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Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today. It is day 25. If you are one of the Chase the Funnners who are all going through my latest devotional *Chase the Fun* together, happy day 25 out of 100. A quarter of the way there.

Now listen, here's the thing. It is not too late to join in. Go ahead and grab yourself a copy of *Chase the Fun* wherever you love to buy books, click on the link in the show notes to join our group. The days are pretty quick to read. And I promise you, you can either like catch up or you can just jump in on day 25 and move forward. It will not be a problem at all.

So what we learned from *100 Days to Brave* is that the secret sauce to these 100-day journeys is finishing. And we finish better if we finish together. So the more the merrier.

Come join us. There's about 3,000 of us going through it together right now. And you don't need to miss another day of it. So grab your copy of *Chase the Fun* and join us at the link in the show notes below.

Before we dive into today's conversation, I'd love to tell you about one of our amazing partners, the [Talk About](#) resource from Awana. Okay, parents, I hope you saw the list of devotionals we linked to in our August MiniBFF email recap. If not, you can sign up for that as well in the show notes so you get that monthly MiniBFF newsletter.

I love sharing resources with you that are going to help you have gospel-centered conversations with the MiniBFFs you're raising, which is why I love partnering with Awana to share Talk About with you.

Talk About, which is the new family devotional resource from Awana, helps you lead your kids through the gospel and talk about prayer, worry, forgiveness, and more with the truth of God's Word.

In today's culture, peers and the media are competing for your child's attention, but Talk About helps you replace that influence with the gospel through daily faith conversations at home, in the car, or wherever you spend a lot of time with your kids.

Talk About is conveniently delivered right to your inbox each week. It includes a simple yet thorough conversation guide to share scripture with your family and

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weekly hands-on activities to apply God's word to everyday life with your kids all week long. Bonus materials include coloring pages and memory verses, parent prep videos, playlists,, and more.

Help your kids belong to believe in and become lifelong resilient Disciples of Christ today will Talk About. Try one free month with the promo code TSF on talkaboutdiscipleship.com. Again that promo code is TSF, like That Sounds Fun, on talkaboutdiscipleship.com.

Intro: Today on the show, talk about discipleship, I get to talk with my dear friend, fellow That Sounds Fun Network podcast host, frequent repeat guest on this pod, incredibly talented singer-songwriter, a fellow soccer lover, and truly one of my very best friends, Dave Barnes.

Dave is here to make his belly laugh, but also to talk about his latest project called *Remembering: Greatest Hits Acoustic* in which he revisits all of his classics, all of your favorites, and my favorites in a stripped-down back to basic style.

I love the songs. I've lived these songs along with Dave and his wife Annie and their kids. I love hearing the songs this way and I know you will too.

We go every which way on this podcast, so buckle up everybody. You're about to get Annie Downs and Dave Barnes wide open. Here we go. Here's my conversation with my friend Dave Barnes.

[00:03:27] <music>

Annie: Mr. Barnes.

Dave: Yes.

Annie: Welcome back to That Sounds Fun.

Dave: Thank you for having me.

Annie: Well-

Dave: I didn't know if you'd ever let me in the building. I did have a moment-

Annie: You aren't welcome in the building.

Dave: Is that why we're in the parking lot?

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Annie: Yeah, yeah.

Dave: When I walked in here I was gonna say this to y'all, to the gals that were all in here chatting-

Annie: We lunch together.

Dave: You lunch together.

Annie: That's why.

Dave: I opened the door and I had a real moment of like, "What if this is not right?" You know that feeling?

Annie: You thought it might be the wrong time in the wrong place.

Dave: Period. Everything. Everybody sort of looked and I was like, "Oh, no, no, no, no, no." And then thankfully Fallon was like, "Dave," and I was like, "Okay, even if you're lying, I feel accepted."

Annie: Oh, they do know me. Tell me what you'd have done in your scenario if this was your lunch.

Dave: Okay.

Annie: I ordered a Chick-fil-A salad-

Dave: Love it.

Annie: ...I ordered a Chick-fil-A fry and I ordered a Chick-fil-A drink. Do you know which one didn't show up?

Dave: Salad.

Annie: You wish. The fries didn't show up.

Dave: Oh gosh.

Annie: And they said, "Do you want them to deliver them to you, do you want to reorder or do you want a credit on your app?" What would you do?

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Dave: A credit.

Annie: Me too. What a letdown!

Dave: You can't-

Annie: I couldn't make the guy drive it again. He had already driven in once.

Dave: No offense but it's already a little suspect because fries need to be consumed pretty close to the making them.

Annie: There's a better word.

Dave: Did you see me trying to figure out the word?

Annie: Yeah. What is it? The deep frying? No.

Dave: To the birth?

Annie: From birth. They need to be very close to birth. So, I don't know.

Dave: You're already playing a really dangerous game there. So then you just double down and get another. Then it's just... It's too much.

Annie: I know. And I've just noticed... Have y'all noticed this at your house, that they are starting to like tape up bags? Restaurants are starting to tape up bags-

Dave: No.

Annie: Yes. I think people were messing-

Dave: Because of birds?

Annie: What?

Dave: Because of the birds?

Annie: Yeah. Why? Keep going.

Dave: Like as they're walking to the front door, just these pigeons and crows are just dive bombing the bags.

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Annie: I bet that's why.

Dave: Look, here's the thing. In New York, I think they do that maybe. I'm making it up but there's crows...

Annie: Those New York crows cannot be stopped.

Dave: Which was the name of the band when we were in high school. I feel like—I don't know this for sure—I feel like because they're smart... Crows are smart. That's true. This is a true story. Did you know that?

Annie: No.

Dave: Crows are crazy smart. Crows are crazy smart.

Annie: I knew they were smart enough that you have to distract them with a fake person to not eat your corn.

Dave: So that's what I'm saying. They're smart. They're really smart. You can look this up. So I feel like maybe it could be true that they are like, We now-

Annie: What if people Google "are crows smart?" and it tells them straight to your website, and it's something you've built?

Dave: Again, just arecrowssmart.com. I feel like that could be a thing where they start noticing the pattern of the Chick-fil-A. Which then this gets really weird because then they're eating like their brothers and sisters. Did we get here that quickly? Because we did, didn't we?

Annie: Well, we talked about the birth of a potato. The lifecycle is really good.

Dave: Yes. Yes.

Annie: So maybe it's because of birds. And also maybe it's because people were messing with people's food.

Dave: I like the birds better.

Annie: I like the birds better. The birds feels better. Two Enneagram sevens, the bird feels better. Does that make any crazy what you want to do?

Dave: No, it's wonderful.

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Annie: Okay. You can tighten or loosen or what have you.

Dave: No, that's what's like life.

Annie: What do you mean?

Dave: "Tell me more about that." Sometimes it's loose, sometimes it's tight. And sometimes you're like, "I just don't care. I just want to keep going."

Annie: I just want to live. I just want to keep going. Wow.

Dave: So this is my new book. It's called Just Keep Going: When Life is Too Loose or Tight.

Annie: When life is too loose or too tight, just keep going by David Barnes. Dave, Danville coming up on 100 episodes.

Dave: I know. I know.

Annie: Are you so proud?

Dave: I don't want to give it away-

Annie: Such a good show.

Dave: ...but we have somebody that's going to be interviewing us that we are just over the moon about.

Annie: We are so grateful. She was available whenever they said they were.

Dave: They were like, "We didn't even know you guys are. What is Danville?" That is what it autocorrects to.

Annie: All the time it does on my phone too.

Dave: It does.

Annie: We don't do this very often and I really don't talk about a lot of my show, but we'd like to mention one of your sponsors, Manscaped.

Dave: Get in there.

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Annie: Dave, y'all's ads for Manscaped are hysterical.

Dave: So here's the thing. I mean this. One of the great things about being on the network is that, you know, we have advertisements. So we actually get to make money doing the podcast, which is such a gift because we love doing it anyway.

And genuinely when John and I started years ago that was never in purview. We were not like, "We're gonna make some money from doing this." We just really enjoyed doing it. So one of the great things about being with y'all is we have ads.

So when, you know, y'all send it down the chain, it's like, "Hey, we've got some people interested. Do these sound right?" Manscaped was like one of those. It was an interesting moment because we were like, "Okay, we're men and..." Was I about to say we scaped? But stay with me. So we thought, "Okay, you know..."

And the thing is they have great products. They really do. It's like their stuff is really great. But it's very specific to men. Intimately specific to men. And so we get the ads, Jason Shadrach, who is our producer and writer, who is hysterical, I feel for him because I know what he's getting. Because even the name of the products are just hysterical. But they're a little on the nose.

Annie: They're a little punchy.

Dave: They're a little punchy. So John and I always get so excited. We did that this morning when we opened up that file and we're like, "Let's see. Let's see what he does and doesn't say and then in turn see what we do and don't say." But it's really great stuff. That's the thing.

Annie: It's the funniest ads.

Dave: Oh, my gosh!

Annie: I hope our friends are already following Dadville on Instagram because y'all will often do your ad reads live.

Dave: Oh, yeah.

Annie: I mean, it just makes me hollers. It's so funny.

Dave: I don't know why. We have so much fun doing them.

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Annie: And that makes them better. If we're telling the truth about the thing that we're... I mean, every ad that any of us read we buy the product first.

Dave: Oh, we vet. We always vet, yes.

Annie: Y'all are picky.

Dave: Oh, well, listen, we are highfalutin.

Annie: You're like, "Manscope, not interested. Manscape, we'll do."

Dave: The telescopes for men, we're not into that. Okay. We're into Manscaped. There's a lot of jokes there. I mean, again, we read this morning and we saw it and we're like... We purposely don't read them. Part of the fun why we like doing it live or reading them is going, "We're just going to try to nail this on the first day."

Annie: It just makes me so happy when I'm listening to an episode because y'all be talking and doing and then you'll say, "Hey, John. Hey, Dave." And I'm like, "Oh, great."

Dave: "Here we go."

Annie: "This is gonna make me laugh."

Dave: One of our goals with Dadville is we want people to listen to the ads. I want it to be funny or at least engaging and sound like we care because we do it. So it's always like, How can we make this as fun as we can? And then you get somewhere like... Oh boy, this has gotten too fun for this particular...

Annie: We need to move forward.

Dave: Yeah, yeah. But yeah, those are especially-

Annie: Yay for Dadville. That's great. We vacationed. Your family invited me on vacation this summer. It was the best.

Dave: So fun.

Annie: Can we talk about the temperature of Walt Disney World at the end of July?

Dave: Do you mean emotional or spiritual or?

Annie: I've said to people, by the end of day two I didn't feel like a person.

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Dave: Oh, gosh.

Annie: I felt like something was wrong with actual body.

Dave: First of all, I want to give some big shout-outs to you. Because who was the winner on that trip? And that was AD, because you came in there and you were smiles.

Annie: I was the winner. It was so fun.

Dave: But you were smiles. Nothing. You just couldn't be... The kids. It didn't matter. You were just smile. And you were helpful.

Annie: I mean, if any of the kids said, "Let's try that again." "Okay."

Dave: You were in. You were in. You were the best. You were so much fun to be there with.

Annie: Oh, thanks. It was really fun.

Dave: A few people asked, like, "What is it like being in Disney World in July in Orlando?" And I had to revert... I knew this from Georgia. Like I had to revert back to my Mississippi years where it was like the first five minutes of being at it, you're miserable. And then your body kind of goes, "All right, let's just start sweating." And then you forget. Literally, you're like-

Annie: Yeah, totally.

Dave: But the problem is once you go into the ride and get cool-

Annie: And then come out-

Dave: ...you have to do the reintegration into the world again, and it's miserable for another two minutes. And then you're like, "Okay."

Annie: I mean, there's a video of Sam and I, your youngest, riding—I put it on my reel from July—riding where he's driving a bumper car and he looks like he's soaked in oil. He's so sweaty.

Dave: Oh, Sam's red face is sweaty. He's got that Barnes thing. So he's just like hairs matted to his face, and he's smiling but maybe crying, or is it sweat? You're not

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sure. The only two times we've been there as of late have been in summer. And it's just so-

Annie: It's just so hot. So hot. But we had the best time.

Dave: The best.

Annie: I know I've said it to you privately but I'll say in front of all these ears. It was so kind to be able to let me go.

Dave: No, don't say that.

Annie: Really. I loved it so much. It was just the best. Until I have my own family I won't have vacations like that. So getting to do it with y'all that are my family is just really... It was awesome.

Dave: That was so much fun. Annie and I so many times we'd look at each other be Barnes. We'd look and we'd be, "Is she okay? Is this too much? Does she need time to herself? Let her do some rides by herself. She doesn't need to go in the haunted mansion. Just get some time." But you were like trooper of troopers.

Annie: Oh, man, I was in. I mean, my favorite one was you and Ben were riding something else. Me and Annie had Zanna and Sam and we were going... I think y'all were doing the Star Warsy one, but we were walking by these like-

Dave: Wait, wait, wait. Quick pause. The one what?

Annie: Star Warsy.

Dave: Star Warsy. I love that it doesn't need that. But you were like-

Annie: Right. I could have just said Star Wars one. But it's not just like Star Wars. It actually is. We go by the version in Universal of Hollywood studios of the spinning teacups. And me and Annie are like, "Nah, sorry, you guys." And Zanna looks at me, she's like, "Will you ride with me?" And I was like, "Yup." I mean, it was like, Well-

Dave: Game over. And you gotta watch her because she knows.

Annie: Oh, she knows.

Dave: She knows.

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Annie: All three of your children know their power particularly over me, but over every adult that is in their lives.

Dave: But she flashed those big blue eyes at you and it came over.

Annie: And I was puking everywhere. All of a sudden I'm spinning on those things. So it was happening. It was happening. It was great, though. So thank you again for letting me go.

Dave: We're thrilled that you went.

Annie: I hope we get to keep doing that. I want to keep going.

Dave: Oh, so fun.

Annie: This won't surprise you at all because the problem for Annie Barnes is you and I are the same and so-

Dave: Oh, she's fine. She's hamburgered in.

Annie: She's surrounded by us. But I was like, "I should go ahead and text Annie and see when vacation is next year, and I was like, "Annie, it is August." They have not planned their June, July."

Dave: You underestimate though with Annie Barnes how much she is actually the same. Her seven wing is so huge, she may be like... There's times I wonder if she's just seven on both wings because she loves that stuff. So you wouldn't be surprised her to say, "Oh, I already know and we've already bought your ticket."

Annie: Yeah. "Here's where we're gonna go. Here's where we're gonna go." We need to do Dollywood. That's what I haven't done with y'all yet.

Dave: We wear Dollywood out. We were there this summer too. It is so... Can I give a shout out to the D Dubs.

Annie: Yes.

Dave: For anybody that's listening to this... Okay. This is a non-paid endorsement.

Annie: This is a reverse sponsor. We're paying to tell you about that.

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Dave: So Dollywood... If anybody really likes amusement parks, like if you're somebody here like, "I like roller coasters. I like..." Because Disney World and Disneyland are so much fun. But if you're like an enthusiast where you're like, "I want to get on some roller coasters," Dollywood has got that game on lock. I mean, those roller coasters are so much fun and so intense. And there's a bunch of them.

Annie: And they're short.

Dave: And they're short.

Annie: They are short and intense.

Dave: They are so much... Which was me in middle school. People I think that have been over the years... Because you know it's been around forever. They did like a big revamp a few years ago. Everything is clean and new and so fun and efficient.

And I'm telling you, we've gotten so many of our friends and families from school to go because we keep talking about it, and all of them, all of them come back and go, "Oh, my gosh, that was fun." Like it's so nice-

Annie: Oh my gosh, it's three hours from here.

Dave: It was amazing. It's amazing. And they've got the DreamMore which is kind of their hotel now that sort of attached to the park. It's so much fun.

Annie: I agree.

Dave: And I feel like it's still kind of a secret because-

Annie: Have you shown the kids Christmas yet at Dollywood?

Dave: Only when they were born. Oh, sorry. It's like geez, what kind of question is that? We can talk about that if you want to. No, no. I mean, I've got my Christmas to a plug, that I always do plug that starts in a couple weeks.

Annie: Are you doing it this year?

Dave: Yeah.

Annie: How many?

Dave: We're doing a short run.

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Annie: Are you?

Dave: Yeah,

Annie: Where?

Dave: We're doing Nashville at the Fisher Center at Belmont, the new spot there.

Annie: Oh, I can't wait.

Dave: And then we're doing I think Atlanta.

Annie: And let me guess. Atlanta, Birmingham, Dallas. That feels like the shows that we would do.

Dave: I can tell you. We're doing Knoxville, the 3rd of December; Atlanta, the 4th; and Charlotte the 5th.

Annie: Charlotte. Sorry, Dallas.

Dave: And then Nashville, the 10th.

Annie: Okay. Nashville, December 10th.

Dave: Yeah.

Annie: You know what's great about your Christmas show is it's a destination thing. People like come to town to go to your show.

Dave: Oh, yeah. And then when they get there we go to town. You know what I'm saying?

Annie: Yeah.

Dave: But yeah. So that'd be fun. All that to say, Christmas is like... because I always have a couple of weekends of shows, so it's tricky to travel somewhere.

Annie: Right. Right.

Dave: But we haven't done... That's the thing. I would love to do Disney. I love to do Christmas there but I just want to go when it's not hot. I feel like I owe the family like this can be less-

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Annie: Our top goal was to have fun and very next to it was to hydrate. Like I was always thinking about how we were getting enough water in all of us. You know, those were our top two goals for those three days.

Dave: It was so hot. It's so much fun. But again Dollywood, if you love Disneyworld and you like that, it is really, really great.

Annie: I love it. I think what your kids would love that I think we should do is like they do such a cool thing in the fall, like a harvest thing and then they decorate so cool for Christmas.

Dave: Yeah, you can do that. I want to do those when.... because I think those parks you just... even at the osmotic level just walking around the lot, it upside-

Annie: Osmotic level.

Dave: Anyway.

Annie: Wow.

Dave: Public education books. I have read some books. I have read some books

Annie: You read a lot of books. Don't book downplay.

Dave: Don't do that. Annie Downs Play. Come on.

Annie: You read so many books. What are you reading right now?

Dave: Real quick. I feel like at the end of the week, you should do a five minute podcast called The Downplay.

Annie: Okay. And what else do I say on it?

Dave: And you will just wind down the week, "This is what happened this week. Here's some recaps."

Annie: The Downplay.

Dave: Here's the things that made the Annie Downs radar. It's five minutes. Just "Hey check these out, guys. Isn't it crazy that this happened and this happened. And here's the book I loved."

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Annie: Do I call it the Downplay or the Downsplay?

Dave: Downsplay it's gotta be.

Annie: Okay. It's gotta be the Downsplay.

Dave: Yeah.

Annie: Okay. We're at least gonna do it for the month of October. Let's hear what people say. We'll let people vote.

Dave: Do I get to be the guest on there?

Annie: Yeah. Are there guests at Downsplay?

Dave: I'm making myself be one.

Annie: Okay, great.

Dave: I want to be the person that we do the Downsplay-

Annie: So you got to bring it Downs... Okay, great. Everybody get ready for October. We have a Downsplay. Okay, what are you reading?

Dave: The Download?

Annie: Oh, Download.

Dave: That is a better-

Annie: No, no, no. Downsplay is better because it's fun and it's going to the weekend. Download can also feel like laundry or a diaper. You know?

Dave: Oh, my gosh.

Annie: I'm not here for that.

Dave: Is that what you call your laundry room?

Annie: Yeah, yeah. Oh, my gosh, that's what I call my laundry room. But I like the Downsplay. Okay, what are you reading?

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Dave: Oh, what am I reading? Gah, you just walked into this... This is your fault for asking that. So which I'm assuming we'll talk about this album I just put out. We'll get to that. The album, right?

Annie: Of course. Of course, we are.

Dave: You just see all of my insecurities flash across my face.

Annie: I have the entire-

Dave: Annie, are you crying just from your left eye? And why are you eating that cookie so fast? I've been on this huge Beatles kick.

Annie: Oh.

Dave: So what I'm doing this year is all I'm listening to as The Beatles. Well, let me back a little bit. I did a record I don't know if it's five or six years ago called *Carry On, San Vicente*. And it was kind of-

Annie: You know how I feel about that record, don't you?

Dave: You don't want to hear.

Annie: Oh, it is probably my number one.

Dave: What?

Annie: Yes. I love that. I listen to the vinyl all the time now. That is my favorite. It has a full experience.

Dave: So that record was sort of like... I listened to a bunch of The Eagles and then kind of 70s Laurel Canyon which is L.A., which that was like the Eagles Poco, all of those bands you think of like that kind of acoustic California sound seals across all that stuff. So listen to that. And that's how I wrote that record was going, "I'm gonna listen to a bunch of that and then do my version of those things." And that's how I wrote that record.

Annie: Oh, wow.

Dave: So what I'm doing now is kind of the same thing with The Beatles. So I've been listening to Beatles all year and writing songs inspired by listening to The Beatles.

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More of their methodology because people can hear that and they think like, "Oh, you're going to try to do like a version of *I Want to Hold Your Hand*." That's not what I'm doing. Or the sound because it has had such a specific sound they do in the record, especially toward the end.

So I'm not doing a bunch of harpsichords and orchestral stuff. It's more just like studying how they wrote songs and then trying to go, "Oh, that's cool way to put it." So with that, I'm also reading a bunch of books and podcasts.

Annie: Oh, interesting.

Dave: So I'm reading this book right now called *You Never Give Me Your Money*. It's about the breakup of The Beatles, which is unbelievably fascinating. I mean, it's like a couple of hundred pages and you're like, "How could this take so much?" But it is a page-turner. So I've been reading that. I've been sort of obsessed with second half of life books. Is that weird?

Annie: No. We're there.

Dave: We're there. We're there.

Annie: I mean, Will Smith did his halftime show at 45.

Dave: There you go.

Annie: He said that's when he jumped out of a plane in Dubai-

Dave: There you go.

Annie: ...was his halftime show at 45. So we're knocking on the second half.

Dave: So I guess like Zaxby's lunch is not quite jumping out of him.

Annie: Well, is it a Zalad or is it a Zappetizer?

Dave: There you go. Shout out to *Saved by the Bell*. I've been reading a bunch of his books. There's a book there that I'm totally blanking on now, but we'll put it in.

Annie: We'll share it.

Dave: So those. Honestly, it's been a lot of Beetles books.

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Annie: What's your Kindle versus holding book ratio?

Dave: So now you open up a different thing. I go to sleep reading my Kindle. And that is all really weird sci-fi and like fantasy books.

Annie: Okay. So like all novels on your Kindle.

Dave: And the reason is, one, I really like that genre. But two, it can't be anything that makes me think because if it kicks my brain on 10:15 p.m., I'm hooked.

Annie: I can't want to underline on my Kindle.

Dave: There you go.

Annie: I can't.

Dave: Look at you. Because you have a gift.

Annie: That's it.

Dave: But that's the truth. So it's always books that I don't know what they are. So I'll get on Amazon. It's like the coolest new sci-fi book and I'll read it. And every now and then it's compelling enough that I'm like, I love like... Like Red Rising. Do you know what that is?

Annie: Yeah, yeah.

Dave: That series I love. But most time it's kind of like nondescript books that are entertaining enough I read three or four pages and I fall asleep. So that's kind of my Kindle life is my nightlife. And then the paperback books are sort of the ones that I'm like a little more-

Annie: I just got a Kindle this summer and blew through novels. And it came with Kindle unlimited for a couple of months, and I've just been like-

Dave: Oh.

Annie: That and the library, I'm just... You taught me to do Libby.

Dave: Oh, yeah. Overdrive, yeah. Oh, yeah, yeah. That's right.

Annie: Man, it has changed the game. I've read so many novels this summer.

Dave: I'm in a weird discipline right now where I'm taking like 30, 45 minutes in the morning after we take the kids to school and just sitting on my front porch and reading that Beatles book. It is so wonderful. I mean, I can do that with my life. So weird in songwriting. And you know, I've got time to do that and a lot of people can't. But I've so enjoyed it.

It's like you really realize like, Oh, there is something to reading this more than just... You know, there's a great quote. I heard this years ago and I think about it all the time. Somebody who's really smart that I'm forgetting said, "When we buy books, we're not really buying the book because we love reading. We love the thought that we're gonna have the time to read the book."

Annie: Oh, gosh.

Dave: And I was like, Oh, my gosh, that's true.

Annie: Yeah.

Dave: I think a lot of times when I buy a book, I'm buying a book but I'm more like, "I can't wait to have the time to sit and read. You know what I mean?"

Annie: My friend Katherine just sent me to Joan of Arc books to order and read. And the thing I think is, "I can't wait to sit and read these genre books."

Dave: That's what I mean. And I think sitting on the porch reading that Beatles book has been really like... it's just kind of like, "Man, this is nice." The weather is kind of cool and down. It's been fun.

[00:23:53] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [ZocDoc](#). Okay, do you remember playing Battleship, that strategy board game that was big when some of us were kids? Do you ever feel like you're trying to get calendar availability to match up with another calendar opening of a doctor you need to see in the timeframe you need to see them without missing tons of work is like impossible like a game of Battleship? Believe me, I get it. But that's not the case with ZocDoc.

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Sponsor: And another amazing partner to tell you about, [Ritual](#). It's no secret that a typical diet these days leaves, you guys, a few nutritional gaps. You know this. But even if that's common, the gaps in our diet aren't things we should ignore.

Over 97% of women aged 19 to 50 are not getting enough vitamin D and 95% are not getting their recommended daily intake of key omega 3s.

Ritual's Essential for Women 18+ multivitamin was formulated by exhaustive research to help fill nutrient gaps in the diets of women ages 18 plus. It is formulated with nutrients to help support—ready? Here we go—brain health, bone health, blood health, and provide antioxidant support.

I'm so grateful to have my Ritual vitamins as a consistent support for my overall health. So many things in my life are up and down, yours too, so I love keeping that daily routine. And the fact that they're easy on my stomach and don't have that vitaminy aftertaste, thanks to the little minty tab in the bottle, it puts Ritual a cut above in my book.

Ritual just released Synbiotic+, a gut health supplement with clinically studied prebiotics, probiotics and a post-biotic on one minty capsule. Just one delayed

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Right now Ritual is offering our friends 10% of your first three months. Let's go. Just visit ritual.com/thatsoundsfun and turn healthy habits into a ritual. That's 10% off at ritual.com/thatsoundsfun.

And now back to this conversation with Dave.

[00:27:07] <music>

Annie: I mean, but in the middle of releasing the Greatest Hits Acoustic album.

Dave: Look at them.

Annie: I mean, you just went back to all of our favorites.

Dave: I hope it's your favorite. I called it Greatest... I laugh with my manager Jake. I was like, "Should we put an asterisk by Greatest Hits because are these greatest hits?" Or like a smaller lowercase g and h. We couldn't figure out what to call it. It was like Fan Favorite is too weird. It was just hard.

And he was like, "Call it Greatest Hits." And I was like, "Can I do that?" And he's like, "Yes." All the songs was I asked fans. Like it started on Instagram and Twitter and we're like, "Hey, what are the songs?" And it was so helpful, because so many songs were the ones that I thought and a couple kind of snuck through that sort of surprised me.

Annie: And probably ones that were in your brain and you thought, "I love playing this one," and the audience was like-

Dave: They're like, "No, this one." So that was helpful too. At least then we are sort of like leaning on data a little bit and not just me going... Because I kind of had a list. It was close to what we ended up with but... And we also realized that wisdom was to do kind of first half a career so far and not dip into the stuff that I've been releasing in the last five or six years. Because then it was like, God, then you really get in a can of worms of like, "How far does this go?"

Annie: Right.

Dave: So I think we'll do another version of this probably in another five years or so.

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Annie: I'm sorry if you've answered this eight times when you've done interviews already. But which one going back to it were you like, "Oh, man, I love this one"?

Dave: You know, this sounds really cheesy.

Annie: You say all of them, you'll need to walk out.

Dave: All of them were like children. No. There were a few. I'll say this before I say that though. I think the thing that I didn't see coming was—and I really mean this. This sounds like I sat with like an interview coach and was like, "Oh, say more about that. Lean into that. And if you can cry." But it's true. It's true.

Like I had these moments sitting recording some of these songs and I was so overwhelmed with gratitude. Because I think like sitting in the studio near where I live, Sound Emporium, you know, we start recording the songs and I got so emotional.

I'm not one, and you may relate to this as our same personality type, but I'm just not one to sit and think as much as I need to or celebrate and to be still in moments. It was like I kind of squared up with a few of the songs that I've played but just kind of like I just play them.

I get up and play them and I love to play them but I'm not sitting there going... But sitting and playing them over and over to get the takes right and stuff it was like I was having a really square up in the eye with these things.

And it just made me so thankful for, one, these songs. That these are the bedrock songs in my career. I mean, I couldn't have done what I've done without them. And then to play them again and kind of go, "God, these are like good songs." Like they really stand up.

Because the thing that you realize as a songwriter, sometimes you have the songs and they work in a certain iteration. It's like get the band up there and you start rocking them in. But the minute you sit and play on acoustic, you're like... It's not that it's bad, but it just kind of needs treatment to make it work.

And I think these, it was like, No, they still work in this stripped down setting. I went home those three days so moved, like just overwhelmed with gratitude, because, you know, just to realize like these had been such gifts. These are the things that I started on and still mattered so much to me and other people. And I just had to sit with. Because you know, it takes 30, 45 minutes of songs sometimes

Episode 407: Dave Barnes on...Well, Everything! That Sounds Fun Podcast with Annie F. Downs

to get them right. And I just keep playing them in about third or fourth time and be like, "Golly, this song!"

I mean, even the guys were so sweet. I recorded with Dustin Ransom and Nathan Duggar and you know, we get in the control room and every one of them would be like, "God, that's just such a good song." And I was just like, Ah.

Annie: Nathan Duggar says that.

Dave: Yeah, no joke.

Annie: I mean, that guy.

Dave: No joke. But to answer your question, I think all that to say *The L.A. Song* was one of those because it's one that I don't play. I don't know why. I just don't play it a lot.

Annie: I don't know why you don't play every single time you're holding a guitar.

Dave: Well, now I do. I play it all the time.

Annie: Yeah, all the time.

Dave: But it was-

Annie: Hillary is on it, right?

Dave: Oh, Hillary kills it. You know, that story-

Annie: Yeah, tell the story. It's so good.

Dave: Hillary is so... I mean.

Annie: Hillary Scott from Lady A.

Dave: Yeah, from Lady A, who is just the best. I mean, is there a sweeter, more benevolent human? One of her stories she always tells when we're hanging out doing something together is how when she was at MTSU, her alarm clock to wake up in the morning was *L.A. Song*. So it goes on her phone and she, you know, whatever. Which I was like, "What kind of... You know, does that sort of have a representation you have? You know, like you're just tired all the time when you hear it or were you mad?"

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So I sent her a video of me recording, I think, the vocals to it and I just said, "I thought you'd get a kick out of this." She texted back and was like, "Great. So when do I come sing on it?" And I was like, "Hahaha." And she's like, "No, no, tell me when to come sing on and I'll be there."

Annie: Oh my gosh.

Dave: I was like, "Oh, shoot, okay." So I was like, "How about whatever?" And she's like, "Be there." So she sang on that. And luckily enough it worked for us, which is, to answer your question, another one of the songs that I felt like really was so special.

And I was watching her sing and she knows the songs by... We got the lyric prints and she's like, "No." And she's closer and she's singing and I was like, "Golly, what a cool..." And she's such a good singer. I mean-

Annie: Her voice just cuts through everything.

Dave: She's just... Her execution is... So it was so fun. Because she'd a take and she's like, "What do you think?" And I'd be like, "I don't have thoughts." And she'd be like, "I can do that better." I was like, "Sure. Here we go. Zero critique from me."

I think that too was kind of... You know, we've been doing these videos and my manager and I were talking about sort of fun ways to promote it. And they were like, "You know, what if we had people that are friends here that do music, that love the music say something about it?" I was like, "This feels like a recipe for disaster me to just fly my insecurity flag as big as I can when somebody's like, "No, you're like... I don't know who you are. Stop calling me."

And so that's been fun, too. And I think, you know, between watching her stand there and Brandon and having these friends sing on it, Lauren Alaina, that's such an honor. But then you pair that with these sweet videos people are sending. And I laughed. I laughed with Annie. I was like, "I can't watch these videos."

Annie: Really?

Dave: And she was like, "Dave, if anybody would just grow like a flower in the sun watching..." I was like, "I know but there's something that's too intimate." It's like... I don't know. And it took me like a week or two to actually open up the Dropbox and watch them because I was like, "I just feel like it's too-

Annie: Wow.

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Dave: ...like people are just staring at me going, "Let me tell you what's great about you." Which I think I need and want until they start doing it and I'm like, "Okay, okay, okay."

Annie: "Okay, okay. okay, I believe you."

Dave: "I believe you." I think what I didn't see coming with it was just how encouraging it's been. Because I thought this would be something fan's love. And I've always wanted to do it. I mean, I knew I was going to do it 10 years ago. But then picking the right time, and then sort of just the gratitude and I think having friends that have really spoken to... And I've had so many people text me just the kindest things about-

Annie: As they're listening?

Dave: I have to say thing you have to say this with a pinch of salt. I'm sure you feel this way. We do these things that I think people perceive... they see you on stage, see you with your books, see you with the podcast and they go like, "Oh, I mean, she knows me. She wouldn't be up there if she didn't know how great she is. Obviously, she's great at doing this. She's perpetuating her own thing, of course."

But come on. You're a human. I mean, we are so full of doubt and insecurity and is it good and whatever. So I think to have something where people... I just forget that this music means something to people. And I think to see people that I have so much respect for to step in and go like, "Hey, do you know that song did this or whatever." And it's like, Oh, man."

That's really humbling and wonderful and encouraging to hear you've been a part of somebody's story. And then even more so people you know. Because you just sort of think like, "Well, they're my friends. They don't care or listen or whatever."

Then to hear them kind of go, "No, man, this stuff means something to me. It's been a big part of me even wanting to do music or moving to Nashville," or "I saw you play when you played here, whatever." You just kind of go, "Oh, man, I hadn't thought of it."

This is so random. I was talking to Bear Rinehart about a year ago. We were having dinner a couple of years ago and he just sort of brought up, he's like, "Hey, do you know that Needtobreathe... We kind of talked about that show we opened for you was kind of like a big part of our journey." And I was like, "It's not a wordplay?" And Bear was like, "You had us come out and we all still talk about that being a big part of our career."

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Annie: Wow.

Dave: And I'm like, I don't know. That's so-

Annie: "How would I know?"

Dave: You know what I mean? Because I do that to people, too. I wish I was more thoughtful that way just to be like, "Hey..." And I admit that. I told him, I was like, "That means the world." And he's like, "Man, I'm sorry, I should have told you." I think it's a weird, humbling place to release something because you sort of become, you know, like a magnet for this kind of thing.

Annie: Yeah, totally.

Dave: But it's been really, really fun.

Annie: It's great. Because when you think about as going into the fall and the seasons changing and an acoustic record, I'm just like, "Oh, yeah, open your porch store on Saturday and put this album on, listen to all these songs."

Dave: That's the thing is, you know, when you release a new album that's new material, it's all about like, Get it out to the masses. They gotta hear it. But this one is like, Obviously, I want to buy to hear it, but it's just I want it to be there and just sort of simmer. And just it's there when people need it, or they want to listen to it or whatever. Because it's nothing new. It's new versions of things to a degree.

The other thing that's so funny, too, is... I don't know if you feel about some of your books. But early on those records like I was just starting to sing. I mean, they... Oh, gah, I think about the days that Ed Cash in the studio, I'd be singing a song and he was just... It's one of his greatest gifts. He's just so encouraging and so patient. But I wasn't a singer. I mean, I still some days don't feel like I am because that's not why I started or anything.

And we'd finally get a vocal take, he's like, "That sounds great." And then I would just have to learn how to sing it, and then I get to that.

Annie: Wow. Oh, my gosh. But that's the other thing about putting this out is it's like, I can go, No, this is the vocal that I wish maybe the original had had because I'm finally singing-

Annie: Now, I've been singing for 20 years. Oh, wow.

Dave: And you kind of know what you're doing more. I can listen to this record... I'm not ashamed of anything I've ever put out which is such a blessing. That's really due to Ed's wisdom, especially early in my career going, "That song is not as good as you think it is," or "You're not as good a singer as you think you are." But him to help him craft and really curate these records that I can be really proud of it, that I still am proud of. But you know, there's just moments where it's like, That's what I could do vocally at the time or whatever.

Annie: I mean, with books, people ask me these kind of questions too of like, "Would you go back and write it differently?" And I'm like, "No, I know Annie did the best she could that day."

Dave: That's right. That's right.

Annie: So all those albums, I'm like, No, that was the best offer that day. And we can listen knowing that and also listen to you sing those songs now acoustically.

Dave: Yes. In a way that, you know, they just feel... It's better executed. And so that's awesome and it's fun too because it's something that I can really stand behind and be like, "Okay, that's the space. That's how it should sound.

Annie: Well, I mean, your songwriting—you know this—is so extraordinary. I mean, that line in *L.A.*... I tell you this all the time. The line in *L.A. song* that he uses love like a bullet from a gun and she's careful like a surgeon, I mean, that is better writing. What you do in a song is better than what I do in a book.

Dave: No, don't do that, Annie Downs.

Annie: That's true.

Dave: Let me tell you who is not in target. Okay, Little Miss. Little Miss Thing.

Annie: You could be. Let's make some calls.

Dave: To your point, I think, you know, not to belabor this, but I think that some of what I was remembering is you're singing those lines and you're going, "Oh, man, that's good." You know what I mean?

Annie: Yes.

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Dave: Because you're singing them over and over and you're recording over and over and you're having to listen. That's very true to my person. I just kind of forget that. I'm on to the next thing. So I think to have to sort of, again, sit down and go, "Oh, man," that was cool. I forgot I did that. Or like, man, hearing that lyric again or whatever is really... Just like, okay, maybe they're-

Annie: That's right. You know what? I should do this

Dave: Yes, it's exactly right.

[00:39:31] <music>

Sponsor: Hey friends! Just interrupting one more time to tell you about another amazing partner, [Indeed](#). Okay, think about someone who's changed your life for the better. How incredible would it be if you could add some of those life-changing people to your team right when you need them? If you're hiring you need Indeed.

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Sponsor: And I've got one last incredible partner to share with you. The [Lifemark](#) movie from the Kendrick Brothers. Okay, Tomorrow's the day that Lifemark movie hits theaters all over the place, September 9th. We got the chance to watch it a little early.

Here's a sneak peek. Lifemark is based on a true story of a high school student, David, who has a pretty defining moment when he turns 18. He is adopted and his birth mom contacts him and asks if they can meet. His adoptive parents are super supportive, but even with that, it's a complicated decision to face especially as an 18 year old, right?

This movie celebrates adoption and the far reaching power of love. All the ins and outs of the way the story unfolds are really interesting and inspiring. So if you're looking for a movie that is hopeful and explores so many relational dynamics in really interesting ways, Lifemark is the movie for you.

Keep in mind that this is a good one I think to view prior to having younger kids and on the movie night just because of the nature of some of the conversations it may start. So good to see Lifemark in theaters nationwide beginning tomorrow, September 9th.

You can learn more about Lifemark and get your tickets today at Lifemarkmovie.com. That's lifemarkmovie.com.

And now back to finish up this wild conversation with Dave Barnes.

[00:42:23] <music>

Annie: You were supposed to be on tour with Lady A this fall.

Dave: Oh, yeah.

Annie: So everyone would have heard this acoustic album live-

Dave: Yeah, yeah, for sure.

Annie: ...because that's what you would have been singing. But we all know Lady A canceled and very publicly said Charles is doing work on himself and not drinking. And I could not love him and Cassie more.

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Dave: Oh, gah.

Annie: I mean, I respect them so much. I would love for you, if you want to, will you talk about what that feels like that the tour canceled but it's for a reason that really matters to us personally? Will you talk about it for a second?

Dave: You know, it's funny. I've known them for a lo... I mean, they are probably the first band that had a lot of success that were like pretty outspoken fans of mine, meaning like they all three kind of in some iteration had listened to me in their college years or something.

I have a special affinity for the three of them because I think... And they were always so supportive. So not just you know, people that listen and enjoy the music but were very outspoken about it. And just knowing them for so long and now thankfully having songs with them and singles with them has been one of my sort of journeys in life where's like, I just want to have-

Annie: Yeah, because you wrote *Like a Lady*. They did *On A Night Like This*. And what else?

Dave: *Be Patient My Love* with Charles and I and Ben West, a friend of ours.

Annie: Yes, yes. Yeah. Oh, I love that song.

Dave: Oh, my gosh. That's one of my favorite songs I've ever written with anybody. I listened to it the other day and I was like tearing up in the car. It's tough because... It's bittersweet is the better way to say because thank goodness they're being postponed and not canceled because dates are slowly going back up.

Annie: And will you be out with us? One of our friends wrote in with AFD Week in Review asked if you'll be on the rescheduled shoes.

Dave: Yes. Thankfully, yes.

Annie: Oh, good.

Dave: So that's great.

Annie: My Ryman tickets are still-

Dave: Valid. That's right.

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Annie: Okay, great.

Dave: I mean, I've said this to so many people. If there's a tour I could be on as an opener, I mean, this may be the one. Literally. Because it's acoustic, I'm out just by myself for the opening side, just me and the guitar, we're in theaters. I mean, it is ticked. And it's with dear friends of mine who I love their music. It's like every single box is ticked.

Obviously, I was bummed because the fall was gonna be so much fun. It's just the right amount of shows. It was like everything was great. But your point, it stinks. I mean, one, because I love Charles and Cassie so much and know Charles so well. So it's bittersweet in that it's like, Man, I wish that we could do these shows. But I mean, is there anything more important than someone being healthy?

Annie: That's right.

Dave: So for me it wasn't... It sounds very heroic, and I don't mean it to be, but I didn't really even grieve it as much as I was just like, Look, I'm thrilled a friend of mine is getting better. Do you know what I mean?

Annie: Yeah.

Dave: I mean, it was so sweet because they all called. And I was like, "Who cares what I think? This is about y'all being healthy and everybody getting their stuff together." But they all were so apologetic and so kind to me, which was like-

Annie: That's who they are.

Dave: That's who they are. But I was like, "All you would need to do is just text me and be like, "Hey, man, I'm sorry."

Annie: "We'll see you in the spring."

Dave: And I would have been fine.

Annie: Right.

Dave: But I think it just speaks to who they are, that they were so considered about that. So it's a bummer. But again, this is the thing. If I have anything to say about it, this is what I'm gonna say in this little bit of a TED talk. So stay with me.

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I think one of the things it's really hard to understand, am I doing music for a living and it's a lot like what you do. You know, you're on stages, and it looks really fun and is really fun. But there's a very particular set of struggles that come with what we do, with what music people do.

You know, two nights ago I was at the Porter's Call Evening of Stories and two of the three artists that got up and sang that night talked about having panic attacks in the last year of their life.

Annie: Wow.

Dave: I just think it's a really weird thing to do that I don't think anything can prepare you for. I just don't know that there's anything you can do to sort of get ready for what comes with that amount of attention and the type of attention. Because it's not like being an athlete, it's not like being, you know, a movie star. It's a very different... Music does something in the world that nothing else does. Nothing else does. Nothing else.

Annie: Al Andrews who runs Porter's Call says the human heart was not meant for fame.

Dave: So you combine a gift that you can see move people so deeply with expectations to follow and the public kind of looking at you like, "Hey, keep making me feel good." And then you got to deal... And that's what those that were talking that night about their panic attacks. It's comes from that. Like success and then expectation.

So I feel like if there's good that comes from Charles being so public about this, it just continues to shine a light on the fact that what we do is a weird thing. And I think mental health matters so much, marital health matters, familial health, spiritual, all the things, physical health.

So the bravery it takes for those guys to do that I think it's really substantial. Also, in that, knowing that it just once again shines a light on like, "Hey, this is just a weird job. It's a weird job." And I think anybody that would roll their eyes and go, "Why would somebody...? He's living the life or she's living life, whatever." It's like, Well, sure. Part of it is, but man, the stuff that comes... It's a really weird maze to walk because of the substantial power that what we do has and how much it matters to people.

Annie: I haven't thought about that.

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Dave: So with that, it gets heavy sometimes. And I think, you know, everybody has their ways of dealing with it. And sometimes they're good and sometimes not. Everybody's done both. And so-

Annie: I'll tell you what I've learned out of this from Charles and Hillary and Dave. I could not love them more. I'm on their team as much as I've ever been. But going like, they could have pushed through. He could have.

Dave: Oh, yeah.

Annie: He's strong.

Dave: Oh, yeah.

Annie: He could have pushed through and they all chose, "No, we will stop and do what's most healthy not what's easiest. And I do not make decisions like that.

Dave: Oh my gosh.

Annie: So it is really convicted me of... Because there are times... I mean, even now I have bum leg. There are decisions I could have made that we're healthier but harder. And I chose the easy that is making my leg hurt all the time. Right?

Dave: Yeah.

Annie: And I'm like, "No, what I'm learning watching our friends is choose healthy over easy.

Dave: Hmm, that's a good word.

Annie: So I respect them a ton for that. But it was also lost because I wanted to sit in the Ryman and sing along to *L.A. Song* with you this fall.

Dave: But again, I'm so glad that we're still doing them and that they'll... I think they're gonna come out stronger.

Annie: And we'll still get the shows.

Dave: Still get the shows.

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Annie: Still get the music. And we have your Christmas shows. We already have the album. So if anybody's behind, listen to the acoustic before you get to the Lady A shows. They'll be ready to go with their singing.

Dave: Look at that. Look at that.

Annie: What a path! Here's another thing I need to tell you. We just had Charles Martin on the show. Novelist. He's amazing. We said from the beginning he is the guest we have had on the most except for you and Santa Claus. Did you know Santa Claus?

Dave: His voice? What a voice!

Annie: Familiar or enjoyable?

Dave: It feels like a warm blanket. I'm like, I feel like I know this. I trust him.

Annie: But you as Dave Barnes have been on one, two, three, four, five... This is number six.

Dave: Dang!

Annie: And then there is also the Santa episodes.

Dave: Well, which had nothing to do with that.

Annie: Which are very separate. Very separate.

Dave: Which is why I opened the door and I think this is wrong. Somebody here is gonna be like, "That's enough."

Annie: Well, friends send in questions for the AFD Week in Review, and bizarrely three of them are about Santa. I don't know.

Dave: Oh, that's weird.

Annie: Right. The question would be, have you been in touch with Santa this summer? Is he prepping for Christmas?

Dave: In some ways I always am. Do you know what I mean when I say that?

Annie: No.

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Dave: But yes, you do.

Annie: But I do. I do.

Dave: So there's always a link all of us have.

Annie: Right.

Dave: Do I have a stronger one because of the way I live my life? I don't know. I can't answer that. But I do feel we're avatars in our own way. We're connected.

Annie: I hope he'll be back at Christmas. We've submitted the request through the system. He has the PR team.

Dave: It takes a while.

Annie: It's just like with Father Mike. I think because he's been on the show before we have a chance of having him back.

Dave: Yeah, yeah, yeah.

Annie: So we're gonna try for Christmas.

Dave: Well, you know, I'll put in a good word.

Annie: I wish you would. Use that link to our favor.

Dave: There we go.

Annie: I got one more question I'd love to ask you from what people have sent in. This is from Lavon. Recently, Lavon was in the checkout line at Costco purchasing snacks for the staff where she works. She works at a memory care place. And an athletic customer in front of her turned around and made a comment about how unhealthy the things in her grocery cart were.

She explained it was for work. But what would you have said, Dave? That's what Lavon would like... I'm showing you on the piece of paper. Lavon wants to know, what would you say if someone turned around and judged your grocery cart.

Dave: You know, somebody hurt him.

Annie: That skinny athletic guy. He's in a lot of pain.

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Dave: You know why he's so healthy? Because he's running.

Annie: He's running from?

Dave: He's running from something. And you can take all that energy and good for you. Good for you.

Annie: Hope you enjoy those little energy bars, those little tiny-

Dave: Meanwhile, me and my peanut M&Ms we are just-

Annie: Me and my taquitos are fine.

Dave: Thank you. We are all all right. We are all all right.

Annie: That's a shocking story, isn't it? I turn around. I have a thought about everybody's grocery cart. How do you not? You want to know what they're making, you're jealous, whatever. I don't ever say them out loud. Do you ever say them out loud?

Dave: He was by himself?

Annie: Let's see. Lavon seems to say they were both alone. Yes. And she also called him seemingly athletic, which is a burn.

Dave: Oh.

Annie: That's a burn.

Dave: Oh.

Annie: Come on. We see you. That's a burn and I like it. I like it.

Dave: Seemingly athletic.

Annie: But yeah, they both were alone. That's a move, isn't it?

Dave: There's a lot of things to infer there. I mean, Costco is a weird place for a guy like that, I think. So he's-

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Annie: Unless he's beefing up. Maybe he gets like pre-work. Speaking of you're a runner. I'm gonna hopefully be able to walk again one of these days. That will lead to a jog, that will lead to a run. Do you take pre-workout stuff?

Dave: I used to. I don't run long enough to do that. But I used to do... You know what I really liked is the little energy guys. The little like chewables. There were days when I was like running... I usually run early in the morning. I hate running in the afternoon. But if I just knew that's all I could do, I'd pop one of those little guys.

Annie: I mean, I bet to sing and to do tours you have to run because you have to get your lung capacity up. Right?

Dave: Well, you know what it is. Buckle up for a name drop here. We're about to dent the floor. But when I was hanging out with John Mayer one time, I asked him...

Annie: Fallon, did you know that? Look at Fallon's face. Fallon is our engineer today. Fallon from The Snack Show. Fallon, that's the director of the That Sounds Fun Network. Do you know that Fallon loves John Mayer?

Fallon: Love.

Dave: Let's just say I just thought about two single people.

Annie: You have both their phone numbers, correct?

Dave: Well, I mean, listen, for enough money.

Annie: Okay, so John Mayer, and you were talking about?

Dave: John and I were talking and I just said, "Hey, what is your most effective way to warm up vocals on the road?" And he said... Prepare for another name drop. This is just a continuing-

Annie: Yeah, keep going.

Dave: But he said he had gone to a Don Henley show and Eagle show and hanged out with Don before the show.

Dave: And Don had a workout bike in his room. So he said he asked Don same thing. He said, "What do you do?" He's like, "Man, if I exercise, it warms my voice up immediately." And so John said, "That's what I do."

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And so for me it's not so much lung capacity. It's really just vo... It sounds weird, but I tell you I run on the days that I sing. I try to. And it feels right to me.

Annie: Wow.

Dave: So it does help I think.

Annie: Huh.

Dave: But I know I read a thing about... I didn't ask so the name-dropping stops here. But I read an interview with Lenny Kravitz once where they were just talking about work ethic. And he was doing a Today Show which shot at like six or something. But he got up in New York and worked out at like 4:30.

I think for some of that same idea I was like, I just wanted to... You gotta wake your vocal cords and your body for performance like that.

Annie: I am harkening back to my days of seeing NSYNC in concert and being like, "Oh, how do you sing and dance? Your cardio level has to be through the wringer.

Dave: Insanity.

Annie: I haven't even told you this way as long as we're name-dropping. I need you to know that Chris Kirkpatrick is my favorite NSYNC of always. He lives here now.

Dave: So why are y'all not...?

Annie: We saw each other one time at the airport. He has a wife and a child. I'm not trying to marry him. I'd just like to be his friend. But I saw him at the airport, I finished using the kiosk and then I offered it to him which you don't have to do. The next person in line just uses it.

Dave: They're just gonna use it. For sure. Just like offering the urinal.

Annie: I just said, "You're welcome to use this now, and you are always my favorite." It went great.

Dave: You said that?

Annie: Uh huh. 100%.

Dave: What did he say?

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Annie: He said, "Oh, thanks." And we walked away. And I was like, "I can't believe this is happening." This was too-

Dave: Did you say bye-bye?

Annie: Have y'all had Tony Lucca on yet?

Dave: No.

Annie: I love Tony Lucca.

Dave: Tony is amazing. Here's the sweetest.

Annie: Here's where I got that. Chris Kirkpatrick just sang on a song with Tony Lucca and I was like, "Why hasn't Dave had Tony or Chris Kirkpatrick on Dadville?"

Dave: Chris lives here?

Annie: Yeah, he and his wife and his kids live here. It's true.

Dave: Start the timer because it's a matter of time.

Annie: Okay, it's a matter of time.

Dave: You know y'all are gonna be-

Annie: More than just kiosk friends. We're gonna be real friends.

Dave: Yeah. Yeah. He's gonna come on here.

Annie: I would love to get him in here. I think he'd be great on Dadville. How do you... pop star turn dad?

Dave: Well, I mean, there's two of us doing that.

Annie: Tale as old as time is what I'm saying. We're already doing it.

Dave: We know that intrinsically, but it'd be fun to add somebody else.

Annie: It'd be fun to hear an outsider.

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Dave: What's your experience then?

Annie: We're very similar to Chris Kirkpatrick. What happened with NSYNC is very similar-

Dave: Tell me more about that.

Annie: ...to what happened with everyone else.

Dave: Quick aside. Don't you sort of feel like so many people are moving here to Nashville?

Annie: Yes.

Dave: This is hot, hot buzz. Hot buzz. Do you know what I just heard? That Ryan Reynolds moved here and his kids go to school here.

Annie: What?

Dave: That's what somebody told me. Somebody who had-

Annie: Eva Longoria also now lives here?

Dave: No, no, Ryan Reynolds.

Annie: No. Oh, that's Ryan-

Dave: Wow. I went-

Annie: Ryan Reynolds is married to-

Dave: Blake Lively.

Annie: Blake Lively. Who's the one married to Eva Longoria? The one playing Barbie. The one playing Ken?

Dave: He is.

Annie: He's married to Eva Longoria.

Fallon: Are you sure?

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Dave: I feel like this is a lot of-

Annie: This show has become a-

Dave: We're just spinning out of control.

Annie: It's become wonderful.

Fallon: Antonio Baston.

Dave: That is not-

Annie: Wait. That's Eva Longoria's husband.

Dave: What magazine did you read? Are they in English?

Annie: Do people still read magazines? Is that my first problem?

Dave: Touché.

Annie: Who is...

Fallon: You are thinking Ryan Gosling?

Annie: I am thinking Ryan Gosling. And who's he married to?

Dave: I don't know that.

Fallon: Her name is Eva Mendes.

Annie: Eva Mendez.

Dave: There it is.

Annie: Wow, okay. Wow, that was a... You see how I got there.

Dave: I forget who it was because I remember thinking like you would not lie to me about this. Oh, and then apparently Apple Martin goes to-

Annie: Go to a local-

Dave: ...Harpeth Hall or something? No, no, no. Vanderbilt, Vanderbilt. Vanderbilt.

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Annie: She chose this as her university?

Dave: She's here.

Annie: Really?

Dave: And somebody said they saw-

Annie: Daughter of Chris Martin and who?

Dave: Her. What's her name?

Annie: Gwyneth Paltrow.

Dave: Gwyneth Paltrow. They saw Gwyneth kicking it in Vandy.

Annie: My parents sat next to Gwyneth Paltrow one time at City House because she was here doing that country movie with Tim McGraw.

Dave: Oh, yeah.

Annie: And those tables are very close together, so my dad calls her Gwynnie.

Dave: Aw.

Annie: Says they're friends.

Dave: Gwyneth Paltrow.

Annie: Wait, Ryan Reynolds. We need to be friends with Ryan Reynolds because he owns a Premier League Soccer.

Dave: Have you watched that?

Annie: No. Have you watched it?

Dave: No. But everybody says it's cool.

Annie: I know. I want to watch it. A documentary about him and another actor-

Dave: The guy from *It's Always Sunny in Philadelphia*.

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Annie: ...buying a Welsh soccer team that they're trying to promote into the Premier League where our team Arsenal sits.

Dave: Top of the league. Top of the league.

Annie: I mean, they're very good right now, right?

Dave: Really good.

Annie: That was the reason, everyone. That's the reason we went to Disney when we did is we got to also see Arsenal play. Like a pickup game. That's not the right word.

Dave: If anybody here knows anybody there, just knows anybody, you know a guy that works in custodio staff in the stadium, just let Annie-

Annie: We don't need anything for free. We will pay to get in. The whole family will pay to go to the Emirates Stadium. We just would like to meet someone who's swept the place.

Dave: Yeah, yeah, or slept at. I don't care. Swept or slept.

Annie: Anywhere. If you know anyone.

Dave: Yeah.

Annie: If we were crowdsourcing to soccer, who's the like, hey, If y'all know, I'd love to meet him or I'd love to..." You don't have to be friends with him. It doesn't have to be a long term. It's just a meet and greet.

Dave: I think Saka for Arsenal.

Annie: Really?

Dave: He's such a good dude.

Annie: Really? Okay.

Dave: He's a good dude.

Annie: Yeah. Okay.

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Dave: Bukayo. He's a superstar.

Annie: Okay. great.

Annie: I'll stick with Héctor Bellerín even though he is-

Dave: Nice. As of today.

Annie: ...RIP. Not as a person but as Arsenal player.

Dave: As Arsenal player.

Annie: Yes, yes. Yes. He went to Barcelona.

Dave: Yeah. Where is he from?

Annie: All the more reason for me to go to Spain. We don't have time for this.

Dave: There it is.

Annie: I've been wanting to go to Spain.

Dave: There it is.

Annie: Dave Barnes, welcome to the Downsplay. Thank you for doing this today. This just became the first episode of the Downsplay. We name-dropped so many people we know and don't know.

Dave: So many.

Annie: So many.

Dave: Who we should be friends.

Annie: The floor is full.

Dave: Full.

Annie: If you're driving, check the floor mat before you hit the break because it is covered in names. It's covered in names of people we want to know.

Episode 407: Dave Barnes on...Well, Everything! That Sounds Fun Podcast with Annie F. Downs

Okay, the new album *Remembering: Greatest Hits Acoustic*. Dave, the last question we always ask as you know because you've done the show. Dave Barnes has done this show multiple times. Six times. Because the show is called That Sounds Fun, tell me what sounds fun to you right now.

Dave: Man, *Lucy in the Sky with Diamonds*. Just everybody out there.

Annie: Just that song.

Dave: Just that song.

Annie: Okay.

Dave: I did this on my Instagram the other day.

Annie: What's that song about? Drugs?

Dave: No, it's not. It's not.

Annie: Like all their songs are about-

Dave: Apparently, John's son came home with a picture... you can look this up. They've still got the picture. A picture that he drew from school. And John said, "Who's that girl that's in here?" And he said, "That's my friend Lucy and she's in the sky with diamonds." And he was like, "Well, congratulations on the song."

But this is what's fun about that. Anybody out there listening who loves music—I did this on my Instagram the other day. It was a little class—sit down... I think some people think what was the big deal with the Beatles? Like what's the big deal? Obviously they were very successful and they had great songs.

Annie: Great pun in their name.

Dave: Great pun. It really may be a suspect until you're successful. And then it's genius.

Annie: Like the Oneeders.

Dave: Yeah, that's exactly what I was about to say. But sit down with that song, any music lovers, because I bet you think you know it, and then when you see what John Lennon did writing chord-wise and what he achieved in that song, it's to me what makes them great. It's something that is so musically complex. It is so easily

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listenable and so singable. So that's been fun. It's been learning the secrets. There's many other secrets.

Annie: At some point next year we'll get an album of Dave Barnes influenced by the Beatles makes an album.

Dave: Yeah. Yeah

Annie: Fascinating. Okay, great. *Lucy in the Sky with Diamonds*. I support it. Thanks for doing this, bud. Come back anytime, particularly maybe around Christmas if you want. You're not available?

Dave: I'm booked up.

Annie: Okay, well, we'll hope Santa isn't. But you can be.

Dave: I can be.

Annie: And we'll see you out on the road. Christmas shows.

Dave: Yay.

[01:02:28] <music>

Outro: Oh, you guys, don't you love him? Okay, so you know you've got to go and listen to that new project *Remembering: Greatest Hits Acoustic*. Grab tickets to the Christmas shows that are coming up. Lady A shows that are rescheduling where Dave will be opening.

Make sure you are subscribed to Dadville. It truly is one of my very favorite pods and I am not a dad. And I love it. Follow Dave for tons of laughs. Tell him thanks for being on the show today.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that's how you can find me.

And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same. Today what sounds fun to me... Oh, what sounds fun to me today? I haven't had a Coke Ice in a while. So I think Coke Ice would be delish. That's what sounds fun to me.

Episode 407: Dave Barnes on...Well, Everything! That Sounds Fun Podcast with Annie F. Downs

Y'all have a great weekend. We'll see you back here Monday. Y'all, y'all, on Monday, it's the voice of everyone's favorite mermaid. Yes, it's my new friend Jodi Benson who voices Ariel. Y'all Ariel from *The Little Mermaid* will be here Monday. You already been ready. Get your Disney ears ready because this is a good one. So Ariel will be here. Oh, my gracious! All right. See y'all Monday. Y'all have a good weekend.