I have a plan... hahaha.." We cut to the next scene, where Ariel, the baby niece and Brina are sitting together. Ariel is drawing on her arm, lines that look similar to the lines a surgeon draws to know where to cut in an amputation. Brina says to Ariel, "Ariel, Why are y-, I don't mind you drawing on me, but why these lines, why this, for who?" Ariel answers, "Bob." Brina responds, "For Bob?? Hey!!" The scene cuts back to Bob, "I was so close, so close to getting some arms, dang it. It's not her fault... I have to try something else." Whooo that was close, Brina definitely wants to keep her arms. **Disclaimer: This is for entertainment only. No arms were hurt in the production of this film. Bob has not shown any tell tale signs of violence or mental disturbance as of yet.. my niece is still a bundle of joy**

The Brina and Bob Quarantine Show: Dance Class Episode:Time Management

The concept for the dance class episodes is to show the ups and downs of transitioning to dance classes online, with Bob of course.
Setting- Living/dining room of shelter- in -place. Bob stands stoically. Brina walks in saying, "All right Bob, we are going to take some dance classes online! Time for class! (Brina logs into class online)" "Oh we have to wait for people... Cuz they are not here yet. I mean I don't get it Bob, like we're home, we are all stuck at home. How is it possible to still be late. Cut to later scene, Brina is lounging and snacking with Bob. Brina says, "One for me... One for Bob (tosses popcorn at Bob) One for me... One for Bob... You gotta catch better Bob... What time is it? OH Crap! I'm late for dance class!" **Bob thinks that Brina has finally answered her own question.** **DISCLAIMER: This is for entertainment purposes only. We do not recommend feeding your inanimate objects. We are not responsible for any messes you make trying to do so. Due to privacy and contractual reasons, we will not be sharing actual movement, choreography, or techniques from any set program, university, teacher, etc. Kids, please don't try any of our past episodes or this one at home (But if you do, haha send them to me, hahaha).**

The Brina and Bob Quarantine Show: Dance class Episode: Can anyone hear me now?
Brina tries to take another online dance class with Bob. Brina says "Can you hear anything [to Bob] [to the screen] YOUR SOUND IS OFF, YOU HAVE YOUR MUTE ON (Brina gestures wildly) WE CAN'T HEAR YOU, NO SOUND!" **Bob stands silent, knowing that all this yelling is just not helping.** **DISCLAIMER: This is for entertainment purposes only. Any likeness to any real issues with online learning... is because it has and can really happen. We have no rights to the phrase, "Can you hear me now?" ... and If you don't know the reference, then maybe you just cannot hear me..**

The Brina and Bob Quarantine Show : Dance Class Episode:Freeze Frame

Brina is attempting to take yet another dance class with Bob. She is trying to follow the movement of the teacher (Bob is as usual, frozen in one position) when disaster strikes, Brina speaks, "Wait... no... you are out of frame. We don't know which way you want us to go, we can't see you anymore, where are you? Where are you ?" [Cut to later in the same class]. Brina has resumed movement with lots of breath, whoos and gasps of a body in motion, but whilst in a rather precarious position, she says " Wait, your screen froze, what's the next step? What do we do next ? your screen froze, please come back , come back to the screen, come on come on come on!!" While hopelessly attempting to hold her position and reset her wifi (in case the screen freeze was on her end). **Bob observes this with no comment, but what can he say, he stays frozen..**

The Brina and Bob Quarantine Show: Dance class Episode:Happy Hour? How about Happy 24 hours...

Brina is again attempting an online dance class with Bob, but whooo, its been a day for her. One of those days, that is just too much for one person plus a dummy can handle. Brina decided to have a mid class pick me up while turning. Brina had turned out of screen toward a conveniently placed glass. Brina says, (in between big gulps) " Oh you can't see me? I am out of frame, I am just still turning, Ima turn back. " She takes a gulp, "Can you see me now? Can you see me now? How 'bout now? She puts down the glass, then says " Now?" Begins turning back toward the screen. She says to the screen "Oh yeh, 7-8 turns is a lot. Really proud of myself. " **Disclaimer: This is for entertainment purposes only. It is not advisable to "drink" and take dance classes. Brina and Bob are not responsible for any actions you take after drinking and taking dance classes, nor any hangovers but our own.**

The Brina and Bob Quarantine Show: Dance Class Episode:How far will we go to learn?

Brina is again attempting to take an online dance class with Bob. Brina responds to the teacher (not visible or audible) " You can't see my feet? (she steps back) Can you see my feet now? (she steps back) Can you see my feet now? (she steps so far back that she is now in the hallway of her apartment, masked of course) Can you see my feet now ? (steps even further back) Can you see my feet now? Woah- Can you see my feet now or what ? (nearly falls down the stairs...the invisible teacher must have finally been able to see her feet because Brina sighs with exasperation) "Of course you can see them now!" **Bob watches this all in amusement, for once thankful he does not have feet that need to be seen.**

Disclaimer : This is for entertainment purposes only. No class has asked me to do this, but that does not mean I didn't consider it. Please stay in your shelter in place unless of course, it is essential.

The Brina and Bob Quarantine Show: Dance Class Episode: socially distancing virtual

Brina has not given up taking dance classes online with Bob. She is trying to understand what this teacher wants and is flustered, " So, wait.. Are we mirroring you? Or are you our mirror? Do I go front when you go front, Do we go back when you go back? Or do we go back when we go front, and front when we go back (friendly reminder, partner dance classes online without actual partnering is still a new concept so there will be kinks) ... that does not answer my question...(screen cuts to later) no, no ,it's almost impossible to be on the same time, there is a lag in the music, like going across the airwaves, when I get the song isn't the same time you get the song. No, no the timing is never gonna be.. I just accept it, I just do the time- [screen cuts to later, after class] Brina is talking to Bob now, "It will be much easier if we just do pre-recorded videos or youtube, and just follow the recording, see what happens." Brina walks toward her phone, turns on the recorded video and begins to dance but - "Wait, how is it still freezing? And how is the sound still off! " **Bob has become accustomed to Brina becoming more and more frustrated with the online world and hopes that she will eventually get so frustrated she stops... little does he know what that will mean for him..**

Disclaimer: This is for entertainment purposes only, but it might just be for frustration purposes only.



Shane



I'm the only the one who looks terrible in zoom?
-Brina

The Brina and Bob Quarantine Show: Dance Class Episode: What day is today? Quarantine Day!

Brina and Bob are relaxing in front of the television. Brina is flipping through channels while having a pick-me-up. She stops to answer Bob, "What Bob?, Nah, I don't have dance class today, it's Monday... ITS TUESDAY!!!" **Brina waddles off to go sign into class, leaving Bob alone to watch TV by himself..**

And she took the remote with her... Poor Bob...

Disclaimer: This is for entertainment purposes only. If you are not sure of the day, it's ok, not like we are going anywhere any-time soon.

The Brina and Bob Quarantine Show: Dance Class Episode: What is time (in a pandemic)

Brina is lounging with Bob, scrolling through her phone aimlessly, " Share... (in response to Bob who wonders why Brina is not in class) "No Bob, I don't have class until 6 pm, it's only like 2.. (Bob nonchalantly shares that it's past 6 pm) ... it's 6:15!" Brina fish flops away! **Bob is left again without any way of turning the TV off.** **Disclaimer: This is for entertainment purposes only. Suspended belief is needed to enjoy this film. I am fully aware that my phone has a clock, but am I the only one who doesn't notice the clock on it until after I remember I shouldn't be doing something?**

The Brina and Bob Quarantine Show: Dance class Episode: You saw nothing, ya hear me?

The attempts to try to take dance classes online with Bob continue. Brina is turning in her shelter in place, where she crashes against some items on the counter. She looks around and casually walks away from the scene of the crime. **Off screen, she tells Bob he saw nothing, which is technically true since he doesn't actually have eyes.**

Disclaimer: This is for entertainment purposes only. When dancing and working out in your home, it's important to have a clear area away from furniture and sharp objects. If possible use a mat or hardwood floors instead of carpet.

The Brina and Bob Quarantine Show : Dance class Episode: Moving targets are harder to hit

Brina is finally in a groove with dance classes online, working vigorously. But Bob still can't seem to get a move on. Brina is in the midst of a movement, when she knocks into Bob in the middle of a turn, she says "Sorry Bob" and returns to her movement. While in the midst of the next movement, boom, kicks Bob in the middle. She yelps out in frustration, "BOB!" She attempts a slower movement, and kicks Bob again, she doesn't bother to speak, just shakes her head. She goes into a faster, more upbeat movement that moves backwards, where she Bang!, gets Bob right in the kisser. She yells at Bob, "Bob! If you were actually moving instead of standing still, you wouldn't get hit so much (unintelligible grunt)" and she walks off like she is known to do. **Bob says nothing, as he actually does not mind being hit so much, it is after all, his reason for being.** **Disclaimer: This is for entertainment purposes only. It is inadvisable to take dance classes with inanimate objects, they can be distracting and counterproductive to achieving any success in classes, no movements shown here are part of any actual classes or dance genres. Most virtual classes ask you not to share their choreos or techniques publicly, so to honor that, all class re-enactments are improv'ed, so please don't sue us, Bob has not worked a day in his life.**

The Brina and Bob Quarantine Show: Dance class episode: things that go bump in the night

Brina is moving with her class, when she knocks over a stool. A disembodied voice (her mother) asks, " What happened?" which Brina responds to softly, " nothing.." She returns to her movement, trips on a chair, " Whoa- whoa..." , barely catches herself and lands in the chair. She takes a breath, "That was close." Brina tries to get back to movement, and then OUCH, bangs her head into a glass table. Online dance classes are a lot more dangerous than they look. **Bob says nothing, because he had fallen asleep, since Brina is no longer knocking into him, it seemed like a good time for a nap.**

Disclaimer: This is for entertainment purposes only. There are always a few bumps in the road when your shelter in place dance floor isn't a real dance floor. No furniture or Brinas were harmed in the filming of this episode.

The Brina and Bob Quarantine Show: Dance Class Episode: shoulda known betta

Brina is having trouble with her online dance classes on the carpet. One instructor asked if any part of her home was without carpet. So, Brina is attempting to take a dance class online in her kitchen. Unfortunately, there isn't enough room for Bob, so he watches from the common living area, which is just fine for him. Brina is following the movement in class, and while watching class on screen, she reaches her hand out and touches a hot pan on the stove, (stove is off but apparently the pan is still hot.) She exclaimed, "Ohh, Ohh, Burn, Burn , ahhh ahh (she blows on the burned hand) but speaks to the screen, "I'm ok, I'm ok". (Bob knows she is clearly not ok.) Brina tries again to take the class online in the kitchen. She touches a hot pan, again, "AHH AHHH, How did I do this again? (blows on the hand)." **Bob watches all this play out, and is not surprised it happened again, when Brina is in class, she blocks everything else out, to her own detriment...**

Disclaimer: This is for entertainment purposes only. Bob refuses to come into the kitchen after the cast iron incident, he is acting like it was his hand! He doesn't even have hands!



During the pandemic, there were plenty of “challenges” online on social media. Brina and Bob got roped into two of them, here are the descriptions of them for your enjoyment.

The Brina and Bob Quarantine Show : Challenge Episode: “ Trying to do the Koala challenge”

This challenge is for couples, were one partner stands, while the other crawls over and around them “ like a koala.” The first attempt, Brina falls back and almost takes Bob with her. She tried again and they both fall. Brina finally is able to crawl to the top of Bob and is elated to get this far (she cries out HA, Ha!) , she tries to begin her final descent to complete the challenge, when she realizes , “How do I, Bob! You don’t have any legs for me to go through!” And bows her head in defeat. **Bob wishes Brina had consulted her before beginning this challenge, he could have told her that his legless being would make this challenge impossible.**

Disclaimer: This is for entertainment purposes only. It is not advisable to do couple challenges if you are not a couple. It is even less advisable to try to do so with an inanimate object. Neither I nor Bob are responsible for any incidents or accidents that may arise from attempting any of our experiments, we are professionals.. Or at least I am.

The Brina and Bob Quarantine Show: Challenge Episode : “ attempting shirt challenge”

Despite the epic fail of the last challenge, Brina and Bob decide to try one more challenge. This challenge is to put a shirt on while in a headstand. Brina and Bob are in headstands. Brina stands up with shirt on and yells, “ I did it ! Bob.. you didn’t even try!!” **Bob did not try at all, because Bob does not have arms, how was he supposed to put on a shirt without arms? Sometimes, Brina be asking too much..**

Disclaimer: This is for entertainment purposes only. I would not recommend doing any challenges with inanimate objects or if you can’t actually do the challenge.. I fully admit this was a fail .. but hopefully a funny fail..





I also attempted to get Bob to see the importance of stretching and core strength for dance. here are the videos of attempting to teach Bob yoga and pilates.

The Brina and Bob Quarantine Show:Episode: teaching bob pilates
Brina is doing various exercises on a reformer, which is a machine used in Pilates. She finishes and says to Bob, "Your turn" **Bob stands still in fear, he knows there is no way he can get on that machine without breaking it and who knows what Brina will do then.** Disclaimer : This is for entertainment purposes only, We do not recommend allowing inanimate objects use exercise equipment, those are made for humans. If they break themselves or something else, who do you blame?

The Brina and Bob Quarantine Show: Episode: Brina and Bob Work on Their Yoga
Brina is holding her "mountain pose" and surprise! So is Bob. Brina says, "Great Job Bob, Mountain is your pose." Brina and Bob move onto downward dog pose. Brina says to Bob, "Bob, you gotta use your - oh yeah, no arms..sorry" They move onto another pose, Brina tries to encourage Bob, "Come on Bob, you got to at least try, it's a really good opener, Bob..Bob..." Brina goes onto the next pose still trying to encourage Bob, she says, "Bob, you gotta do dancer, it's a dancing show." She appears unstoppable as she continues to the next pose (Bob was exhausted three poses ago) Brina cannot see Bob, so she asks, "Hey Bob, are you doing it? Are you doing it Bob?" (Bob is not doing "it".) Finally we come to the end of what felt like neverending yoga. They come to the final resting pose and Brina says to Bob, "I should have known you would be good at corpse pose Bob, but I guess it's ok, Savasana is one of the most important poses in yoga. **Disclaimer: This is for entertainment purposes only. It is not advisable to train or teach inanimate objects at this time. Neither I nor Bob can guarantee that you will find peace in yoga at home (we don't know your home.. How many kids do you have... Are you binging the walking dead so many variables)**

Throughout the pandemic, we would create special holiday specials that explore what it is like to celebrate holidays during a pandemic, we do not create an episode for every holiday, but when the mood struck or a funny idea came to mind, the special episode was created. Here are those episodes.

The Brina and Bob Quarantine Show: Happy Easter from Brina and Bob

Brina and Bob stand before the camera, all dressed up (well Bob has some makeshift ears).

Brina says: "Happy Easter everybody! I hope you guys are having a great Easter in isolation. Usually on Easter, I spend my time with great friends playing all kinds of fun games like setting up an Easter egg hunt for children. This year in isolation, I need to be a little more creative in what I do. I have one game that might be fun (her one hand is suspiciously behind her back, she swings this hand forward and smashes the egg in that hand into Bob's face multiple times to no avail.) Brina says with a laugh, "It doesn't crack! I guess I am the one with egg on my face, hahahaha..." **Bob says nothing but is glad the egg did not crack, and wishes Brina did not make such horrible puns.**

DISCLAIMER: This is for entertainment purposes only. No eggs or bunnies were harmed in the filming of this video.

Brina and Bob Quarantine Show: Holiday Special Episode :Enjoying Cinco de Mayo

Brina and Bob are dressed in fun vacation attire and Brina is sipping a margarita. She takes a sip and says, "Yeah, mmm... A good margarita...Hey ya'll...Happy Cinco de Mayo ya'll. Here you go Bob, have a little bit, (Brina attempts to feed Bob some of her margarita) a little bit more, a little bit more... Yeah Bob...Tequila." Brina keeps drinking. Cut screen to Brina attempting to do a congo line with Bob. The episode ends with Brina face planted in her carpet with her empty margarita glass by her side. **Bob still standing, glad that Brina finally wore herself out.**

Disclaimer: This is for entertainment purposes only. Neither Bob nor I am encouraging any type of intoxicating substances. Please drink responsibly. And do not waste any tequila on any inanimate objects!

The Brina and Bob Quarantine Show: Holiday Special: Happy Mother's Day from Brina and Bob.

Brina and Bob stand together, facing the camera. Brina says, "Hi everybody, Happy Mother's Day to all the mommas, and the momma's mommas and the momma's momma's mommas... It's a reference to a song Bob. Anyway, Bob and I would like to say thank you to all the mothers out there for all that you do everyday, you guys are true inspirations with or without a pandemic." (the disembodied voice of Brina's mom yells from off screen). "Sabrina! What happened to the chair?" Brina responds, "Bob did it!" She then hides behind Bob. **Bob definitely did not do it..**

Disclaimer : This is for entertainment purposes only. I do not recommend blaming broken items on inanimate objects, no one will believe you even if they did it.

The Brina and Bob Quarantine Show: Holiday Special : Brina's Birthday

Brina is dressed up for her birthday even though she has nowhere else to go because there is still a lockdown. She begins to sing, "It's my birthday and I'll cry if I want to, cry if I want to, cry if I want to, you would cry to if you were stuck with him too (points to Bob) dadadadada, It's my birthday and I'll dance if I want to, dance if I want to, dance if I want to, dance if I want to, you would dance to if you were stuck with me too, dananana.. ITS MY BIRTHDAY!"

Bob wants to cry too, because of Brina's birthday singing.

Disclaimer: This is for entertainment purposes only. Birthdays are holidays, except when you are stuck at home celebrating by yourself.

The Brina and Bob Quarantine Show: Episode:Brina and Bob attempt a birthday dance

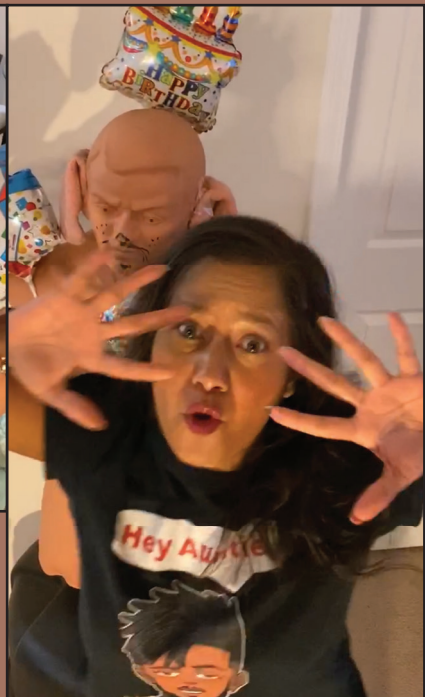
Brina is all dressed up and ready for her favorite birthday tradition, the birthday dance. Many different social partner dances have a special tradition where the birthday person is in the middle of a circle of people that take turns dancing with the birthday person while the dancers in waiting, dance around them. Brina has inanimate objects around her in a circle as she dances with Bob. She dances for a while and none of the other inanimate objects try to dance with her, so she finally yells at them, "Come on people, you are supposed to dance with me!" Brina says to the camera, " Circle dances do not work with objects uhhh.. I'll have to wait until next year I guess.. " **A note to make, it is now next year, and unfortunately a circle dance is not going to happen this year either :(Bob actually feels for Brina, it has been a rough year for her.**

Disclaimer : This is for entertainment purposes only. I am fully aware that I could not recreate the feeling and joy that the birthday dance circle can bring, but I had to try. Dangit, Bob, It's my birthday!

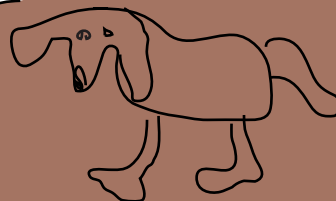
The Brina and Bob Quarantine Show: Episode: Holiday Special:special birthday shout out to my niece

Bob is dressed like a dog and decorated with birthday balloons. Brina begins singing, "Who let the birthday girl out, Whoo Whoo Whoo! Who let the birthday girl out, whoo, whoo, whoo! Today is my niece's birthday yippee ki yay! We are gonna party, party, party, yippee ki yay! Help me wish her happy birthday, yippee ki yay, yippee ki yayyy! Who let the birthday girl out, whoo, whoo, whoo, ! Who let the birthday girl out, whoo, whoo, whoo! Happy birthday Ariel, I love you !" **Bob also wants to wish her a happy birthday to the birthday girl, he has grown a fondness for her over the past year. She always asks for him, which makes him feel seen.**

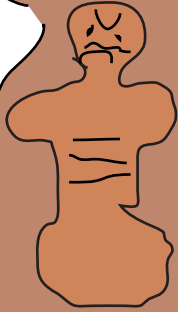
Disclaimer: This is for entertainment purposes only. No one let my niece out, she is safely socially distant like all of us.



Woof Woof
Someone let
Brina out to give
Bob a break



I had the best costume but I always look good ;-)



The Brina and Bob Quarantine Show : Holiday Special: Happy Canada Day!"

Brina and Bob are all dressed up to celebrate Canada Day. "Happy Canada Day to all of our loyal Canadian viewers! We are so excited to celebrate Canada with you all, right Bob? We're ready to get all dressed up for Canada Day. Ready to get all dressed up, Bob? Yay!" Brina goes off screen. She comes back, "Time to get all dressed up! (She holds up a bag of All Dressed Up chips) [Scene cuts] Brina and Bob are laying down with a chip hangover, Brina says, "Too many all dressed up chips, I definitely ate too many Bob..." Brina continues to eat more chips despite knowing she ate too many. **Bob knows that Brina will probably eat the whole bag before Canada Day is over.**

Disclaimer: This is for entertainment purposes only. No Canadians were consulted in the filming, but if they would like to endorse more Canadian centered films, please send some beloved Canadian treats to your American friend, (healthcare?.... Or at least a couple Ceasars or Bellinis. Thanks in advance.)

The Brina and Bob Quarantine Show: Holiday Special: Happy Halloween from Brina and Bob

The episode begins with Bob dressed in a long wig and dress and Brina in a bald cap, and a shirt that looks like a 6 pack, Brina also seems to be missing "her arms". Brina addresses the viewers, "Happy Halloween Brina and Bob fans, I hope all of you are being safe and socially distant while we enjoy this holiday. Can you guess who I am ? Oh, I'm grumpy, and never wanna dance and I have great abs, but no arms, nyahh! What are you supposed to be Bob? Me! With better hair! (Brina sucks her teeth), all of sudden I understand my character better. Anyway, Happy Halloween-" Brina is punched in the face and she falls back in slow motion. She lands against the wall and she asks the puncher, "Why did you hit me?" The answer was, " I thought you were Bob..." Brina retorts, " This costume isn't that good." **Bob agrees that her costume isn't that good, but that punch was the best and sure made his Halloween.**

Disclaimer: This is for entertainment purposes only. We recommend not dressing up as your dance partner, They may not want to dance after that, or you may get knocked out.

The Brina and Bob Quarantine Show: Holiday Special Episode: Happy Turkey Day from Brina and Bob!

The episode begins with Brina holding a finger to her lips, " Shhh.. We're hunting Bobbits.." Brina quietly stalks her prey. She finds him, and takes aim. The camera pans over to her prey, which is a "Bob-bit" hiding behind a "tree", but his colorful feathers give him away. The words BOOM flash across the screen, and Bob-bit falls back in slow motion. Brina kneels over her prey, " Yay! We are going to have roast Bob-bit tonight ! Happy Eat Bob day ! That sounds weird.. But just wanna say I'm thankful that we are all still surviving this pandemic and staying safe and healthy, Happy Eat Bob day". **Bob knows that this is just pretend, He knows he would not make a tasty meal, and Brina has not resorted to eating inanimate objects in her home yet.**

Disclaimer: This is for entertainment purposes only. No Bobs were harmed in this filming.

The Brina and Bob Quarantine Show: Holiday Special Episode: Santa Brina Sing along

Brina is dressed as Santa Brina, in a bright red suit and white wig and beard, while Bob wears reindeer antlers and a shiny red nose. Brina speaks, "Happy Holidays, Brina and Bob show fans, Santa Brina and Bob-dolph the reindeer wanna sing you a song, "Feliz Navidad, Feliz Navidad, Feliz Navidad, prospero año de felicidad. We wanna wish you a socially distant Christmas, We wanna wish you a socially distant Christmas, We wanna wish you a socially distant Christmas and a Covid-free New Year!

Bob does not sing along. Bob wishes Brina would socially distance herself from him.

The Brina and Bob Quarantine Show: Holiday Special: Let's keep Santa safe this year

The episode begins with Brina dressed as Santa and Bob dressed as a reindeer. Santa Brina chuckles, "Ho Ho Ho!, Oh wait, that might not be PC, Hahaha. I have a public service announcement, there is a pandemic, and it's quite obvious I am at risk, because of cookie eating and my age. I have been zoom calling, facetime, all your parents, guardians, loved ones, family. So if you have been good, wearing your mask, social distancing, all the things that are good behavior, you will get your presents, it just means that I may not have to take my sled out during a pandemic. And my elves in quarantine, take care of them. And those cookies, keep sending them. So Merry Christmas and stay safe and healthy and continue to social distance so next year I can bring my sled out!! Hahaha!"

Bob wishes Santa Brina would take her sled out so he can have a break from all her antics. Disclaimer: This is for entertainment purposes only. Neither I nor Bob are responsible for any presents delivered this evening nor can we judge who is good or bad. But I can tell you Bob has been a baaaaaadd boy! I on the other hand, have been an angel.

The Brina and Bob Quarantine Show: Holiday Special Episode: Happy New Years from Brina and Bob

Brina is dressed up and has on celebratory party favors. She blows through a favor right in Bob's ear. She yells to him "It's finally here Bob, The end of 2020, yes! We can finally get back to our lives! What's that Bob? Just because its the end of 2020 doesn't mean the pandemic is over, we still have to socially distance ourselves, wear a mask and shelter at home? And all the problems we faced in 2020 will continue on into the new year with us? ... way to kill the vibe Bob!" She faces the camera, "Anyway, Happy New Year from the Brina and Bob show! This year we hope to stay Covid-free and we hope you all do too. Happy New Year!" She turns back to Bob, "We only have a few hours left Bob, Time to party!!" Brina takes a healthy sip of her drink and begins dancing, trying to get Bob to join in. The camera cuts to a later scene, where a sign tells us it's 9:34 pm, 12/31/2020, and we see Brina laying sprawled on the floor with several empty liquor bottles surrounding her. **Bob just stands passively, happy to get some time from Brina's insistent celebration, which he finds silly, since it will just be another day in isolation tomorrow, and Brina will only be even more depressed because she will also be hungover.**

Disclaimer: This is for entertainment purposes only. For the record, Brina did make it to midnight, or at least she thinks she did... What is time? Especially during a pandemic...

Holiday Special: Happy Easter from Brina and Bob, again

This episode starts with Brina dressed in her Sunday best, and Bob with light up bunny ears and nose. Brina addresses the audience, "Happy Easter in pandemic, again from Brina and... Bunny Bob! So here we are, in the pandemic again and we are excited to paint some eggs, because why not? What else is there to do? And we got plenty of eggs. Painting some eggs... -OOH! Bob! (Brina attempts to paint an egg, it cracks and raw eggs get all over her hands) I thought you said you boiled the eggs! I know you don't have arms, but then you shouldn't agree to chores or activities that require arms. I didn't know how you are going to boil it... Not ok Bob not ok... Salmonella, we already got Corona to worry about now we got salmonella to worry about too. (she grunts in exasperation)" **Bob thinks that Brina should be glad she didn't get "egg" on her face. He also feels that he saved Brina a lot of trouble, Bob has seen Brina's attempts at painting before, a huge mess was inevitable either way. Disclaimer: This is for entertainment purposes only. No bunnies were harmed to get Bob his ears.**

The Brina and Bob Quarantine Show: Holiday Special : Mother's Day again!

This episode, Bob has a paper bouquet taped to his chest and Brina is holding a paper bottle of wine (seriously, it is not a real bottle for once), Brina starts by saying, "Here is yet another Mother's Day in pandemic. (Brina makes a frowny face). Anyway, we would still like to wish Happy Mother's Day to all the mothers out there, and thank them for all that they do. Especially and including my mom. Since the very first episode, she has been our videographer, She's never even does this before, and look how great she is with just an Iphone at her disposal. So, thank you mom! Do you want to say hi to the fans?" Brina's mom says no and the phone shakes no. "Ok, some people, just like to be behind the scenes... But not Bob here, he likes to be in front of the camera. Right Bob? Happy Mother's Day, Thank you! How 'bout you Bob? Do you have a mom? Oh wait, that's right, you are inanimate. It's ok, we can share my mom, right mom? Brina's mom says, "Yep!" Brina says Happy Mother's Day one more time, and takes a "swig" from the paper bottle.

Bob feels very emotional. He is truly touched that Brina's mom wants to be his mom. He has never had a mom. Sure she is always trying to put clothes on him, even before Brina began these episodes, but he will deal with being over dressed if it means having a mom.

The Brina and Bob Quarantine Show: Holiday Special: Brina's Birthday again!

The episode begins with Bob, being his usual disgruntled self, but Brina is transformed. She has a beautiful, glossy brown dress, a stunning silver necklace, her hair done up, and her make up perfect. She speaks directly to the camera, "Hey everybody, it's Brina's birthday again, during a pandemic! (she whoos weakly), it's ok, it's still my birthday. What you get me Bob, NOTHING! Of course you didn't.. Anyway all I wanted for my birthday is for my beautiful niece to wish me happy birthday. Lets call her ok?" Brina calls her niece, "Hi it's Titi! Do you have something special to say to me?" The camera cuts to her niece in her home. Ariel, her niece, responds, "Happy birthday Bob! Hahaha..." Brina responds in surprise, "Happy birthday Bob! No it's Titi's birthday, not Bob's Birthday! It's ok, it's still my birthday and I can cry if I want to, dance if I want to, or make weird videos if I want to... Hahaha... Anyway thank you for watching all year long, hope you are all happy and healthy and safe." She blows a kiss to the camera.

Bob doesn't understand how Brina expected a gift. He has no viable income and he spends his days standing in her living room. Especially, now with her being in study, she barely sleeps so its not like he had any real time on his own to do anything even if he wanted. But, boy, did Ariel make his day! She wished him happy birthday, no one has ever done that for him before. He sure does love that little human...

The Brina and Bob Quarantine Show: Holiday Special: Happy Birthday to Ariel, again

This episode begins with Bob alone, directly addressing the camera, "Hey there, Ariel. My favorite person, the only one I like. I'm doing this to wish you happy birthday, because you wished me a happy birthday, you took your Titi's birthday for me and you never make me dance and you tried to get me arms and I like you very much. Oh no! Your titi is coming, gotta go!" Brina enters, puts her arm around Bob. "Hey Bob! Are you ready to say happy birthday to our favorite little niece? What do you mean you already said happy birthday to her, you are her favorite, she gave you my birthday? Cue the tape!" The video cuts to Ariel who exclaims, " No! It's Titi's Birthday, not Bob's birthday!" You can hear the cheers in the background from Titi and Ariel's family. It cuts back to Brina and Bob, Brina saying, " Happy Birthday Ariel, from your Titi Brina and Bob! We hope you have a beautiful birthday and we love you so much! I hope all my viewers can say Happy Birthday to my niece. Love you!! Te amo "ebuday" Brina blows kisses to the camera.

Bob is devastated. But he does not believe that his beloved Ariel is behind this cruelty, he knows that it is all Brina and one day, she will pay!!

The Brina and Bob Quarantine Show: Holiday special: Happy Father's Day in pandemic.. Again

This episode shows Brina and Bob with paper cut out paraphernalia again. Brina says, "Happy Father's Day to all the fathers out there as you celebrate another Father's Day in pandemic. But we just want to wish all the fathers, happy father's day. I kinda want to call my father, he went for a drive and has been gone for awhile. Let's see if he answers..." Brina's father does not answer. "He's not answering my call, he hasn't been answering lately. Here Bob, you try." Bob calls Brina's dad and Brina's dad immediately answers, "Hi Bob!" Brina grabs the phone, "Hey! Why are you answering Bob's calls and not mine??" Brina's dad says, "Gotta go" and hangs up. Brina protests, "Wait no... (she frowns) Happy Father's Day anyway." **Bob is not surprised by her dad wanting to talk to him instead, unbeknownst to her, Bob and Brina's dad have been spending a lot of time lately in companionable silence.**

The Brina and Bob Quarantine Show: Holiday Special: "Happy Fourth of July from Brina and Bob"

Brina walks over to Bob, "Happy Fourth of July Bob, Guess What! I have the day off from school so we can see some fireworks, eat some barbecue... What do you mean you lost your sense of taste and smell? (she slowly backs up) You have a fever. (Backs up more and more) Bob you need to quarantine, I need to quarantine separate from you, thank you for telling me. Happy Fourth of July in isolation. **The scene cuts to Bob, and he says sneakily, "Jokes on Brina. I never had a sense of taste or smell and I don't get a temperature because I am not alive, hahaha! I get to have another day without her bothering me, Whoo!"**

Disclaimer: This is for entertainment purposes only. We understand the want to celebrate but if you are feeling symptoms or may have been exposed, please social distance and stay at home. Or if you just want to be alone like Bob, that's ok too.

Bob loves Brina's
Mom
(But don't tell
Brina's Dad)





Brina and Bob, like most people in the pandemic, attempted to try to keep in touch with our friends and family via video calls; we made a few episodes documenting those moments of attempting to connect.

The Brina and Bob Quarantine Show: Facetime while Isolated Episode: The Chase

Brina is holding up her cell phone and talking to it. "Hi Adi, I miss you! You miss me? You want me to chase you? I can't chase you, I am not at your house, I'm at my house. No, no, no, don't run! I can't oh, I can't chase you! OK, I am chasing you (Brina begins to run around Bob while holding her phone) I am chasing you! I am chasing you (to herself) Ooh I'm getting tired. (back to the phone) I'm chasing you! (to herself) Why am I really running? (back to phone) I'm chasing you, I'm chasing you, (Brina tries to run in place but still look like she is running), Oh, Bob's going to chase you, (she turns the phone to face Bob) YAY, Bob's chasing you, he can't catch you, he can't catch you. He's so slow." **Bob says nothing, since he wasn't actually chasing the child on the phone because she wasn't there, and of course he could not catch her, he has no legs to run.. No legs, no arms.. Poor Bob..**

Disclaimer : This is for entertainment purposes only. I probably should have kept running because I need the exercise. Also no, Bob can't run.

The Brina and Bob Quarantine Show : Facetime in Isolation : Failing to make a baby smile

Brina is video calling her niece, "Hey baby! Here we are! Look at me! Smile... I know I'll sing your favorite song! Who got a big ole booty! Ariel got a big ole booty! Who got a big ole booty? Ariel got a big ole booty! Booty, Booty. Booty (Brina dances to try to make baby smile) Booty, Booty, Booty! Ooh She naked, she naked, Ooh she naked, she naked. She get it from her mama, she get it from her mama. Oh, No! Don't cry! I get it, quarantine eating, you feeling a little self conscious. New song! The Itsy Bitsy Spider went up the water spout (she uses her hands to imitate a spider), down came the rain to wash the spider out, out came the sun and dried up the rain, and the itsy bitsy spider went up the spout again. Oh no no no, there is no spider don't cry...uh i know what to do!" Brina brings her finger to her lips and makes a nonsensical sound by tapping her finger against her lip. "Yay, you love that, I don't know why that always works." **Bob knows why it worked, its because it stopped all that ridiculous singing, he could relate to the baby, Brina's singing makes him cry too...**

Disclaimer : This is for entertainment purposes only. I have no rights to Itsy Bitsy Spider, but the booty song, is all mine :)

The Brina and Bob Quarantine Show: Facetime in Isolation : seeing the world in a different view

Brina is on another video call with friends, "Hey guys, I missed you. Great job deejaying, that was a great set on Facebook Live. Um.. do you know your child is climbing the wall behind you and she's GOING OUT THE WINDOW! She's going out the window! What do you mean she does this all the time? Like seriously? Ok... but like i was saying- she came back through the window and just jumped on your ceiling fan and she's going and going and woah she just somersaulted, oh my gosh! She's so amazing! She's like a spiderbaby.. Hmm... I wonder if she could teach us? (gives Bob a conspiratorial look and Bob knows trouble is coming). [cut screen] Brina is now high up on her counter, "This is so cool! The view is so different and I feel really invincible up here, I get it why your baby does it, baby, am I doing it right? Huh? Bob get up here, you got to try this too! (camera pans to Bob), Bob come on! Woo-Whoa!!" Brina begins her unintentional descent and **Bob is very glad he did not join her on that lofty ledge.**

Disclaimer: This is for entertainment purposes only. As we all know, superheroes must protect their secret identities, so no names were used when shooting this episode. We also do not encourage vigilantism or superhero training lessons outside of bingeing superhero movies and shows while in quarantine. Kids, don't try this at home, unless you are the kid whose alter ego I am protecting, continue, as long as mommy and daddy are there to catch you.



There was a short interlude where Brina tried to recruit other inanimate objects to dance with since Bob was giving her so much trouble. This proved to be a bad idea and was not revisited again.. But there is the episodes to enjoy of this interlude.

60. The Brina and "Teddy" Quarantine Show: Episode: "Replacing Bob with Teddy"

Brina is dancing! But not with Bob, with a newcomer, Teddy, a lovely teddy bear from her undergraduate alma mater. Teddy seems to not have the same aversion to dance as Bob does and seems to truly enjoy dancing with Brina, not to mention that he is so soft and cuddly and cute, quite the opposite of Bob. Brina tells Bob, "You know what Bob, I don't need you anymore.. I got Teddy and Teddy likes to dance! Right Teddy? Let's go Teddy, Go Teddy! Yeah look at your head motion, yeah Teddy, Whoo! See! (Brina sticks her tongue out at Bob) Don't need you anymore!" **Bob says nothing to Brina... sometimes actions are louder than words...**

Disclaimer: This is for entertainment purposes only. When looking for an inanimate partner, we suggest finding one amicable to moving with you.. Not staring blankly with a scowl..

61. The Brina and "Teddy" Quarantine Show: Episode: "The Short Lived Career of Teddy"

Brina walks in and greets Bob, " Hey Bob, have you seen Teddy? We are supposed to dance today? Why are you being-(Brina turns to see what Bob is looking at) OH MY GOD! Noooo Teddy Noooo (camera pans to Teddy's even more lifeless body on the carpet)." Brina falls to her knees in grief at seeing Teddy's violent end, " Oh Teddy, no, Teddy, noooo"

Bob knows who Brina will look to for blame, and he refuses to speak without a lawyer present.

Disclaimer: This is for entertainment purposes only. Some scenes may be too gory for children and/or stuffed animal lovers. No animals real or imaginary were harmed in this filming.

62. The Brina and Bob (again) Quarantine Show: " Saying Goodbye to Teddy"

Brina sits in despair looking at an image of Teddy, crying, " Poor, poor- Oh-Hi Everybody, (wipes tears from her eyes) I know you were all a witness to the horrible events of yesterday and you know uh, Teddy's doing his best to get better.. He's in teddy bear intensive care, but it looks like he won't be dancing anytime soon or ever.. Um, Bob's been going through a lot in quarantine keeping all his feelings in we uh reached out to Dr. Lam Don't(a friend who has an online series similar to ours that Bob and I support) for a video therapy session and spent the beginning talking a lot about dead fish (a joke from that series) but once she got past that advised us in the therapy that I think will work and I think that both Bob and I need and that's dance... To dance ...to dance, dance, dance, that's what we need to do for Bob and for me, and um so we are going to continue dancing and until then. Please keep Teddy in your thoughts and we're doing this for you Teddy. Stay Strong.."

Bob is not on screen but he is in the shelter in place and all he can think is that "if " he was responsible for Teddy's "accident", this was not the outcome he imagined at all..

Disclaimer: This is for entertainment purposes only. No inanimate objects have been harmed in the filming of any of these videos.



As the pandemic continued, we realized it would be longer than a few months, more like a year if not more, but we still wanted to inspire and bring joy during this hard time. So while enjoying some well earned movie nights, I was inspired to create episodes as if we were characters from the books, shows, and movies we were watching and reading and we reimagined them as if they were experiencing the pandemic with us, heroes and villains, all encouraging social distancing, sheltering in place, and following safety guidelines. There was also a contest for my viewers to guess what show or character we were parodying that gave them a way to engage and connect with us at a time when we need connection. The first few were a little rough but we got into a groove and our videos have evolved into messages of not just laughter but also hope and solidarity. These are the transcripts of the videos that were created at the time this book was completed. As I said earlier, it is my hope that we will continue until we have all successfully transitioned to a life after pandemic.

The Brina and Bob Quarantine Show : Episode: Life is like a box of chocolates .. but in 2020, it's like a box of Covid

Brina sits at her dining room table, between a vase of flowers and Bob. Brina begins to speak with a very exaggerated generic Southern accent, "Momma said, Life is like a box of chocolates, you never know what you gonna get. But if you go outside without a mask or stay 6 feet from people, I know.. And you know, what you gonna get.. And 6 feet.. I don't really know what 6 feet means, I can't be the only one, I only got 2 feet. How am I 'posed to get 6 feet? Oh well, I'll just eat my chocolate.."

Disclaimer: This is for entertainment purposes only. Unfortunately life is not like a box of chocolates but I bet y'all eat a lot of chocolates right now. Hey if we are still quarantined until the summer, at least no one will worry about their bikini bodies..

The Brina and Bob Quarantine Show: Episode: Lost in Space

Brina is in a space suit, she presses a button and begins to speak, "Houston, we have a problem. We been uh... Watching videos feeds of the earth and we think some kind of horror movie is coming into the feed, instead of the truth, like news, we see people hoarding toilet paper... Murder hornets... The president is the guy from the apprentice.. People are going crazy, there is a lot of Tic Tok, what is Tic Tok? We've decided we are just going to stay up here... We have toilet paper..." **Bob is not seen, because he was busy floating in space, you don't need arms or legs to float up in space...**

Disclaimer: This is for entertainment purposes only. You should only wear an astronaut suit if you are an astronaut in outer space.

63. The Brina and Bob Quarantine Show: Episode: Shelter Story

Brina is still dressed like an astronaut and Bob looks like a cowboy who lost his hat. Brina speaks to Bob, "Come on Bob, It's to, infinity and beyond... Oh, wait we have to shelter in place... To the refrigerator and beyond! What do you mean Bob, stop body shaming ok? We have a lot of birthday cake to get through." Brina leaves to go eat cake and **Bob knows.. She won't share any with him...**

Disclaimer: This is for entertainment purposes only. It is not recommended to wear protective gear inside the home, but if you do, it could help to prevent you from over eating.

The Brina and Bob Quarantine Show: Episode: Bob's alive

Dr. Brinastein cackles while dressed in a lab coat and mask. This episode is in black and white and Bob is covered in a white sheet. Thunder crashes in the background. Dr. Brinastein cries out, "It's alive! It's alive! Hahaha It's alive !" The screen cuts to a close up of Bob with stitches and wiggling, seemingly on his own.

Bob wishes he was alive but alas he is not.

Disclaimer: This is for entertainment purposes only. If any of your inanimate objects seem to come alive, you smoking too much of that \$&@*!

The Brina and Bob Quarantine Show: Episode: Seize the Day 2020 Grads (but at home)

Brina stands tall and dressed sharply as she addresses Bob and others, "Carpe diem, Seize the Day Bob! Make your life extraordinary, but from your living room because you can't go anywhere. And there's no jobs because like the job market, how can you interview, well you can zoom interview or video call but no there are no jobs. And uh... You can't travel anywhere, can't go anywhere, ya know, it's not allowed. Uh yeah, you can get sick and die from a crazy disease that no one seems to understand, but still carpe diem and seize the day!!!" **Bob listens but knows the only thing that Brina will seize today will be a bottle.. Maybe two..**

Disclaimer : This is for entertainment purposes only. Bob has never attended school, except for maybe the school of hard knocks, don't ask him though.. He won't answer.

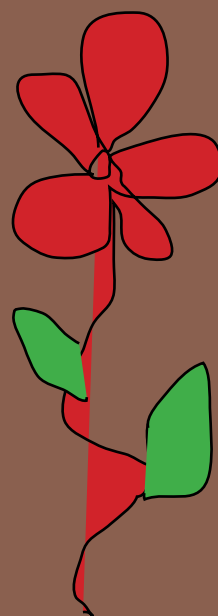
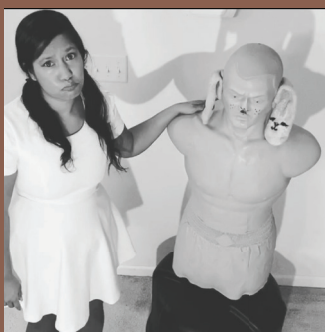
The Brina and Bob Quarantine Show: Episode: There is no place like a shelter in place

This episode is in black in white and begins with Brina clicking her heels and saying, "There is no place like a dance social, There is no place like a dance social, there is no place like a dance social, there is no place like a dance social... Oh, Bob (dressed as a cute puppy), it didn't work! Let me try again. There is no place like Rio de Janeiro, There is no place like Rio de Janeiro, There is no place like Rio de Janeiro..nope... One more time, There is no place like Barcelona, there is no place like Barcelona, there is no place like Barcelona... Dang It! We are still in the living room. One more try! There is no place like Bali, there is no place like Bali, there is no place like Bali... I don't think we are getting out of here, Bob [Scene change] Bob, I don't think we are in Kansas anymore..." Brina points to a sign that says " Not Kansas, but still in quarantine on the door where a pair of socks and glittery slippers lay ..

Disclaimer : This is for entertainment purposes only. If your shoes transport you somewhere farther than you ever walked to, you had too many shrooms.

The Brina and Bob Quarantine Show Episode: You had me at quarantine


Brina speaks, "You had me at hello, no that's not true, you had me at when the government went on national lockdown and everyone had to shelter in place because of a deadly pandemic, that made us all have to stay within our household so I was stuck with you and you were stuck with me, that's just how it had to be so whether or not you had me at hello, I'm here and you are here and it's gonna be hello but no goodbye because we're stuck forever. Screen cuts to **Bob, who says nothing and really wishes he was in a different household right now.**



← chocolates



Boom

One ring  Gauntlet
Bina '3 Bob just wants to rule them all

Disclaimer: This is for entertainment purposes only. Sunglasses indoors are so 1996.

Disclaimer : This is for entertainment purposes only. We are not responsible for any international incidents that may or may not be occurring, We do not know the whereabouts or identities of any covert agents. This episode will self-destruct in 5...4...3...2...

Disclaimer: This is for entertainment purposes only, There has been no reanimating of an inanimate object in my home or anywhere else, yet reported. No teddy bears or bobs were harmed in the filming of this episode.

Disclaimer: This is for entertainment purposes only. But please be mindful, Corona is still out there.

Disclaimer: This is for entertainment purposes only. Although toilet paper can make your poop disappear, it cannot actually make you disappear.

Disclaimer: This is for entertainment purposes only. There is no snap that will get rid of the supervillain virus that we face or really annoying martial art dummies. Stay safe everyone, as much as I want to save the world, my hands are tied on this one...

Disclaimer: This is for entertainment purposes only. Brina and Bob are not encouraging vigilantism of any sort. But totally down for taking over the world... Send us your plan... We are good at keeping secret identities secret.)

The Brina and Bob Quarantine Show: Episode: Water... But also ... SOAP

Brina is floating in the "water" with Bob, both dressed up as though they have spent lots of time in the waves,, "I wanna be where the people are, I wanna see, I wanna see them dancing, walking around on those, what do you call them, feeet, uh... What's that Sebastian-Bob? There's a crazy virus hurting them! And the way that they protect themselves is by washing their hands... In water! I live under the water, i'm surrounded by water. I should stick around here a little longer, just while they figure it out, cuz I want to be, (sings into a fork) up where they walk, up where they run, up where they stay all day in the sun, wandering free, wish I could be, part of your world ..." Brina brushes hair with a fork. **Bob or Sebastian- Bob wishes she could go be part of the world too, just so he can get a break...**

Disclaimer:This is for entertainment purposes only. We have no rights to any song lyrics or beloved characters from childhood pasts that may or may not be appropriate now. No oceanic wildlife real or fake were harmed during this film.

The Brina and Bob Quarantine Show: Episode: Make sure you have the right kind of mask

Brina comes on screen in another fabulous superhero costume, while Bob dresses like a butler again.The screen cuts and the words BAM show up on the screen, return to Brina punching and kicking, the screen cut again to the word POW, "I'm ready, Al-Bob, to kick BEEP, what? I have the wrong mask and can't get within 6 feet to kick butt. That's ok, I'm just going to blow BEEP up. **Bob does not think they should try to blow anything up, plastic and rubber melts and Bob would rather not get melted.**

Disclaimer:This is for entertainment purposes only. Bob and I do not have access to any explosive materials nor do we know where to access them (the fireworks are not us) and we do not recommend blowing anything up.

The Brina and Bob Quarantine Show: Episode: Already so much havoc

Brina is dancing as we can assume or hope is because of inebriation... She finally speaks in a teeny voice while brandishing a hammer, "Ok, I am ready to create chaos and havoc and just ruin everything! (Bob reminds Harley-Brina) What? The coronavirus is creating chaos and havoc way more than I could! Man! It's ok, I'm going to go see my puddin'! Here I come!" She runs off screen. **Bob is glad that there will not be any additional chaos or havoc from Brina but he fears there will be more videos.**

Disclaimer:This is for entertainment purposes only. To all the chaos lovers out there, you can chill, 2020 has enough chaos to last us decades, lets try for support and solidarity.

The Brina and Bob Quarantine Show: Episode: Take a knee and wear a mask

The scene begins with Bob shirtless and looking stern with "dragons" behind him. Brina walks with great elegance into the scene with white blond hair and an air of nobility to her, She waves to her subjects and graces Bob with her queenly touch as she slowly makes her way to the center stage. She addresses the camera with a Westorian accent, "I am the blood of dragons, and I have been listening to all of you, hearing great tales of woe, destruction and pain and plague and tyranny. But it all ends now, because I am here and I know what to do, (she reaches her hand out and cries,) DRACARYS!" The "dragons" cry out and try to burn the coronavirus away... But alas we know now that heat is not enough to stop this plague. **Bob wishes Brina really was Khaleesi and had dragons, that would be so cool and well, she is obviously already going mad...**

Disclaimer: This is for entertainment purposes only. If you had dragons, they cannot, I repeat, cannot rid the world of Covid19, idiots, yes... the virus no... also can I have one of your dragons? I really want to be a mother ;-) If you see fire, it is not dragons, you should still not go toward the fire unless of course, you are a first responder.

The Brina and Bob Quarantine Show: Episode: Even if you are invincible, wear a mask

The scene begins with Bob wearing red tinted glasses, and Brina dressed ruggedly, sporting a beard and claws. Brina takes a swig of whiskey, while holding a lit cigarette in the other hand. "What did you bring me here for Summers?... She's in trouble? Ok, I'm in, but first I gotta get my mask. (Summers-Bob questions the need) Yeah I wear a mask, Everyone does when they go outside...yeah I know I can heal, but everyone else can't. It's about protecting other people, you know whatever, let's go save her and the world and all that crap." Brina takes one last swig and saunters off to get her mask.

Disclaimer: This is for entertainment purposes only. We do not condone drinking while driving or saving the world.

The Brina and Bob Quarantine Show: Episode:Bring Down the Rain

The scene begins with Bob still in red tinted glasses and Brina looks fabulous with dual toned hair and a black cat suit. She asks," What does the Professor want me to do now? I mean I already caused the heat wave, he said the virus would be killed once it got hot, that proved to be a lie. I mean pretty soon with climate change, I won't even be that super. I know, those idiots across the street, outside, no mask, coughing on each other, touching their faces, you know what, this saturday, on the east coast, I'm gonna make it rain. Matter of fact, I'm gonna make it rain right now." The scene cuts to Brina "rising" and lifting her arms to use her powers and bringing rain, thunder, and lightning on the offending gatherers across the street. **Bob is glad that her powers are focused elsewhere and not on him.**

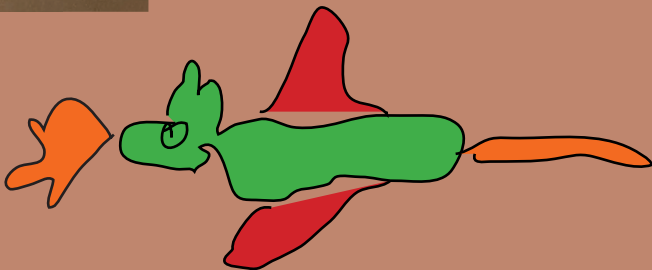
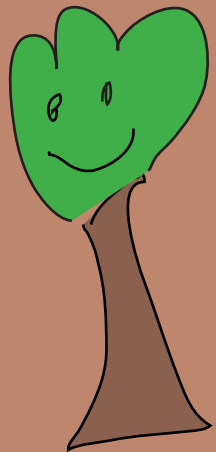
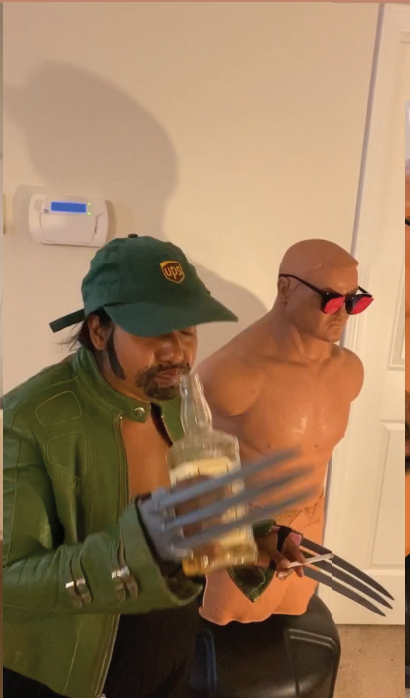
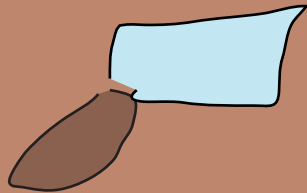
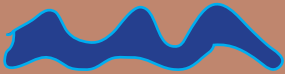
Disclaimer: This is for entertainment purposes only. Summer heat is expected in the summer, but it also did not lessen the virus, as many areas report a rise in cases, and as much as you may wish to believe thunderstorms come as a personal vendetta against your weekend plans, I have a feeling it is not.

The Brina and Bob Quarantine Show: Episode:Tree!

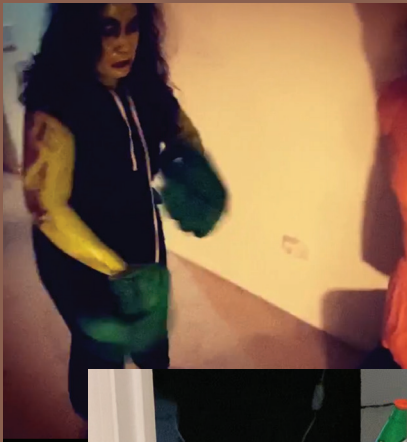
The scene begins with Brina dressed like, well, a tree. She says "I am Groot." The scene cuts to a sign that translates what she says. It says, "Please wash your hands for at least 20 second and do not touch your eyes, mouth, nose, with unwashed hands." Scene cuts back to Brina as Groot saying, "I am Groot." The scene cuts to another translation, "Please, when outside, Wear a mask, and stay 6 feet from others. The scene cuts back to Brina-Groot, "We are Groot, we are Groot." The scene cuts to a final translation. "This pandemic has been difficult for the world. It is a global trauma, we need to be there for each other, spread love not the virus." The scene cuts back to Brina Groot dancing, because of course Brina Groot loves to dance ! **Bob of course does not join in.**

Disclaimer: This is for entertainment purposes only. No terrestrial beings were harmed in the filming of this episode.

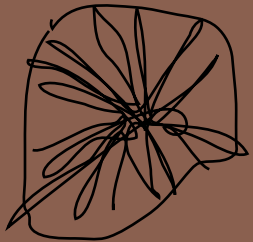
BAM!!



HULK
SMASH!!!



Luppe
Ku gay



T
web

magu
couplet

The Brina and Bob Quarantine Show: Episode:Smash

The scene begins with two big, bright green fists held before the camera. Then we see Bri-Hulk in all her green angry glory. " Ha! Me Mad at Bob. (Bri-hulk stalks toward Bob) "Bob no wash hand. Bob no wear mask. Bob no stay 6 feet. Bob no dance! Me smash Bob! (Bri-Hulk starts toward Bob to smash him) " Wait! Me touch Bob! Me no wear mask! (Bri-Hulk backs up) Me no 6 feet! Me wash hands! Me wash hands! Then me smash! Me smash Bob! Me smash everything! Me smash! Me smash virus! Cut scene to later, after all the smashing Brina slowly wakes up, lying beside a smashed up Bob. " Oh my head, Bob what happened? Why's everything smashed up? What did you do? What did you do Bob? What did you do?" **Bob is not surprised that the pandemic has brought out the inner rage monster in Brina, and prefers to stay silent as to not encourage the rage monster to return.**

Disclaimer: This is for entertainment purposes only. We do not recommend smashing anything no matter how frustrating the world has been.

The Brina and Bob Quarantine Show: Episode: Who is the fairest dancer of them all?

Brina, dressed rather queenly, dances her way toward her magic mirror Bob. "Mirror, Mirror, on the wall, who is the fairest dancer of them all? Jessica the unicorn! Actually that kind of tracks, She's pretty fair, the hair, skin, let's be real, I'm not exactly fair, you know what I'm saying... Damnit... Well you know what I have to do now? hahaha (she says sinisterly,) Keep on dancing!!" And Brina does, she keeps on dancing... Bob thought once we started reimagining movies, books, and TV shows.

Brina would have gotten over her dance obsession... Apparently not...

Disclaimer: This is for entertainment purposes only. **For those who aren't privy to the social dance communities, Jessica the Unicorn is a celebrity artist and friend who also has been creating episodic videos to entertain and provide care for her dance community. We follow each other, so at times I like to shout out fellow artists. This show does not prefer one dancer over another, it was an inside joke between myself and a dancer friend worthy of fairy tales ;-)**

The Brina and Bob Quarantine Show: Episode:I'll be back

The episode begins with Brina-nator, with shades and holding a rather large weapon.Brina shouts "Hasta La vista, Bobby!" and shoots Bob with water mixed with soap, while staying 6 feet away. [cut scene] Brina stands robotically. She says in a muddled somewhere in Europe maybe accent, "I'll be back... I mean, it's a pandemic, of course I'll be back.. How far can I go?" Brina slowly walks away rather robotically and really, really slowly. **Bob watches Brina walk away very slowly and wonders if this will make her more understanding of the needs and limitations of inanimate objects, having played a half robot? Is that what she is? Bob doesn't know because he fell asleep during the movie...**

Disclaimer: This is for entertainment purposes only. We do not suggest spraying people with water and soap, unless you have a really good aim and can get their hands, even then it's highly unlikely that you will be able to hold your aim for at least 20 seconds.

The Brina and Bob Quarantine Show: Episode: Yippee Ki Yay---

The episode begins with Brina crawling on her back with her gun close to the vest. She comes up and holds up her weapon, "You don't want to wash your hands, huh?" A cut scene of Brina forward rolling in slow motion with gun in hand. After returning to normal speed, Brina says " Cuz, I'm going to wash them for you! Yip-pee Ki yay----!" The scene returns to slow motion spraying of water onto Bob.

Bob does enjoy being clean, but all these episodes where he gets shot with water are beginning to be a lot.

Disclaimer: This is for entertainment purposes only. I nor Bob recommend screaming expletives and spraying soap and water at people... as fun as it may be...

The Brina and Bob Quarantine Show: Episode: Just our Friendly Neighborhood Comedy Show

The episode begins with Brina hanging upside down, from the counter in her kitchen. While scrolling on her phone, she says, "Please stay in. Even the super villains are smart enough to not be out there without a mask. And I'm used to wearing a mask, I wear it all the time. What will I do if a supervillain does try to get within 6 feet of me? Haha, let me show you Bob. We see Brina spraying Bob with webbing to a slow motion scene of Bob being covered in webbing.Cut back to Brina addressing the audience, " This video is dedicated to (little brother's instagram), the friendly neighborhood you know who wants to wish you a happy birthday! Then Brina dances for the remainder of the video while the webbing dries on Bob. **Bob would like to let you know that the webbing took forever to come off, and some still remains, much to his chagrin. He likes his scars, but the webbing is just a reminder of this humiliation.**

Disclaimer: This is for entertainment purposes only. Fair warning, if you decide to silly string anyone who gets too close, it gets messy. Imagine that mask all day, makes you appreciate your friendly neighborhood heroes, and how in a small way, you can be one too. :)

The Brina and Bob Quarantine Show : Episode: " I can show you ... the Pandemic World"

The episode begins with Brina in blue standing above Bob, she sings, "I can show you the world, all you need is your mask, and a magic carpet that's at least 6 feet long, A whole new world! A dazzling place we never knew, cuz there's a virus out there and it's going insane, a whole new world, for you and me. So please join me and wear a mask so we can go outdoors, a whole new world, without Bob for you and me, where we can, play and dance and love and just have fun.. So wear a mask.. So there will be a whole world for you and me..."**Bob wishes he really had a magic carpet so he could fly away to another shelter in place..**

Disclaimer: This is for entertainment purposes only. It is a whole new world out there that I find quite frightening. I totally need a magic carpet so I can take a break from Bob. PLEASE!

The Brina and Bob Quarantine Show: Episode: Cowabunga, Dude!

The video begins with both Bob and Brina in their ninja masks , bouncing along while enjoying some pizza. "Oh hey dude! I don't know why you guys are complaining about quarantine and not eating in restaurants. We can never eat at restaurants and we are quarantined in a sewer, so just be happy to still be alive and stay safe and wear a mask, but not this one, it covers the wrong part of my face. " Brina goes back to bouncing along to the music and takes a bite of her slice of pizza, then offers Bob some, who declines. **We really shouldn't be sharing food like this, Brina. Bob is right about this one.**

Disclaimer: This is for entertainment purposes only. No animals were harmed and no pizza was wasted in filming this video. If you can afford to order take out, please do so and support local restaurants and businesses.

The Brina and Bob Quarantine Show: Episode: Just a ride in the Park

Brina and Bob are enjoying a leisurely drive through the "park". Brina says to Bob, "You know Bob, 2020 has really sucked, this summer, we can't really go anywhere, no festivals, no congresses, can't even go to the mall safely, but at least we can have a nice drive in the park." Brina and Bob continue to drive on. "What Bob? There's a dinosaur behind us? Of course there is, it will be either dinosaurs, aliens or zombies, it is 2020..." There is a cut scene of the dinosaur in slow motion heading toward Brina and Bob. The camera cuts back to Brina screaming for a really, really long time as she tries to drive away from the dinosaur. **Bob kinda wishes the dinosaur would eat him, that would ensure no more videos in his future.**

Disclaimer: This is for entertainment purposes only. No dinosaurs were bought back from the dead and none were harmed in the making of this film. We advise you to exercise caution in all your activities as our warm days are coming to a close soon, but it is still 2020, let's all try to make it through this year.

The Brina and Bob Quarantine Show: Episode: Downsizing

Brina and Bob are in conversation when the episode begins, Bob is in a graphic tee and Brina is wearing a special super suit with a mask. Brina says to Bob (as Luis), "Luis! I think I know what to do to defeat the Covid19 virus, I need to get small, like to the quantum level and then I can defeat it there. Don't worry, I got this. Hope's going to be so happy." Brina then activates her suit. The scene cuts to Brina shrunk, but maybe not shrunk enough. "I'm small, but I'm not small enough." The scene cuts to Brina "shrinking smaller." There is a helpful message telling us that 5 minutes have passed while Brina has been at quantum size. Brina returns with unidentifiable goo on her. "Oh man, Luis! I did the best I could, I battled and battled but this virus is tough, it just kept changing and adapting, but anyway, I've been gone so long, they must have a vaccine by now... It's only been 5 minutes! You may want to stay 6 feet away from me, Let me go into isolation now..." Brina walks away dejected by her failure. **Bob thought those 5 minutes were the best 5 minutes he's had in a long time.**

Disclaimer :This is for entertainment purposes only. We do not recommend anyone outside of doctors and scientists should attempt to defeat the virus (thank you by the way.) Nor should anyone enter the quantum realm right now.

The Brina and Bob Quarantine Show: Episode: Superheroes get angst in isolation too

The episode begins with Brina lying comfortably on her sofa, typing away while Bob stands behind her looking stern with his eye patch and suit. Brina (as a mysterious redhead) "I know how you feel, Barton. But we went on a mission during the pandemic so we have to quarantine, we're human and we don't have a mask or iron suit. Brina (playing another character with a handsome goatee and is cleaning out their bow and arrow kit) , "But that's the thing, they keep sending us out on these missions, we don't have any alien powers, masks, or iron suits. Why can't we just be left at home, I just want to go back to Laura and the kids, can't wait for this quarantine to be over." Back to Redhead Brina, who stands up abruptly and looks around, " Somebody's here..." She pulls out weapons hidden on her person and turns in slow motion toward the intruder. She is just about to take the intruder down when she recognizes him, "Scott? (it is Scott, shrunk down, stopped in his tracks by one of the arrows.) You have to be careful on the base. Stop screwing around, you could have got yourself killed." Redhead Brina stalks off. Goatee Brina grabs the arrow and stalks off too, "12 more days..." **Bob is glad that Brina's aggression and anger is focused on someone else for once..**

Disclaimer: This is for entertainment purposes only. We support all quarantines after traveling, especially on missions. Also if you quarantine for long periods of time with people, probably shouldn't sneak up on them, especially if they are trained assassins.

The Brina and Bob Quarantine Show Episode: Whose the Strongest?

Cast: Brina plays a Blond wigged and Blue masked character, as does Bob, they switch costumes throughout the episode, as well as a third character that reveals itself later.

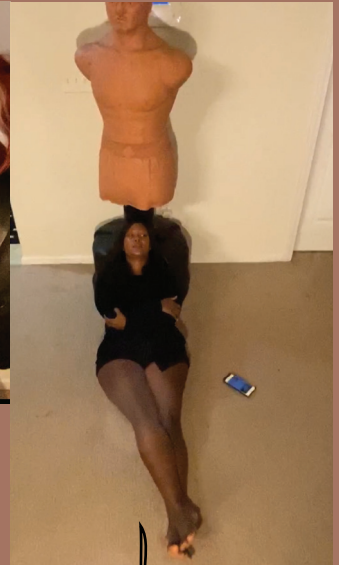
The episode begins as Brina who is wearing a blond wig and beard, and a winged helmet and Molnir (a magical hammer), and Bob is wearing a blue half mask. Blond wig Brina begins by saying with a passable Askardian accent, "You know Rogers, I get that you are the first avenger, but Hulk, the strongest avenger? I wield the power of the hammer, and I am the only one worthy enough-" Scene switches so that now Brina is in the blue mask and Bob is wearing the wig and helmet. Blue mask Brina responds, "Only one worthy, huh. Hmmp. " Blue mask Brina reaches for the hammer, and (gasp!) lifts the hammer (in slow motion)! Blond wig Brina, is in shock but responds, "What the! OK, you can lift the hammer, But are you immune to the Coronavirus? (Blond wig Brina smirks and takes a sip of a beer.) Blue Mask Brina,(while playing around with the hammer) "Got me there, I am not immune to the Coronavirus, so I will be wearing a mask, besides the one I already wear, But you get the idea..." Blond wig Brina responds, "No matter! I am still the lord of thunder, I am still a god, I wield the power of the mighty-" A huge green fist smashes Blond wig Brina in slow motion as he yells, "Hulk Smash!"

Bob finds all these character switching confusing, but has to admit it, he thoroughly enjoyed Brina being " smashed".

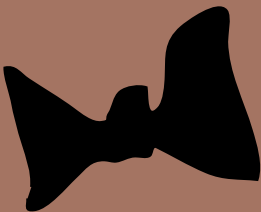
Disclaimer: This is for entertainment purposes only, Any resemblance or depictions of characters from the Marvel universe was intentional but we do not have a relationship or rights to storylines despite being avid fans and we hope that the characters enjoy the parodies we created for them.



—
Brim is
worthy
Bob is not



Wakanda
Forever!



← Cheeseburger

The Brina and Bob Quarantine Show: Episode: The Muggles Need Help

Bob is sporting a fancy tie and sweatshirt in red and gold, some snazzy eyeglasses and a lightning bolt scar. Brina has a massively curly wig and a massively exaggerated British accent, " Oh 'arry ! We must go help the muggles, they are handling this virus very terribly! I'm going to go meet with some of the muggle leaders now, I'm going to go apparate and help them through this." Brina " apparates" back, "Oh those muggle leaders, some of them are just ghastly! One of them tried to..., he almost got an unforgivable curse I tell you. I don't know what-" Brina as another character, a blond with sparkly sunglasses enters, she says to curly haired Brina, " 'Ello 'Arry, Hermione, How close did you get to that muggle leader, well it seems that's there a virus all over you ..." Curly Hair Brina responds, " Oh No! Ghastly Muggle leader! Arry, everyone stay away! I must isolate until the virus runs its course, Buckbeak, help me get away!" The camera cuts back to Blonde Brina and Arry Bob, Blond Brina saying, "Oh I wasn't talking about the Coronavirus, a different virus, it's probably better she left anyway, hmm."

Bob wishes that Brina didn't use a permanent marker to make the lightning scar, it will be hell to get off.

Disclaimer : This is for entertainment purposes only. We do not recommend any witches to come to our aid right now.

Stay isolated, I don't believe even magic could save the day right now.

The Brina and Bob Quarantine Show: Episode: You don't want to get within 6 feet of me

Bob has a very suave hairdo and slick leather jacket and Brina has red hair with white streaks in it. She speaks with a generic Southern accent, "Ah really don't understand sugah, why everybody is making such a big deal about having to socially distance. I've been having to do more than socially distance since I came into mah powers. I can't even touch anybody without it getting a lil crazy. And honestly Ah kinda like everybody having to socially distance, it makes me feel less different. Now if they really want somebody to touch, I'll be happy to oblige (she removes her glove) no, no, that'll be mean, and also, I don't know if I want whatever's in their heads and bodies, hmmph. I'm just gonna make myself some tea." She saunters off. **Bob hopes Brina stays in this character for a while, maybe it will make her stop wanting to dance with him, since it involves touching.**

Disclaimer: This is for entertainment purposes only. Please be cautious who you touch whether it's a pandemic or not and remember to get consent! Also, making this video makes me think of all the people who are immunocompromised and isolating isn't a mild annoyance but the only way they can protect themselves. They have to be in complete isolation, without walks in the park or essential trips to the store. They need us to be responsible and continue to stop the spread to protect them.

The Brina and Bob Quarantine Show: Episode: Pick a card... If you dare

This episode Bob is wearing the red and white haired wig and now Brina has the cool hair and leather jacket. Brina begins to talk with a smooth drawl and swagger, "Ah mon cherie, This isn't too bad for you, You are used to people keeping their distance, for good reason, but me, who doesn't love me? No? But for now, for safety, Everyone stays 6 feet, or I make you pick a card, eh? Ha ha" Brina holds up playing cards that are more than meets the eye. **Bob thinks he looked better in the other wig and leather jacket.**

Disclaimer: This is for entertainment purposes only. As card games are a great way to spend time while at home. It is not recommended to attack anyone with them.

The Brina and Bob Quarantine Show: Episode: " RIP"

The episode begins with Brina running in with her bag, "Bob we have to go, the world has gone crazy and there is only one place I think we will be safe. They are really advanced in science and technology and they help people in their time of need and they are really good at staying isolated. So we have to go. Check my phone?" Brina checks her phone. The scene cuts to later with Brina sitting on the floor, "Honestly Bob, I don't know what to say. I always planned on doing a video about this movie because it's one of my favorites. Our episodes are supposed to be funny and inspiring and uplifting but there is nothing funny about this time right now. All I can feel is sad, sad that the world lost such an inspiring not character but person and send love to his family and friends and be sad about a tragic loss. "

Black Panther is one of my favorite movies and I planned to end the series with Bob and I traveling to Wakanda to get away from Covid and staying there so Shuri can give Bob arms and legs. RIP Chadwick Boseman.

The Brina and Bob Quarantine Show: Episode:I am...

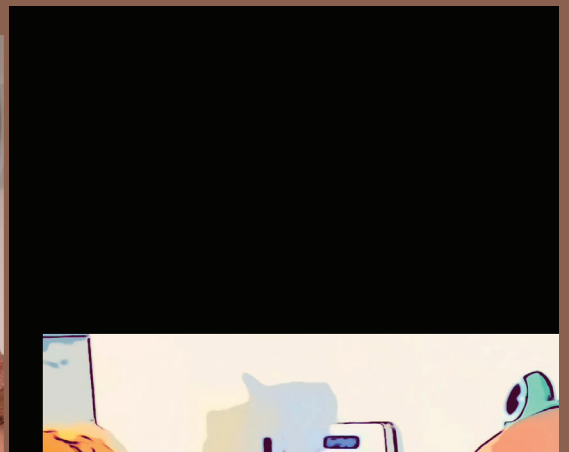
The episode begins with Brina in a red and gold full face mask, She starts to speak, "Yeah, everyone is being all cranky and stuff because of quarantine. I have a whole Iron Suit that protects me while I go around being awesome, you want to know why? ' She pulls up the flap to reveal her face, sporting an douchie mustache, "Because I am -" Scene cuts to Brina now with a bat half mask, who interrupts in a low raspy voice, "Batman.. Because I'm Batman.. Hehehe" Cut back to Brina in red, "Where the hell did you come from Twilight? No that's not what I was going to say, what I was going to say was-" Bat Brina interrupts again, "I'm Batman. Heh.. Bat.. Man.. Awesome." Brina with the Iron mask, grunts, puts her mask on, lifts her fist and turns it towards Bat Brina and sends a "blast" that sends Bat Brina flying away. (Bat Brina yells woah while being blasted away) Before Iron Brina can speak, Brina as Groot, interrupts saying, "I am Groot!". Then SpiderBrina shows up from behind a door, saying, "Hey guys, are we giving introductions, okay cool. Hi everybody, (Spiderbrina waves) I'm Spiderman, nice to meet ya, just your friendly neighborhood spiderman." Iron Brina lifts hands in frustration, "Underoos! Tree! Really! Screw this, Happy, get me a cheeseburger..." Happy is who Bob has been playing during the episode, quietly and awkwardly in the background. IronBrina stomps off while attempting to remove the mask.

Disclaimer: This is for entertainment purposes only. We do not recommend making your own "suit" right now, although I must admit if I had the money, I totally would. Also, try not to blast people because they annoy you, it's much easier just to social distance.

dress rule



no dress rule



Beam me away
from Bob - Brina

Be a hero
save the planet

The Brina and Bob Quarantine Show Episode: 1.6 meters between a dwarf and an elf

The video begins with Brina dressed as a dwarf and Bob as an elf. Brina says to Bob in a muddled Scottish accent, "I never thought I would die side by side with an elf." The scene changes to Brina as the elf with bright twinkling eyes, and Bob as the dwarf. Brina responds, "What about 1.6 meters from a friend? (She smiles at Bob as the dwarf)." The scene changes back to Brina as the dwarf and Bob as the elf, "Aye, (she steps at least 1.6 meters away) That would be the responsible thing to do. We've survived orcs and so much more, We'll survive this virus. As long as we stick to health guidelines... I'm still better than you !!

Disclaimer: This is for entertainment purposes only. If you are in the US you should keep at least 6 feet for social distancing.

The Brina and Bob Quarantine Show:Episode: " mayhem cancelled"

Brina is wearing a creepy mask and a worn out leather jacket, brandishing weapons. She says, "Yo I can't wait, for the next 12 hours, to commit all the crimes with no repercussions! Tax evasion! Insurance fraud! Pulling off all the tags off all the mattresses! Whoo!" Brina turns to Bob and responds to an unheard question, "Oh and kill some stuff, that's what these are for (she holds her crossbow and hammer), What! They cancelled it because of the coronavirus, NOOO!" Brina drops her weapons in a huff, and saunters off with her head hanging low. **Bob is glad it was cancelled, he was pretty sure he was first on Brina's potential hit list.** **Disclaimer: This is for entertainment purposes only. We do not condone or encourage any illegal or violent behavior, nor have Bob or I ever ripped off any tags.. You may speak to our attorneys with any inquiries.**

The Brina and Bob Quarantine Show:Episode: a spoonful isn't enough

Brina is dressed in a sharp blazer over a lovely dress with a most becoming hat with a flowered band. Bob stands with a chimney cleaner. Brina says with a daft British accent, "Yes Bert, It's true. A spoonful of sugar does help the medicine go down, but if you wash your hands, wear a mask, social distance, and shelter in place, you won't need any medicine after all. And isn't that better?" She smirks and begins to do a very classy and proper dance of elation. **Bob doesn't dance but does agree, it is better to not be sick at all.** **Disclaimer:This is for entertainment purposes only. We did not check to see if a spoonful of sugar is helpful to anything but the rest of her advice seems sound.**

The Brina and Bob Quarantine Show:Episode: Beam us away from this pandemic

This episode begins with Bob standing quietly, with a pair of attractive pointy ears. Brina comes in from outside, out of breath, in a red uniform holding a pack of toilet paper. She drops the pack and pulls down her mask, and takes a moment to gather herself. She speaks into a hidden earpiece, "Scotty, Can you hear me? It's crazy in this planet. Ok, there is this virus, and all you have to do is isolate and wear a face protection, it's not even as advanced as what we use, but they are all fighting against it and going crazy and the most valuable thing is this stuff called toilet tissue. Yeah, I don't know, I just grabbed some because it's so valuable. But we are going to need you, to beam us up Scotty." Brina grabs the toilet paper and puts her hand on Bob's shoulder, and is beamed away. **Disclaimer: This is for entertainment purposes only. We have no way of beaming away from this pandemic as much as we wish we could. We also do not encourage fighting for toilet paper or any items of value...**

The Brina and Bob Quarantine Show Episode: The pandemic is a nightmare that just won't go away

This episode is in a grainy black and white. We see Brina wrapped up in her blanket in her bed. A creepy hand with silver metal claws creeps its finger toward her. The hand speaks, " Its time for your worst nightmare. I wonder what it is, clowns? Too basic... Spiders? Too useful for the environment... Reality TV? No... I know what your nightmare is... The year is 2020-" Brina wakes up screaming and we are now in color. Brina stops screaming, and with a sigh she says, "It was just a bad dream it's not 2020 anymore. It's just a nightmare, (looks sinisterly into the camera) or was it? " The camera cuts to Bob in a hat with the creepy hand on Bob's shoulder, moving seemingly on its own. **Bob thinks to himself, he wishes he had hands...** **Disclaimer: This is for entertainment purposes only. The year 2020 may only exist now in our nightmares, but the virus still plagues us so please continue with safety precautions and measures.**

The Brina and Bob Quarantine Show Episode: " Captain Planet save us!"

This episode is in cartoon form. It begins with Brina calling her rings with Bob's chest as the backdrop. She shouts with the show of each ring, "Earth! Water! Wind! Fire! Heart!" The scene cuts to a creature emerging, "And with those powers combined.. I'm here!" Brina is this creature with bright neon green hair and a cape, "Ready to save you guys, be back in a jiff!" She runs off. She comes back, and says, "Woah, woah... I know I said I was going to help you guys, but have you done anything since the 90's, help the planet, save the planet, like this climate change thing, I was around when it was global warming. I don't know about this climate change thing but its terrible. And now this pandemic, I think I might be getting sick. So, as much as I want to help you guys, I think I am going to find myself a new planet to save, more power to ya." Brina leaves. **Bob is not surprised by this chain of events, the humans have treated the planet very poorly. Bob is very proud of his minimal carbon footprint, being not alive.** **Disclaimer:This is for entertainment purposes only. No matter how many times I put signature rings together... I have yet to create any beings of any kind, but go ahead, give it a try... something to do while stuck at home right?**

The Brina and Bob Quarantine Show Episode: Isolation to the next level

This episode begins in black and white. Brina walks in, in a stunning black dress with pearls and exclaims in a bad Sokovia accent, which makes sense since Sokovia is imaginary, "Viz! What is this all over our bed? (she tastes it) Paprika? Why is there paprika all over our bed?" The scene cuts to Viz (Brina in a purple rubber mask) reading a magazine (which is actually an Xmen comic.) He says in a so-so British accent, "I read in one of your good housekeeping magazines that its important to spice it up in the bedroom during the quarantine so I thought that we should." The scene cuts back to Brina in the black dress, cleaning the paprika off her wedding ring, "That's not what they mean by spice it up, not at all..." It cuts back to Brina Viz, "It did seem like a "Strange" suggestion. Oh well... Anyway, They found a vaccine, so we will be out of quarantine before we know it." The scene is now in color, Brina's hair is bright red, and Bob is now Viz, purple rubber mask and all. Brina says to Bob, "I have a feeling that the quarantine will last a little longer than you think." Brina winks to the camera, wiggles her fingers toward the camera and a starry flash occurs. Then it cuts to Brina and Bob faking a kiss (thank goodness not a real one). **Bob hopes that this episode doesn't turn out to be true...he can't take much more of Brina and she really needs to get out.** **Disclaimer: This is for entertainment purposes only. No minds were manipulated or allusions created in the making of this film.**

The Brina and Bob Quarantine Show Episode: The Search For Eggos in Isolation

This episode begins with Bob in a green and orange hat over a curly wig and Brina is in a short brown wig and a funky romper with bright colorful shapes and patterns. The film has a tinged color to it like it was aged. Brina begins by saying, "If I can stay home for at least 353 days, you should be able to, too. Brina reaches her hand out and an apple "magically" flies to her hand. The screen cuts to Brina, with a drop of "blood" under her nose, asking Bob, "We are still out of Eggos?" She shrugs and takes a bite out of the apple and offers Bob some. The scene cuts to Bob laying down with a box of Eggos on his abs. Brina sees this and says, "You found Eggos (a frozen waffle that was very popular in the 1980's), Yay!" She crouches down to Bob and checks the box, and realizes in dismay, "You ate them all!" She grabs the little piece still left from Bob's face and takes a large bite. **Bob did not want that Eggo anyway and does not understand why anyone would. They are rather bland and dry.**

Disclaimer: This is for entertainment purposes only. If you have a telekinetic friend, you should probably not eat her Eggos...also no demigorgons were seen or harmed during this filming, but a few apples were lost to the process.

The Brina and Bob Quarantine Show Episode: Hitting the Road During the Pandemic

The episode begins with Brina walking in with a plate full of pies in one hand and a cheeseburger in the other. Bob is standing (like usual) with a flannel shirt and a luscious wig. Brina is also wearing a wig but it's not so lovely and a leather jacket. In between bites, Brina says, "It's really not so bad, being stuck in quarantine especially since all the demons and monsters are susceptible to the Coronavirus so everybody needs to keep their distance. I can eat this burger and all these pies. Want a pie? What do you mean you found a case? What! Ghosts... Ghosts can't get the virus, dammit! (While taking huge bites of burger and pie) Let me just finish eating and we can hit the road. We just gotta make sure we wear our masks while we are fighting evil." Brina walks off while stuffing her face. The scene cuts to a toy car driving into the sunset, to fight some ghosts while wearing masks, of course. **Bob would never get in a car with Brina. He would not fit and even if he could he hears she drives like a grandma and he already has to deal with enough. He also feels she can't complain about gaining some pandemic pounds if she insists on including food in these episodes.** **Disclaimer: This is for entertainment purposes only. We do not encourage vigilantism but if you come across a ghost, I would go in the other direction, or stop drinking so much.**

The Brina and Bob Quarantine Show Episode: We surviving in Jersey

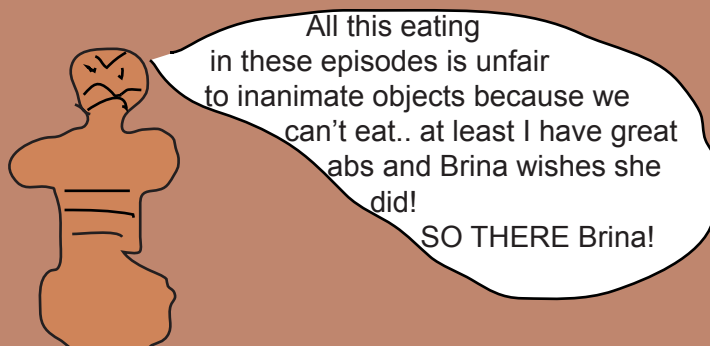
The episode begins with Brina at the dinner table, with a wig that looks really ridiculous. Bob looms behind looking really tough in a leather jacket. Brina is shaving parmesan over spaghetti al tonno e pomodoro (an Italian pasta dish made with tuna and tomato sauce, a nostalgic dish for Brina since it's her favorite dish when visiting family in Milan) and talking to Bob, "We here in Jersey, we taking this virus real serious. All right? No family business being done without proper safety precautions are taken. All right? All family business, try to do it virtually, or try to do it social distanced. Brina begins to toss her pasta to make sure the sauce is evenly distributed. "How we supposed to do hits socially distanced?" Brina puts down her utensils and picks up a delivery package, "You see this? Everyone is getting everything delivered, food, toilet paper, everything. Put a bomb in here, badabing! (Brina tosses the package away and returns to her meal) Hit done. If you really need to do a direct hit, tell the snipers, the mask aint just going to protect your identity, it can also protect your health. We surviving this virus, we gonna be ok." Brina shovels spaghetti into her mouth, (politely eating, goes out the door during the pandemic), and takes a slug of "red wine". **Bob wonders if he can get a "special package" mailed to Brina.. The only problem is she has a bad habit of not opening packages for days, and her packages somehow always end up at the wrong door.. Too many variables... Have to find another way...** **Disclaimer: This is for entertainment purposes only. Although we are always happy to hear of people considering safety and health, we are not encouraging using masks for nefarious purposes. Not sure if "family business" should be done virtually, but uh Bob and I wouldn't know nothing about no business... nope... Nada.**

The Brina and Bob Quarantine Show Episode: Guarding your Isolation pod

This episode begins with Bob barely in view with a mask on and Brina in a wizard hat, grey furry coat, long white hair and beard and of course a mask. She turns to face the camera, lifts her staff and says "Without a mask, you shall not pass!" **Bob felt that the video speaks for itself and enjoys how short and simple it is, and with him having to do nothing but wear a mask.** **Disclaimer: This is for entertainment purposes only. There are no magical guards to make sure you wear a mask to enter... Wouldn't it be awesome if this character stood at the door of every train station? It would entice me to return to public transport.**

The Brina and Bob Quarantine Show Episode: Looking on the bloody, I mean bright side

This episode begins with Bob laying on a plastic tarp. Brina is in a bright yellow hazmat suit with a plastic face guard and gloves. She "injects" Bob and speaks to the unseen audience, "I actually really enjoy being in quarantine in this pandemic. I am already pretty sanitary in my habits considering what I do. It helps me not get caught. Everyone in quarantine and isolation helps people from visiting or stopping by, it makes it a lot easier for me to catch those who need to be caught." She duct tapes Bob's mouth and smiles creepily into the camera. The scene cuts to a large blade coming through the air in slow motion. Then cuts to another scene where we see a red substance splatter against a wall. **Bob has nothing to say, because well, his mouth is duct taped shut.** **Disclaimer: This is for entertainment purposes only. Although it is understandable to have violent urges especially after a trauma like a global pandemic, we encourage seeking professional help, not succumbing to those urges.**

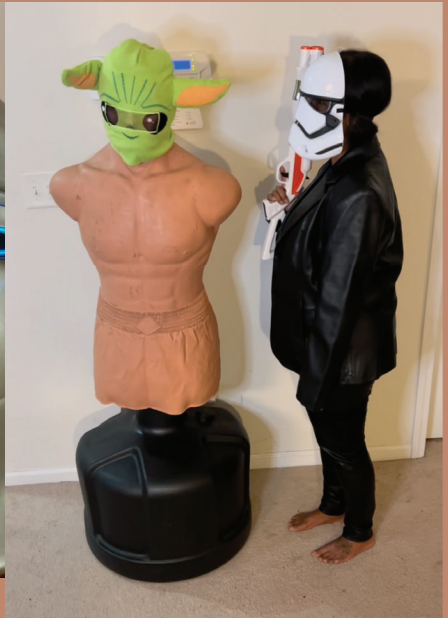


mess with Brina's bot
end up with fishes



Not
gonna lie,
I was a little
nervous during
this one..Brina
was a little too
in character...





The Force is
strong in Brinner

The Brina and Bob Quarantine Show Episode:Smokey wants you to help prevent the spread of Covid!

This episode Bob stands nervously next to Sabrina wearing a Bear head. Brina speaks directly to the camera, "Only you can prevent the spread of the Coronavirus, by washing your hands, social distancing, wearing a mask, and sheltering at home when you can. Help us out, also try not to start any forest fires, ok?" **Bob just hopes that the bear head Brina is wearing doesn't come with usable teeth, the bear head is totally freaking Bob out.** Disclaimer:This is for entertainment purposes only. Again, we understand the ever changing environment as we transition to life beyond the pandemic. As a globally appreciated show, we know many countries still do not have access to vaccines, and are being ravaged by Covid, and those not vaccinated, should try to mask up and social distance, like the kiddies. This video was created before mandates changed but we feel it's still relevant and more importantly still funny! No bears were harmed in this film.

The Brina and Bob Quarantine Show Episode:Manduvirusan

This episode starts with Bob in a cute green baby yoda mask and Brina is itchy and hot in a silver full head mask that lights up. She says, "If you wanna survive this pandemic, be like me. I avoid mass gatherings, I keep constant distance from others, I never touch my face. This is the way to survive the pandemic, at the very least, don't be like him" Brina looks toward Baby Yoda Bob, "Don't be like him, and you may survive this." Brina then stares off into the abyss as an uplifting and inspiring instrumental score plays in the background. **Bob just looks at the camera feeling like he was misrepresented as Baby Yoda but that he preferred the mask over the one Brina was wearing.** Disclaimer:This is for entertainment purposes only. Wearing an itchy uncomfortable full face mask that lights up may not be the best way to deal right now. But to each their own, no baby cute characters were hurt in this film.

. The Brina and Bob Quarantine Show Episode:May the Fourth be with You from Brina and Bob

Baby Yoda Bob is back, yay! Brina is wearing a stormtrooper mask and wielding an impressive futuristic gun. Brina turns to the general direction of the camera, and says, "Stop! Stay 6 feet away and wear a mask, or I will shoot in your general direction." Brina then wields the gun wildly and with such abandon, if she makes even one of her targets, it would be impressive. **Baby Yoda Bob is just glad she's facing the opposite direction of him.**

Disclaimer: This is for entertainment purposes only. Just because someone is getting too close to you, doesn't mean you should shoot them, even if it's in their general direction. No shooting, just move away yourself.

The Brina and Bob Quarantine Show Episode:The ultimate quarantine buddy show .. kinda

In this episode, Brina and Bob are seated on the turquoise coach. Brina is wearing goggles and has facial hair and Bob has long hair and a silver, metallic arm. Goggles Brina is already talking for what seems like a long time, " Me and my titi-" The camera cuts to a sign telling us it's now 2 hours later. Goggles Brina is still talking, "And then my titi bought me another ice cream...hahaha.... I really love sharing stories with you about my titi. It's been really great being in isolation with you. So I can just talk-" The scene cuts to Brina now dressed in Bob's costume, the long hair and silver arm, She has one hand on her head and looks very annoyed. She mutters, "I miss Cap..." Camera cuts to Goggles Brina grinning, "I am Cap!" The scene cuts to Bob dressed in the goggles and Brina with long hair and she responds, "You knew what I meant... You know what! I gotta go to Wakanda! See how they are handling the Covid, just check things out. I'll.. be back." The scene cuts back to Goggles Brina, "Wakanda! Yeh Let's go!" Its back to Long hair Brina exclaiming while almost out the door, "No No, You stay here... I'll uh bring you back some vibranium. Won't be long, Check ya later man." Goggles Brina thanks Long hair Brina and is now alone. She pulls out her phone and says in it, "Hey Wanda, did I tell you about my titi?" The camera does its final cut to Bob as Wanda in a long red wig, a phone to his ear, "No matter what reality I create, or where I go, somehow he always finds me.. What about your titi?"

Bob wishes he could go to Wakanda, sigh.

Disclaimer: This is for entertainment purposes only. Brina also wishes she could go to Wakanda but also loves any story including a "titi".

The Brina and Bob Quarantine Show: "I love Brina"

The episode begins with Bob in a silver wig standing calmly when Brina dances in with a bright red, fluffy wig. She says jubilantly, "I'm ready for the show, Ricky! You gotta put me in the show now! I promise to not do any hijinks! (Brinas winks at the camera) The club is cancelled! Shows are cancelled because of Covid! WAAAAAHHH"

Bob, too, wants to cry, being stuck with Brina for so very long.

Disclaimer: This is for entertainment purposes only. We have no say in what venues do or don't do but we respect and admire the venues that put health and safety first, at great financial loss to themselves. When it's safe for all, Brina will happily try to support these venues... Bob won't... Cuz Bob has no legs and can't go anywhere.

The Brina and Bob Quarantine Show: Better to have Red in the ledger than Covid

This episode, Bob is in a hooded sweatshirt and Brina is sporting a short curled red wig. Brina with a very serious look on her face, speaks in a throaty whisper to Bob, "Why Barton, Do I feel the need to continue to do safe behaviors, like washing my hands, wearing a mask, and social distancing... Because I got red in my ledger, and I am trying to wipe it out. So whatever I need to do to help transition us out of this pandemic, I'll do so we can move forward and get to the real work." Brina then pensively stares off into the distance. **Bob feels like if "red" is keeping you from getting Covid, that's good but it also means more time isolated with Brina, which is not what he wants at all.**

Disclaimer: This is for entertainment purposes only. If you have red in your ledger, there is always white out, but no, it's always admirable for all who continue to care and think of others, shout out to them.

The Brina and Bob Quarantine Show Episode: Deadpool.. Enough said..

The episode begins with Brina in a red and black costume, lounging on a turquoise sofa. Brina directly addresses the camera, "You know I was going to show up. A show parodying other shows, making fun of itself and others.. My M.O., I made that M.O.! So yeah, pandemic sucks, duh. But you know that Brina and Bob aren't a real thing, like Bob is not BEEP real right- Ooh I cursed, don't let your kids watch it! And Brina is slowly losing her mind. Which is a perfect time for me to enter. You will get to see more of me. Let's have some fun!" The video cuts to Brina sniffing a white powder with Bob, after doing so, she says, "Ah, it's not what you think, it's bleach! That cures covid right? Hahaha. Good thing I can't die anyway!" The scene cuts with Brina spraying Bob with champagne. The last cut scene is of Brina swinging her hair and humping the coach, (I know I almost did not write it .. eek).

Bob thinks that Deadpool Brina is an ass.... That is all.

Disclaimer: This is for entertainment purposes only. Please, bleach is not a cure for Covid. Do not ingest bleach. Also this is effing entertaining, isn't it?

The Brina and Bob Quarantine Show Episode: How to negotiate relations in pandemic, explained by puppets

This episode, we see Bob with a green eyeball headband. Brina runs in a blue polka dot dress, wearing a pig snout and ears and a blond wig. She squeals, "Oh Kermie! I am so happy! We have been apart for so long! But now that I am fully vaccinated we can be together! Miss Piggy Brina reaches her arms to Kermie Bob. The scene cuts to Brina as Kermie, stepping back, "Stop! Wait! I am not fully vaccinated, you have to stay 6 feet away from me and wear a mask!" Miss Piggy Brina responds while also backing up, "Oh You're not vaccinated, that's ok! What does that mean for us?" Kermie Brina responds, "I have to continue with the safe behavior, we have all been doing all this time like wearing a mask around people, social distancing, it's going to be tough but that's the way it has to be for me because I am still at risk for Covid." Miss Piggy Brina now wearing a mask, nods and says, "As long as we do whatever it is to keep you safe. I guess I can stay apart for as long as we need and wear a mask when we are around each other, I miss you!" The scene cuts to Kermie Brina with Bob now dressed like Miss Piggy, she whispers to the camera, "Let's see how long I can keep her away from me. (winks at camera)" **Bob thinks this is pretty genius of Brina and is contemplating using it against her (which he does in the Fourth of July Holiday Special).**

Disclaimer: This is for entertainment purposes only. Jokes aside, there is still Covid out there, so it's important to communicate with loved ones as many return to pre-pandemic activities, there are many who still need to be careful. I know, it's been too long and too much but understanding and communication will help us all.

The Brina and Bob Quarantine Show Episode: Communication within an isolation pod can be tricky

This episode, Bob is happily only has one costume change, a pair of raccoon sunglasses for now, while Brina has all the changes. It begins with Brina in a blue mask with an orange mohawk. She speaks to the room, "Damn Terrans, and their damn virus, got it all over the galaxy now. Should've ate your ass when I had the chance!" Scene cuts to Brina wearing a full face mask with its own oxygen supply, "Stop threatening to eat me all the time! It's not cool man! Besides, it's not all Terrans, and I have been here on the ship with you the whole time!" Blue mask Brina responds, " You better watch your mouth boy! I'll get Mary Poppins on your ass!" The scene cuts to Brina in a full grey head mask about to eat a chip, but stops to say, "Wait, why would you go near his ass? Wouldn't the virus be on his ass too.?" The scene cuts to Brina in yet another full face mask, sharpening knives, "I am surrounded by idiots!" The scene cuts to Brina as Groot, and is dancing her heart out when she turns, and there is Bob with the scary grey head mask on. She freezes, hoping he does not see her.

Bob does see her, but does not care. This mask is hot and itchy and he is over it.

Disclaimer: This is for entertainment purposes only. We cannot express enough how important it is to have communication within your households during this time. If everyone is not on the same page, it can put people at risk and cause conflict. Please try to be transparent with the people you live and work with, if you are choosing to engage in at risk behavior, that is your choice, but it is the caring thing to let the people you are engaging with know, so they can make educated decisions.

The Brina and Bob Quarantine Show Episode: Mr. Rogers wants you to wear a mask

This episode begins with Bob at home, standing and waiting patiently by the door. Brina enters through the front door, looking kind and jovial in a silver grey wig and comfy sweater and her mask of course. He enters singing his famous song, slightly remade, "It's a beautiful day in the neighborhood, (she removes a mask), a beautiful day for a neighbor, could you wear a mask, would you wear a mask?" As she changes her shoes, she continues to sing, "It's a neighborly day in beautyhood, a neighborly day for a beauty, (she changes her sweater) would you social distance, could you social distance? Let's make the most of this beautiful day. Since we are together, we might as well say, would you be mine, could you be mine, won't you be my neighborhood?" She finishes her song with a neighborly hug to Bob, wearing a crown. **Bob thinks its a nice song and hopes Mr.Rogers' essence will rub off on Brina a bit.**

Disclaimer: This is for entertainment purposes only. Mr. Rogers' neighborhood is one of my favorite shows from my childhood. I would like to think that he would have been all for behaviors that show care for others and put health first.

The Brina and Bob Quarantine Show Episode: Brina in Covidland

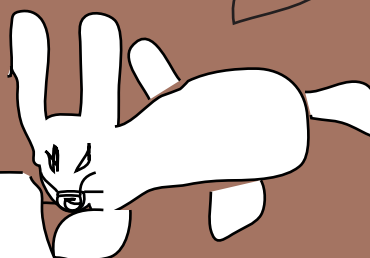
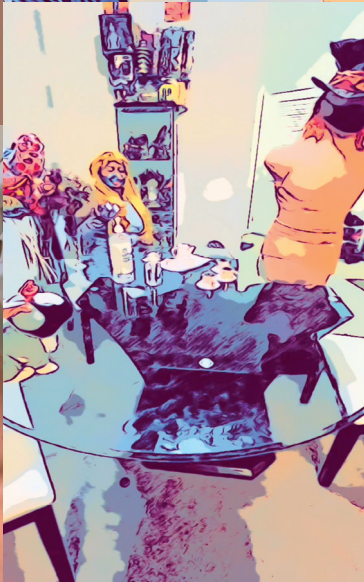
This episode is set up like a cartoon, with Bob in the mad hatter hat, Brina in a blond wig and blue dress, and a cute stuffed bunny all seated for afternoon tea, all wearing their masks. It begins with Brina, Lysol'ing the isshh out of everything. She talks to Bob, in yet another wonky british accent, "Oh Mad Hatter, Thank you so much for having our teatime be socially distanced and masked. I really appreciate you considering the issues we are facing during this pandemic. So excited to have tea with you." Brina pours some tea. Bunny hops over to them (Special guest star voicing Bunny is Ariel's mom, was so great to have her on the show), while saying, "How am I supposed to drink my tea with a mask on?" Brina gives her a sharp look and says sternly, "Stay 6 feet away!" Brina turns back to Mad Hatter Bob, "Mad Hatter what do you think?" Brina decides to voice for Bob and says, "Well since it is always teatime, I don't think it will be a problem, it'll still be teatime when the pandemic's over, just enjoy your socially distanced time, man!"

Bob was happy that another inanimate object got to be the brunt of one of Brina's jokes.

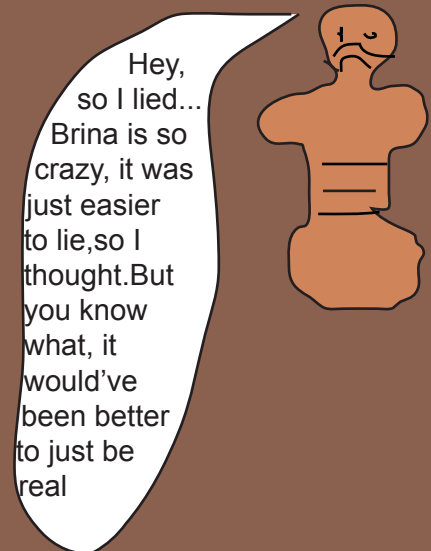
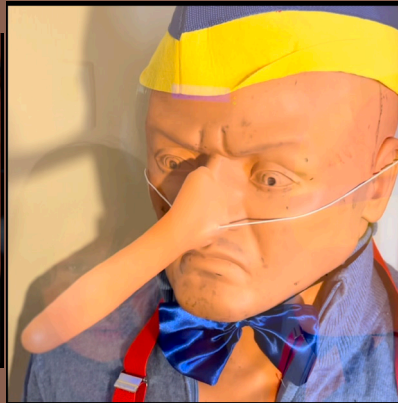
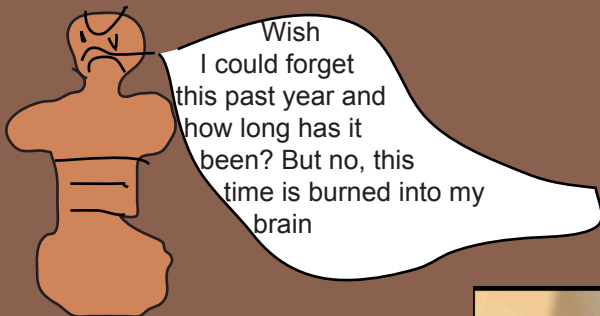
Disclaimer: This is for entertainment purposes only. Although many can now return to activities they enjoyed pre-pandemic, there are still plenty that cannot and should still adhere to social distance guidelines to be safe. Bob and I are still hard at work and like TV shows, many of our episodes are made in advance and will still air since we work so hard to make them. This is still relevant and a fun take on how these characters would have reacted to the pandemic.



Deadpool
thinks this book is cool and all
but can someone get Brina a F&5#@ job
in the arts so she can support herself
doing what she loves instead of work-
ing at some piece of shit job just to
survive.. also.. my episode is the best
F%&# episode, no contest!!!
Deadpool is the SHHHHH!



What is time?
(in a pandemic)
Tea time, shots time,
what is time?



The Brina and Bob Quarantine Show: People in Black?

The episode starts with both Bob and Brina wearing dark shades and Brina is wearing a black suit. She speaks to Bob, "Actually I have been enjoying our time in pandemic, Agent B. Less trouble for us because there are less people out and about less chances of sightings, seeing something they shouldn't, except for that idiot that told the world about UFOS all through 2020, we'll take care of that later.. But yeah, I am not looking forward to the world opening up...This means more work for you and me. (she turns toward the camera), you recording this? Ma'am, I'm going to need you to take a quick look over here." She reaches in her pocket, and pulls out a silver contraption and lifts it to eye level with the camera, and then a bright flashes before the camera... and all is forgotten. **Bob wishes**

Brina would flash that at him so he can forget their time in isolation.

Disclaimer: This is for entertainment purposes only. We are unaware of any organization monitoring extraterrestrials on planet earth. See, we denounced any knowledge of any organization, please don't mind wipe us!!!!

The Brina and Bob Quarantine Show: Bobnoccio needs to try transparency

The video starts with Brina saying to "Bobnoccio", Bongiorno Bobnoccio! Did you remember to social distance today?" Bob is dressed in a bright yellow hat, blue vest and bow tie, answers, "Yes I social distanced..." His nose seems to be much longer. Brina responds, "I don't think you did, did you at least wear a mask?" We cut back to Bob as he says, "Yeah, I wore a mask.." We watch is nose grow before our eyes. Brina puts her hands on her head in exasperation, "ARRGH, Did you at least wash your hands before you came into the house?" We watch Bob's nose grow ridiculously long as he says, "Of course I washed my hands." Brina is beyond annoyed with Bob, she sighs again, "At this rate, your nose will keep people six feet away.. ESTUPIDO!" Brina walks away in exasperation.

Disclaimer: This is for entertainment purposes only. Please, don't be like Bobnoccio.. If you are not vaccinated, please continue to social distance and mask when out and about. And everyone, I mean everyone. Should wash their hands.

The Brina and Bob Quarantine Show: But has she been tested?

Brina is checking her bow's resiliency while Bob looks on, with only one eye today. Brina speaks to Bob, "You know what Fury, If was really tough on me and the family, having to quarantine so long after the last mission. Honestly, been really great to be isolated at home with Laura and the kids, lots of family time, did some landscaping... it's been really great. I think I am going to chill, besides there are no supervillains right now, just regular villains. I am just a guy with bow, there's gotta be somebody else you can ask. Train somebody new? Has she been tested?"

Bob wishes there was something to get Brina on a mission or something that took her out of the house. She really is driving him up the wall, if only he had arms to use that bow and arrow on her.

Disclaimer: This is for entertainment purposes only. This character has the right idea, find the joy within your shelter in place (looked pointedly at Bob)

The Brina and Bob Quarantine Show Episod: Where's Brina? Sheltering in place of course

We begin the episode with Brina watching TV in a red and white striped shirt and red and white hat with Bob watching with her. Brina looks up and speaks to the camera, "Yeah, yeah, I know what you are thinking, you usually gotta look for me in a crowd or some mass gathering. Where could I be? I'm always hiding. Not really my thing right now. Wanna look for me now, this is where you will find me. Nice and safe and quiet... And chill." Brina takes a swig and goes back to watching TV. **Bob would give his right arm (if he had one) to get Brina out in the world, let somebody find her, as long as she is away from him.**

Disclaimer: This is for entertainment purposes only. Games where you have to look for a person in large crowds may be slightly triggering right now...

The Brina and Bob Quarantine Show Episode: There is love and there is safe behaviors...

Brina has a short wig and is holding a single red rose. Brina attempts a Shakespearean-esque accent, "Oh my fair love, allow me to climb this balcony so I can profess my love to you more and more." (sends air kisses toward Bob.) We can see Bob with a blond wig with a "balcony" backdrop. The scene cuts to Brina in the blond wig now, answering back, "Oh no my dear beloved, I cannot allow you to enter. Mercutio tells me that you have lost your sense of taste and your sense of smell. If we come together, we will bring a plague upon our houses and that I do not wish." She looks away trembling with emotion. **Bob is totally fine staying apart, he totally is for that.** **Disclaimer: This is for entertainment purposes only. Love is complicated enough, love during Covid, even more so. It is so important to have communication and if you can, be on the same page... otherwise you may have to isolate yourself apart from each other, only zoom and facetime dates if one of you has to quarantine from them to protect them.**

The Brina and Bob Quarantine Show Episode: Snow Brina likes to keep her isolation pod under eight

The episode starts with Brina in a colorful dress and raven wig, sweeping around the home, doing a little dance, and singing a little song, " Whistle while we work, a dotododotodo..." Bob is behind her with a scruffy beard. A large knock on the door interrupts Brina. "Who could that be knocking on the door, during a pandemic? Let's find out!" She wanders over to the door but when the scene cuts to the door, we see that Bob is now in the colorful dress! " Hello, whose at our door unannounced?" A voice (its Brina... duh) answers, "Hi there! I have a delicious red apple for you. Why don't you open this door and take a nice big bite?" Bob responds, "Ooh, I do like red apples... but is it organic? Is it sustainably grown? Has it been washed recently?" The voice responds, " Uh, I don't know any answers to these questions.. Just take the apple!!" Bob answers back, " No, I don't know you. I don't know if you have been vaccinated. If you were washed your hands before getting this apple.. Too many variables..and I am happy with my seven friends here.. Ok BYE!" **Bob actually can't eat so, he had no intention of taking any apples from any random people.**

Disclaimer: This is for entertainment purposes only. Now is not the time to let random people in your shelter in place and avoid unwashed produce.

The Brina and Bob Quarantine Show Episode: Brina finding an alternate isolation place

We enter this episode seeing Bob in a cat mask and Brina with a pale blond wig and a red headband. "Salem, I really don't understand why everyone is freaking out about a year or two trapped at home, Ambrose lasted 75 years trapped in the mortuary. We can definitely do a year or two trapped at home. But I have the best idea ever, what's the one place that the virus cannot follow us? Hell! That's are way out of this. We can all just go to hell! Great idea right? I know." Brina begins to dance in triumph. Bob does not dance. **Bob thinks this is hell, and the idea of another year of it, he is beyond terrified.**

Disclaimer: This is for entertainment purposes only. This time can definitely feel like hell, especially if where you are sheltering is unsafe or filled with conflict, if you have lost your job or have gotten sick. We should all consider how although we are all living in pandemic, not all experiences are the same and try to be understanding of that.

The Brina and Bob Quarantine Show Episode: Who can you trust? (during a pandemic)

The episode begins with Brina leaning on Bob, seeming a little off. Brina addresses the audience, "You know what, you don't need to wear a mask. Who needs masks? Let's all super gather together, who cares about social distance, you know what, make out with everybody!" A disembodied voice responds, "Hey you are not Brina!" Brina(?) laughs maniacally. The scene cuts to "Brina" transformed with a red wig and blue skin. She addresses the audience, "Took you long enough to figure it out! You have no idea how long I infiltrated the show, you don't know which episodes were Brina and which were me. So I finally got tired of it all, and decided to really go crazy so you would realize something wasn't right. I will continue to do so even with revealing myself, to wreak havoc and mayhem-" The scene cuts to Ant-Brina from a previous episode, saying, "Don't worry, I know what to do!" And throws a shrinking projectile. We now see the Brina imposter shrunk to a miniature size standing at Bob's base. The tiny imposter squeals, "But how? We are not in the same universe." A disembodied voice says, "Not yet. But this is also the Brina and Bob show, so anything can happen." The mini imposter protests, "What! No! I'm going to get big! I'm gonna-" A hand puts a glass globe around her to keep her from causing anymore havoc, while also suppressing her cries of protest. **Bob feels like Brina is just as crazy as this imposter and should be miniaturized and put under glass too.**

Disclaimer: This is for entertainment purposes only. Do not worry Brina and Bob show fans, the show is safe from any invaders. We still encourage safe behaviors, and as long as it's done safely, you can party and make out with who you like, whatever floats your boat.

The Brina and Bob Quarantine Show Episode: Who wouldn't want to time travel out of 2020-21

The episode shows a circle of stones and Bob standing behind it with a red wig and a plaid kilt. Brina appears in the circle magically. She rushes to Bob and exclaims in her muddled British accent, "Oh Jamie, I have returned. (she briefly hugs Bob) You won't believe it. I know the stones are supposed to only take me 200 years in the future, but it took me to the year 2020, I don't know why, I don't think I would still be alive at that time. But anyway, there's a virus and no one is following health guidelines. They have antibiotics and vaccinations and no one is listening, and people are just dying... I just couldn't be there anymore. As much as I would give my professional opinions, no one listens. I would rather come back here with you even though there are millions of diseases that could kill you, a paper cut could kill you because there are no antibiotics. At least people listen to me and my sound medical advice. Oh I am so glad to be back with you Jamie." Brina rests her head on Bob's shoulder. **Bob wishes that he could time travel from all this madness himself.**

Disclaimer: This is for entertainment purposes only. I have spent a lot of time reading about pandemics in the past, and we have come far in science and medicine but at the same time, many of the behaviors that kept people safe then, can keep us safe now, washing your hands, quarantining, masks and social distancing are all simple things one can do to keep safe. We also have vaccines that they did not have in the past, that allows those vaccinated some protection but this pandemic is still here and still taking lives because a lot of the world do not have access to vaccines and there are many who choose or cannot be vaccinated, they are all at risk and they still need to follow those safety behaviors that worked in the past.

The Brina and Bob Quarantine Show Episode: Isolation can be "Strange"

This episode we see Bob and Brina in conversation. Brina has a glorious cape, necklace, and goatee. Brina responds to Bob, "Wong! I am really tired of everyone giving me such a hard time about seeing 14 million six hundred and five potential futures and never mentioning the Coronavirus. Everytime I mentioned it, nobody listened. It's not like our lives changed much anyway Wong, we work at the sanctum, we live at the sanctum, we protect the sanctum. We are in the same place all the time. So, we have been basically sheltering in place even before all this. And if anyone comes within 6 feet of you or me not wearing a mask, I know what to do (Brina whirls her hands around in a defensive position). **Bob has to admit that he has always been isolated, stuck in one place all the time, if not for Brina's insistence of creating these episodes he might not have not noticed the pandemic at all.**

Disclaimer: This is for entertainment purposes only. Despite how frustrated you might be of someone getting within 6 feet of you without a mask, please do not attempt any time spells of defensive maneuvers, getting put in prison for assault will definitely lengthen your isolation.

The Brina and Bob Quarantine Show Episode: One way to react in a pandemic...

This episode begins with Brina in a curly wig, mustache and white flowy shirt. She addresses Bob, "My name is Inigo Montoya. You have come into my quarantine pod without a mask, (the camera pans to Bob wearing a mask just not the kind of one that would protect him from Covid), Prepare to die!" Brina raises a large sword at Bob. **Bob is not afraid. Bob knows Brina needs him for her videos, we all know what happened the last time she tried to replace him (see Teddy videos)**

Disclaimer: This is for entertainment purposes only. Please do not threaten people with bodily harm just because they aren't wearing a mask. That is a choice they can make, just like you can choose to distance yourself from them.

The Brina and Bob Quarantine Show Episode: Let down my hair? Maybe not...its a pandemic..

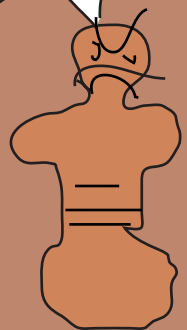
The episode shows us a tower. Then we see Brina in a green hat and white shirt, holding flowers, looking up at Bob with his long flowing hair up in a tower (use your imagination), and cries to her, "Dear princess let down your hair so I can join you in your tower so we can leave together and live happily ever after. The camera cuts to Brina now wearing the long flowing wig, and she responds, "Here's the thing, being stuck in a tower during a pandemic, is a great way to not get exposed to anything. I don't think I will be letting my hair down for anybody without at least a negative covid test. But I am actually all right up here, we get wifi for some reason, so thanks anyway." She waves goodbye. **Bob thinks Brina should go find a tower somewhere, he would pay for the wifi.**

Disclaimer: This is for entertainment purposes only. You should ask anyone who wants to share in your space, questions like, if they have taken a test recently, if they are at risk, questions to allow you to decide if you should mask around them, or distance. It is also a person's right to not answer your questions, but then you have a right to deny entry them like this character did.

mythique is a boss



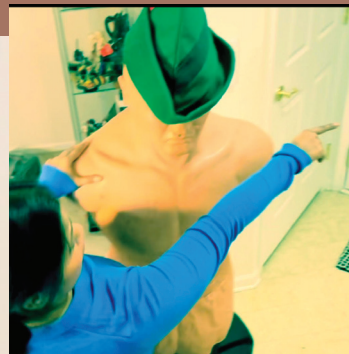
Bob totally understands not being listened to. Brina never listens to Bob, but no one listens to Brina, so its just a vicious circle.... people figure this all out so Brina can move forward in life, this pandemic limbo is making her nuts, and me nuts too... I just want to go back to being a normal martial arts dummy!





That was

Brina plays



The Brina and Bob Quarantine Show Episode: Brina the Covid misinformation slayer

This episode shows Bob in a loud 90's style Hawaiian shirt and Brina is in a Sunnydale High tank top, a blond wig pulled back into a ponytail. She talks to Bob while sharpening her wooden knife, "You know I don't mind this pandemic so much and having to be in quarantine. Vampires can only go into your home if we invite them in and because of social distancing and sheltering in place, people aren't inviting people over, so less bloodshed. I can be a normal high school teenager! Except that I have Zoom classes, and there is no prom or graduation ceremony. But hey, there is also less killing. Although I could use more hands on practice." (Brina does a spinning knife jab combination on Bob.) **Bob doesn't mind this video so much. It is very reminiscent of their original relationship, her practicing her martial arts on him.**

Disclaimer: This is for entertainment purposes only. There is no concrete evidence that vampires exist, but hey none of us expected that 2020-21 would turn out like it did, so better to be safe than sorry. Also, maybe not stab people with wooden knives unless you confirm they are vampires.

The Brina and Bob Quarantine Show Episode: Isolation of a higher class

This episode sees Brina in a flapper dress and a short bob wig and Bob in a butler costume. Brina is smoking a fancy cigarette and is playing solitaire. Brina speaks in what she thinks is an upper class British accent, "Would you let them know to bring tea now, I am feeling a bit peckish. There is no one down there, they have all been quarantined! Oh bother, what am I supposed to do for lunch? Make it myself? A liquid lunch it will be. I do not understand how they expect us to survive with only our family to take care of us. I can barely stand my family and now they are all I see all day and all night and what are we supposed to do with our time? Read? I read everything in our library. Play cards? Could you imagine if there was more to do if you were stuck in our homes. Let me not be silly, this is all there is and all there ever will be..." Brina sips a glass of wine and looks off into the distance. **Bob would not mind if the internet did not exist because then there would be none of these videos, but he is aware that he would probably not exist, and he would rather exist.**

Disclaimer: This is for entertainment purposes only. This episode was a reminder how lucky we are that while we had shelter in place we had so many options of entertainment and things to do with our time. We have the internet that allows us to stream movies, TV shows, and music as well as allows us to read more books than most could keep in their home. We have running water and electricity. Well, most of us do. There are many out there that do not have access to luxuries like the internet, or even necessities like clean water and electricity. What would you have done if you did not have access to the things that help you get through the pandemic? I know I would be going more crazy than I already am. Bob and I are truly grateful to have access to the internet, electricity and running water.

The Brina and Bob Quarantine Show Episode: Isolation of a higher class, super old school

We enter this episode, seeing Bob in his butler costume and Brina has a huge beehive wig and is lounging on a sofa with her afternoon tea set in front of her. She takes a sip of her tea and spits it out, "UUGGGHHH! This tea is ghastly! Bring me another cup! Can't get any good help nowadays with the virus killing them off in droves! Ruining the season, I tell you! How is any young lady supposed to get married with a virus underfoot? At least we can survive off of Lady Whistledown's social column to keep us sane and find out who has the virus, who has not made it and who has and who is following the rules and staying at home like the Bridgertons. Of course they are, there are so many of them, they don't need to see anyone else. If not for the column, what would we do for fun? What would we do if we didn't have Lady Whistledown?" Brina takes another sip of tea, "Ugh I forget this is disgusting!" Brina slams the cup down. **Bob wonders why Brina doesn't just add some whisky or vodka to the tea, it's not like she is driving anywhere.**

Disclaimer: This is for entertainment purposes only. This is another episode imagining what it would be like to be isolated without modern conveniences. Again it makes us feel extremely lucky, and I am sure you do too... Because if you did not have the internet you wouldn't be able to watch the show.

The Brina and Bob Quarantine Show: I just don't want to Covid, Savvy?

This episode Brina and Bob are dressed as pirates. Brina starts to speak, "There is not a lot of pirating and treasure hunting going on right now during the pandemic. (She holds up a gold compass) This is supposed to tell me my heart's desire. My heart's desire is to stay away from the virus, savvy? (Brina points the compass at Bob) Oh, looks like you have the virus my friend." The scene cuts to Brina running in fear. **Disclaimer: This is for entertainment purposes only. If only we had a compass to tell us who has the virus so we did not have to have awkward conversations around it.**

The Brina and Bob Quarantine Show: Protecting the at risk and elderly of course

This episode we only see Brina, who is wearing a red hood and holds a grocery bag. "Oh I am so excited to bring these groceries to my grandma's house. Since she cannot leave her home during the pandemic, it's just not safe. It is so important to take care of our friends and family who are at risk during the pandemic and just help each other. I am just happy to do my part." She does a little spin and heads to grandma's house. The next scene we see Bob in a wolf mask and a grey robe. Brina knocks on the door and says, "Grandma, grandma it's me! I've come with groceries for you." Bob responds, "Oh thank you so much my dear. Why don't you come in from the cold?" Brina answers, "No grandma, I can't. It is a pandemic. It's too dangerous. I could get you sick." Bob retorts, "Oh that doesn't matter to me, I just want to eat, I mean see you." Brina responds, "I can't grandma, but I have some fresh steaks for you." Bob the wolf masquerading as a grandma answers, "That will have to do." **Bob really did not want to play a wolf. As much as he would not mind Brina being eaten by a wolf, he is not really for this wolf's underhanded way of tricking his prey. But Bob knows in this show, he has very little say so he says nothing.**

Disclaimer: It is important to care and look out for our communities especially those at risk. And now with cases rising again, those who are still at risk will need the support.

The Brina and Bob Quarantine Show: At least in a pandemic, no one is trying to eat your house

This episode shows Brina and Bob "walking through the woods". Brina hums, "Lalala.. Walking through the woods. (Brina gasps) Hans, look! It's a haus! Made of candy and cookies, I want to eat the house! Wait a minute, it's a pandemic. We don't know if they are washing their hands, or sanitizing things properly or wearing a mask. We should not eat that house. There is lots of candy and cookies at home. It's a pandemic so many snacks. Let's go home and eat there. Ya ya ya! Lalalala..." The scene cuts to the candy and cookie house. The house speaks, "Stupid pandemic. Can't capture any kids who try to eat my house because of it. Everyone just stays at home and stays away. Nobody wants stranger candy because maybe it's not sanitized. I hate this pandemic." **Bob hates this pandemic too but is glad this house is not made of snacks, there would be no house left.**

Disclaimer: This is for entertainment purposes only. Pandemic or not, it is never advisable to trespass on private property, but we do believe capturing trespassers and eating them is a bit extreme

Brina and Bob found solace in music, and there were some songs that were just asking to be remade into songs that would encourage others to social distance, shelter in place, and wear a mask. Here are episodes dedicated to parodies of popular songs remade for the pandemic. Thankfully, if you are just reading and not watching the videos, you are not subjected to my singing, which used to be better but I haven't been keeping up with my voice work outs (naughty ,naughty Brina.)

The Brina and Bob Quarantine Show: Song Remake episode: A satire of "all by myself"

Brina sings , "All by myself, Bob's got me dancing all by myself, I don't wanna dance all by myself,... (stops singing, starts talking) I know what I can do! I can take dance classes online. [She names several different online options] I can still dance! Even though it will still be...(she sings) All by myself... (she says) virtually, I won't be, (she sings) all by myself!" **Bob wishes he was all by himself.**

Disclaimer: This is for entertainment purposes only. Please excuse my singing, should have spent more time on it and less time with my whiskey. If anyone has any ideas to getting Bob to move his money maker, lemme know, I'm really tired of dancing... ALL BY MYSELF!

The Brina and Bob Quarantine Show: Song Remake Episode: " Gangsta's paradise", Covid Edition

Brina starts "spitting" : As I walk to the valley of the shadow of Corona, I look at my life, and realize I ain't got one, cuz I've been snacking and drinking for so long, even my mama thinks my mind is gone, I really wanna go, but I hafta stay, Stuck in the house every goddamn day, And I know this rap really sucks, but you know what suck more...Covid 19 ... sucks!" and Brina makes her famous dramatic exit. **Bob thought the rap did suck, but yes, covid19 sucks more.**

Disclaimer: This is for entertainment purposes only. This is not a demo tape. I have no interest in pursuing a career as a rapper and neither does Bob, no matter how much this sucks, Covid19 sucks more!

The Brina and Bob Quarantine Show: Song Remake Episode: " I'll stand by you"

Brina sings directly to Bob. "I'll stand by you, I'll stand by you, won't let nobody hurt you. I'll stand by you. I'll stand by you, even though you won't dance with me, I'll stand by you, no, I'll dance by you! (she dances by Bob) I'll dance by you, even though you won't dance with me, I'll dance by you , I'll dance by you." **Bob was asleep the whole time, this guy sleeps alot.**

Disclaimer: This is for entertainment purposes only. I have no rights to butcher this song, but in my darkest hour... Bob did nothing!!

The Brina and Bob Quarantine Show: Song Remake Episode: " We will mask you!"

Brina is standing above Bob and uses Bob to make the beat by tapping on him in between claps, "Buddy, you are boy, big sick, playing in the streets coughing all day, you got no mask on your face, you big disgrace, spreading your germs all over the place, we will, we will mask you !, we will, we will mask you!"

Bob actually found this song quite catchy.

Disclaimer: This is for entertainment purposes only. We do not recommend singing at people when you see them maskless, we recommend staying away from them. Please do not "mask" people either, that would be violating the at least 6 feet of distance that you need to keep for social distancing and it is better to keep that distance than attempting to correct choices of others... even if it means staying in quarantine forever (slowly dying inside)

The Brina and Bob Quarantine Show: Song Remake Episode: " You might just get.."

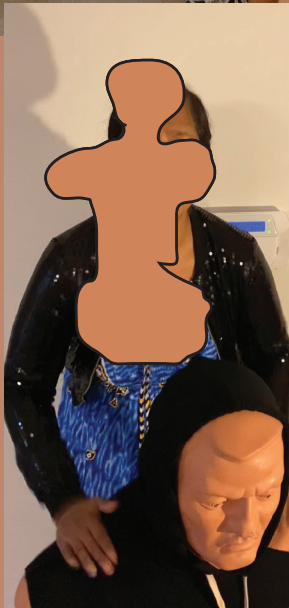
Brina sings, "You don't always get corona, you don't always get Corona, But if you don't wear a mask, and don't stay 6 feet, you might just get Corona, you might just get Corona, so wear a mask, and social distance, so nobody gets Corona, so nobody gets Corona." She then states, "Please people, as different countries and states reopen, wear a mask, social distance, and enjoy your summer." **Bob wishes Brina would social distance from him**

Disclaimer: This is for entertainment purposes only. You should still wear your masks and social distance, but its important to know that even with these safeguards, the virus is still out there. Stay safe out there, folks.

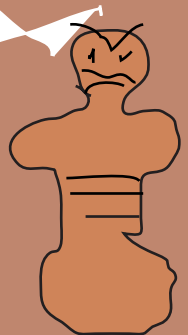
The Brina and Bob Quarantine Show: Song Remake Episode: " No, No, No, Why am I singing?"

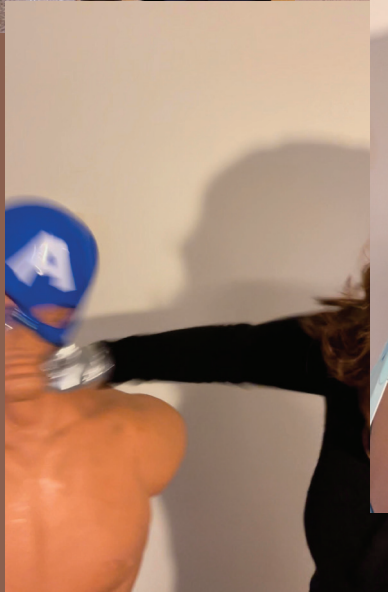
Brina all dolled up sings,"First I was afraid, I was petrified, that you would come near me without a mask and stand by my side, But then I grew strong, and I got a mask, and I don't need you coming here without a mask, I say no, no no no no-o, I don't need you anymore, you go home, stay home, stay ho-ome, if you don't have a mask, stay home, I say ni, no no no no-o, without a mask, you can't come here, no more! **Bob wishes not wearing a mask is enough to be banished away from Brina's singing.**

Disclaimer: This is for entertainment purposes only. I am a bit petrified during this pandemic, but aren't we all.



If
Brina gonna
keep singing, we need to
start a go fund me for voice
lessons, because if I had ears, I
would not enjoy all the rehearsals
for these song remakes





The Brina and Bob Quarantine Show: Not even magic can save you from covid

This episode begins with Both Brina and Bob standing before an altar. Bob is wearing a long wig of raven tresses. Brina is reading from the "Book of Shadows" and then begins to use the ingredients on the altar to make a spell or potion. She speaks to Bob, "Alright, I have done the spells to protect the house and the people in it. And right now I am making a spell to get people to stay 6 feet away from us and make the people who have the virus glow purple, I just like the color purple. I am trying to use as many spells as I can to help people during this pandemic but honestly I feel like if people listened to actual medical professionals, we wouldn't have to use all this magic to help out." The scene cuts to a birds eye view of the altar as Brina continues to make potions.

Bob wishes there was a potion to make him disappear so he didn't have to make any more videos.

Disclaimer: This is for entertainment purposes only. As much as we want a magical solution to this pandemic, the sad truth is that it is a long road ahead and we still need to be cautious and as safe as possible.

Brina and Bob Quarantine Show Episode: Finding good uses for your time in isolation

This episode shows Brina dressed in a snazzy detective hat and is brandishing a long kali stick. She starts speaking, "I don't know why this quarantine has you in such a foul mood. I have solved over 500 cases via Zoom and Facetime without ever leaving home and I have been able to work on my single stick, which is quite grand. To me, quarantine isn't so bad at all. Don't you think?" **Bob is actually extremely happy with this episode because in this episode he is playing himself, a martial arts dummy and it is almost as if things have gone back to normal.**

Disclaimer: This is for entertainment purposes only. Everyone's time in quarantine is different some people were super productive, learning how to bake bread or a new language, for others it was not so great and just getting through was hard enough. We applaud those who made the most of their time in pandemic but we also empathize with those who struggled, because Bob and I definitely struggled too.

The Brina and Bob Quarantine Show Episode: This episode is a groovy treat

Here is another episode that looks like a cartoon. Bob has on dog ears and nose, maybe a tail? Brina has on a red wig and a groovy outfit. Brina speaks, "I mean it's been tough being out of work, it's really hard to solve mysteries if you can't go there. It has been nice to stay out of the van, it was getting kind of stuffy in there. Luckily Velma figured a way to help us solve mysteries via Zoom and online so we can get back to work. It is not the same, I do miss going out with the gang and solving mysteries. (To Dog Bob) You also need to watch your snacking too, you have gained some of those pandemic pounds. It will be ok, you just have to be a little more patient." Brina then begins dances in a groovy way that matches her groovy outfit. **Bob is offended, there is now way he has gained any weight during the pandemic since he does not eat. He thinks Brina is just deflecting.**

Disclaimer: This is for entertainment purposes only. Please do not pandemic body shame, it has been a rough year and how many months? This is not the time to make people feel bad about how they look.

The Brina and Bob Quarantine Episode Show: Quarantine Amnesia (no not a side effect from mask wearing)

This episode we see Bob in a Captain America mask and Brina in a long haired wig, a mask, and a silver metallic arm. Brina speaks, " I don't understand what the big deal is about having to wear a mask, I'm literally always wearing a mask. I have done a lot of things with a mask on. Wait? Who am I? Who are you? Screw this!" Brina punches Captain America Bob. **Bob is happy, yay!, another video where he gets beat up like he is meant to.**

Disclaimer: This is for entertainment purposes only. There is no evidence that over wearing a mask will give you amnesia.

The Brina and Bob Quarantine Show: Wishful escape to another shelter location, maybe not

This episode we see Brina dressed in green with a felt hat hanging out with Bob who has invisible fairy wings. She speaks directly to the audience, "Hey there! Are you tired of the pandemic? Are you tired of Zoom classes and chores and being stuck at home? I got a place for you to go. Join me and Tinker Bob in Neverland! Where you can play and never grow up. Only thing is, if you hear ticking or a clock you should hide. What is a clock? What is ticking? (She whispers to Bob) I don't think these Gen Z kids would make it. (back to the audience) Nevermind about coming with us. You stay at home and study. Lets's get out of here." We end this episode with just Brina's shadow.

Disclaimer: This is for entertainment purposes only. We do not know if Neverland exists, but I would not follow any strangers anyway if I were any of you.

The Brina and Bob Quarantine Show: Maps that direct us away from the virus

Harry Potter Bob and Hermione Brina are back! Yay! Brina says to Bob, " Well 'arry, Since the virus has grown so far it's not just in the Muggle world but is in our world too, I have readjusted the Marauder's Map so it can tell me who has the virus in Hogwarts and help us stay safe. (Brina opens the map) Oh, Oh. Oh dear, (that map is very big and apparently full of people with the virus) Harry... (Brina begins slowly walking away) It might be better if you quarantine yourself for a little while. I am just going to go back to my room (Brina fumbles with the map) and magically cure this virus. Mischief managed! Bye Harry!" Brina runs off. **Bob is glad to see her go.**

Disclaimer: This is for entertainment purposes only. We all wish for a magical cure, but unfortunately, all we have right now is vaccines and safe behaviors.

The Brina and Bob Quarantine Show: Song Remake Episode: "Wear a M.A.S.K. Now!

Brina speaks to her children viewers, "Hi there boys and girls, and adults who may need to know this song too. We have a great song to help you when you go outside, Brina sings and gestures with her hands, "M. A. S. K., M.A.S.K. (she makes the letter shapes with her hands and feet), stay 6 feet away! (she holds up 6 fingers), stay 6 feet away! M.A.S.K, M.A.S.K., stay 6 feet away, stay 6 feet away!" She then speaks to the children, "So when you see mommy when she sees her friends, M.A.S.K stay 6 feet away! When daddy has to go to the store, remind him, M.A.S.K stay 6 feet away. And whoever your guardian or parental unit is, remind them, M.A.S.K!" Bob stands Brina, grateful he has no appendages, so doesn't have to create shapes with her as she sings this song.

Disclaimer: This is for entertainment purposes only. This episode is kid friendly, so the whole family can enjoy.

The Brina and Bob Quarantine Show: Song Remake Episode: "90's vibe as we wear mask"

Brina, dressed in 90's fabulous sings, "I wash my hands, and I wear a mask and stay 6 feet away, cuz I love my friends and family and just want them safe, I wash my hands, and wear a mask and stay 6 feet away. It's not my political view, there's really a virus out there. I wash my hands, and I stay 6 feet away and wear a mask, I'm not trying to scare you, but there's a virus out there, and if we don't take care, it'll keep going, on and on and on, the virus, on and on and on, the virus, wash your hands, or there'll be a virus, I wash my hands, and I wear a mask, and stay 6 feet away, please help me out, and do the same." **Bob wishes for simpler times, like the 90's when he was a regular, every day martial arts dummy.**

Disclaimer: This is for entertainment purposes only. Again we have no rights to any songs except to enjoy them ! Also, for 20 seconds didn't work musically, but please wash your hands for at least 20 seconds.

The Brina and Bob Quarantine Show: Song Remake Episode: "Tell me why!! (do i keep making bad song parodies)

Keeping with the old school jammers, Brina sings, "Tell me why, you won't wear a mask, tell me why, you won't wash your hands, tell me why, you won't stay 6 feet away, I don't wanna hear you say, you won't stay 6 feet away, scratch that, don't tell me why, you won't wear a mask, don't tell me why, you won't wash your hands, just stay 6 feet away, and then I know that I'm ok."

Bob is not ok, this pandemic has taken a toll on the big lug.

Disclaimer: This is for entertainment purposes only. Really hope at this point of the pandemic, these videos are still entertaining.

The Brina and Bob Quarantine Show: Song Remake Episode "nananana wear a mask!

Brina sings to the viewers, "Nanananananananananana, nanananana.. You see someone not wearing a mask, turn around.. They get within 6 feet, turn around, don't wash your hands, turn around. Nananananananananana, nanananana..." She points to Bob as if to tell him to take the next verse and sing. **He, of course, does not.**

Disclaimer: This is for entertainment purposes only. We have no rights to any songs, nor should we... cuz we destroy them. But it's a catchy way to turn around when people get too close.

The Brina and Bob Quarantine Show: Lean on me... But from 6 feet away...

This episode Brina sings (oh no!) another remake, while Bob quietly watches, "Lean on me, But from 6 feet away.. I'll be your friend, as long as we are socially distanced... I'll remind you to wear a mask, and wash your hands, for at least 20 seconds... So you can lean on me when you need a friend... As long as it's virtually... Lean on me (tenor) virtually... Lean on me (soprano-esque) virtually (baritone)... lean on me (alto) VIRTUALLY (falsetto)..." **Bob does not want Brina to lean on him, or lean on her, he would prefer if she just kept 6 feet away, unless she goes back to punching and kicking him.**

Disclaimer: This is for entertainment purposes only. As much as I miss all of you, we still need to spend a little more time in distance and unfortunately for me, a little more time with Bob.

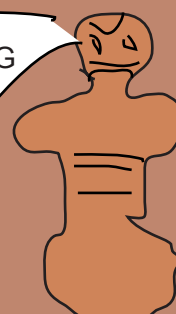
The Brina and Bob Quarantine Show: "What a Wonderful Phrase!"

Brina sings, "Wear a mask please! Is it a wonderful phrase, wear a mask please, it's just to be safe, wear a mask please, means you care a lot about other people, wear a mask please, wear a mask please, wear a mask please, wear a mask please, and we will too! So pleeeeeease, please, please, please, wear a mask too!

Disclaimer: This is for entertainment purposes only, We have no rights to the original song, except the rights to love it!



STOP FRIGGIN SINGING
BRINA!!!! They get it, wash your
dang hands, social distance, quaran-
tine if you are sick and wear a mask!
Please people, help me, let this
pandemic
end so Brina can just
stop...



Literally in the beginning of the book, make it easy to check out the great texts that I engaged with-**Bibliography**

You really need help finding an introduction ? It is in the beginning, like it says -**Introduction**

Close your eyes and “touch the first couple of pages, one of those is this chapter”...the pages are also pink-**Researching Touch/Before/During Pandemic**

Please sanitize your hands before reading this chapter, it's right after touch, so wash your hands before you touch this-**The Study of Pandemics: Looking Back to Look Forward**

Do you really need help finding an angry rubber man?-**The Birth, Growth, and Evolution Of “Bob”**

All those pages right behind this section -**Snapshots Of the Brina & Bob Show**

Right next to this page-**Epilogue**

Right after the epilogue-**Captions/Illustrations**

At the end of this book, duh-**Endnotes**

(Now you know what you just read... you can go back if you like...I would..)

EPILOGUE

Hello dear readers! I am still in it. We are still in a global pandemic trying to find ways to continue to live, connect, and communicate with each other. I am still trying to find my way through the trauma but I know that having understanding of my body, of its reactions to trauma and being open to communicating with the people around me about choices made during a pandemic will help me find my way through, to not just survive this pandemic but to find the possibilities of joy and hope during a very scary time. I look forward to a time where the pandemic is finally behind us but until then, Bob and I will continue to do our work and share our messages of humor, hope, and care.

Captions/Illustrations

Photos in this book are the property of the Brina and Bob Quarantine Show and owned by Sabrina (Bob owns literally nothing.)

YOU DID IT! YOU FINISHED THE BOOK! Or you are one of those jerks that just skims through, Brina put a lot of work into this, and there are parts that are really informative and more importantly parts that are friggin hilarious. At the very least, don't act like you read it, if you didn't because Brina will know. Bob will definitely know.



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