

Friendship Village 10.18.20

This is 96.9FM, KMRD-LP, Madrid, New Mexico. I'm Marlee Grace, you're listening to Friendship Village.

[Music]

Starting today off fun and light with Cece Peniston, "Finally." If you're a viewer of the classic lesbian television show The L Word you know that that is the song that is playing with when Alice and Dana finally hook up for the first time. It's a beautiful song. And that brings us to the first question of the show. Friendship Village is music and advice every Sunday here on KMRD from 3-5PM Mountain Time with me your host, Marlee Grace. Or as Gwendolyn encourages me to call myself, the Gay Delilah. Which I don't argue with, that's what I love. You can call in to the station, 505-473-9696 or you can email friendshipvillageradio@gmail.com. If you have a question, call me when the music is playing about identity, art-making, and of course, friendships. Wouldn't be Friendship Village without questions about friendships. This is a question of heartbreak, queer heartbreak. This person is coming out of their first relationship with another woman, they were together for two and a half years, high highs, low lows, and it's just - it sounds like there's still a lot of pain. And it had a lot to do with their attachment style, going berserk on one another. I write her emails but don't send them. Our underlying attachment styles just went berserk on each other, like oil and water. It is done, for now, we had a lovely but tearful break-up session with our therapist but ...when will it end! They ask, is it ok to cry every day? What should I do? Their question is: what is your one amazing thing you did for yourself during break ups? First of all I really want to say, I understand having attachment styles go berserk on each other. I think in most relationships i've ever been in ,I identify as an anxious attachment person and you know, it's ok - I definitely look back on partnerships where I'm like, if I just could have fixed - I'm so addicted to wanting to fix things that happened in the past, present, and future, things that haven't even happened yet. Ready to fix them. But if I just would've fixed my problem with my anxious attachment style then, maybe that relationship would've worked, or something. I have to let go of that and know that I can keep understanding my own attachment style more and I've found my current partner, we definitely can link up in the wrong ways. We can pendulum swing all over the place. It's really a practice to - when I was single for a few months last year, I really tapped into what do I need to feel secure on my own? And how can I bring that into a future partnership? Tapping into what I need to

feel secure, how can I really lean into those patterns right now, outside of a partnership, so that the next time, whenever it is - in months, in years - whenever you go into partnership again, you can be a little more prepared. At the same time, I was just speaking with someone the other day that's like man, as soon as partnership comes in, it's a whole new battlefield. It's like you're constantly retraining. Good luck with that, I think you can do it. I think you can tap in. And just take it as evidence, collecting evidence, like oh wow, instead of hating your own attachment style and how it layered up in your last relationship, be like cool I'm collecting evidence for myself now, other partnerships I might be in. In terms of things I've done that are nice for myself in a break up, I think is just really let yourself feel bad without the embarrassment. I'm thinking of hearing you be like, it's normal to cry all the time, right? I think you want to be like, I'm fine, I'm chill, I'm grateful for my life, everything happened the way it's supposed to be. Sometimes being in acceptance for me actually blocks me from that grief. Gosh, I feel like my advice for so many questions is take many baths. But baths, and walks, and just going towards the feelings not away from them is really important. And indulging, not being overly judgmental. Collecting that evidence, like maybe it feels good to eat a pint of ice cream and do what you want and watch Grey's Anatomy and be like, hell with it, I'm going to do what I want to do. And then maybe you'll reach a point where that starts to not feel good. And instead of hating yourself for that, just pivot, be like "okay, cool, this coping mechanism, this self-soothing tool isn't working, so maybe I'll shift towards another." Or like, taking an online dance class or starting a new trashy novel, or something. It's less about the actual things we do and more about the permissions we give ourselves to rest and to grieve. Two and a half years is a long time. I think about my partnership that's a year and a half old and how much of a life we've built together and I think sometimes something under five years seems less dramatic, but it's really important to let yourself grieve that kind of intimacy and partnership. Do what you need to do, give yourself permission to have it look messy. Hello, 2020, being in a global pandemic, the election coming up, the uprising that we've seen towards justice, it's been a year. Collectively, let alone in our personal grief. Do what you need to do to feel good. Many blessings to you as you navigate that. You're listening to Friendship Village on KMRD. If you have a question, call in while the music is playing or email friendshipvillageradio@gmail.com.

[Music]

That was Natalie Merchant with "Wonder." Before that we heard Dolly Parton "My Tennessee Mountain Home." We started with "Til Tuesday" by Voices Carry. My girlfriend, Jackie, and I just listened to the entire series, Dolly Parton's America, podcast, the nine-part series. I just highly, highly recommend it. I feel so inspired by the great unifier that is Dolly. And it's just really beautiful storytelling and you know, critiques. It just felt like such a beautiful piece of radio journalism. If you're a Dolly fan, I would imagine you love it. If you don't know much about Dolly Parton, I think you'll love it. Shout out to Dolly and Dolly's America. Well, we're past the voter registration day here in New Mexico so I'll stop reading you that PSA, but I do want you to know your rights at the polls. So I'm going to read a list here. Maybe they apply to you. Your rights on election day. If the polls close while you are waiting in line to vote, stay in line. You have the right to vote. Voters are entitled to a provisional ballot even if your name isn't on the list of registered voters. If voting machines are down at your voting location, ask for a paper ballot. Under federal law, all polling places for federal elections must be fully accessible to older adults and voters with disabilities. You do not need to speak English to vote in any state. You do not need to pass a test to vote in any state. You do not need to provide ID to vote in the state of New Mexico unless you are a first time voter and did not provide identification with your voter registration. For more details and information in any state, visit aclu.org/no-your-rights/voting-rights. I've also been seeing some things going around on social media about there are certain states where it is illegal to post a public selfie or picture of your ballot. That's what I hear. Maybe it's false information, I'm not sure. I don't know how'd they find you. But I've seen it. So be careful. Just be thoughtful. We got our absentee ballots in the mail here in Madrid the other day and are looking forward to filling those out for the Biden-Harris campaign. A little lesser of two evils, little bit don't really care at this point. Trying to get the bad man out and trying to put the less bad man in. These thoughts are mine, your host, Marlee Grace, and do not reflect the ideas of KMRD as a freeform radio station. Just a couple weeks, friends, then it's over. At least it's over, at least it will end. Whichever way it goes, it'll be done. And then there's more work to do forever on the ground, in our community, with your friends, your family, there's always more to do. It's an urgent time that doesn't call for urgency, it calls for pause and reflective action. That's what I've been saying to myself. This is 96.9FM, you're listening to Friendship Village, music and advice. If you've got a question, you should call me!

[Music]

That was Paula Cole, "Where Have all the Cowboys?" Before that we heard Mary Carpenter "Passionate Kisses." Wilson Phillips "hold on," Janet Jackson "Espcade," Annie Lennox, "Walking on Broken Glass, and the Gogo's. You're listening to Friendship Village, music and advice. You thought I was done talking about voting, didn't you? I'm not! Early voting in Santa Fe County. The 2020 General Election takes place on November 3rd. St. Joseph's Hall in Cerrillos will be open on Election Day. However, there is something called early voting which is currently open at the Santa Fe Convention Center, Monday - Friday 8AM-5PM. They will also be open on October 31st, a date we sometimes lovingly call Halloween. Early voting is now available at the following locations in Santa Fe County through the 31st of October. Drop off absentee ballots at any of these locations or any polling location on Election Day. Local folks in Madrid are also offering neighbors rides to go vote early. More information is posted at JavaJunction. I want to talk a little bit about, there's such an emphasis on the "vote or die" mentality which assumes a lot of privileges, that everyone who wants to vote knows where to go, has access to the internet, has access to a car. Right? Has access to time, so yeah, check in on your neighbors this week, maybe they need a ride, need some more information on who to vote for and what's on the ballot and something that might be confusing. It's a great time to heck in one another and see what the needs are of those around us in terms of understanding our ballots and getting them to where they need to go. Many blessings as you navigate voting wherever it is you live Early voting, great to see people already casting their vote. Give me a call on the studio request line if you have an advice question!

[Music]

That was "Roam" by the B-52s. A great song. We've got another question here on Friendship Village. This person says, "I've been sober for two years, it's been going well but I feel triggered during Covid. I feel like even though I'm going to Zoom meetings and feeling supported by my sober community, I just keep thinking about drinking, whether it's in my dreams or in the daytime. How do you cope with feeling triggered or obsessive thoughts about drinking?" Dear, dear caller! I hear ya. Covid-19 and the global pandemic, I've said this on the show before, but nothing has ever triggered my own thoughts about drinking after 9 almost and a half years of not taking a drink, there has been nothing that has tested me like this year. And it's so interesting because I think part of what's so triggering is the

normalcy of the discomfort. We're living in what I think is the most uncomfortable time of our lives. And unexpected. That's the thing, when you start to train yourself in sobriety, when I was going through divorce, the death of people I love, big life transitions, extreme joy, I got married in sobriety too - events you might think to drink at, I was ready. I was like, I've got the tools. I know what to do. In my time in sobriety, I've never had to go through time of deep and relentless isolation before. For most people who struggle with or cope with addiction, the antidote is to not be in isolation, it's to connect with people in real life. So first I want to say, if you're struggling with any sort of addiction, it's really hard right now I think for anyone who's working any kind of recovery, 12 step, smart recovery, refuge recovery, doing it on your own, doing it with friends, therapy, it's harder now than ever. I want to pause at the top of the hour - this is 96.9 KMRD-LP, Madrid, New Mexico - your favorite freeform radio station. This is Marlee Grace, you're listening to Friendship Village We talk advice every Sunday from 3-5. Right now I'm talking about sobriety and how freaking hard it is in 2020. I've really noticed that certain television shows that I'll be watching, I'll be like dang, that looks fun. Because when there's not much to do, I've been watching really bad reality television, although, what is bad? What is bad reality television, good reality television? One show that could be good reality television is the show *Alone*. Because you learn how to fend for yourself in the wilderness. *Vanderpump Rules*, my favorite reality TV show, one might call bad. However, shoutout to Ariana Maddox and Lala Kent, two of my favorite characters. I don't know if characters is the right word, "cast members," they are real people. Anyways, where was I? That show, they have so much fun drinking. Although, spoiler alert, Lala gets sober! So that's the thing, even the people we see out in the world looking like they're having fun drinking, they're maybe not at all. And some people do have a lot of fun and don't have a problem. That's great, namaste to those people who are out there living life drunk and having fun. I'm not necessarily one to say it's a poison for all but that's something people think too. For me, I really have to talk to other sober people often, every day pretty much. How are you even coping? I have to plug in to someone in recovery every day. It's non-negotiable, if I don't it's a slippery slope. Maybe not every day, every other day. I try to do that before it gets so uncomfortable that it's scary. That happened to me a few times - moving to a new place, settling in, a partner who has a dangerous job and was gone a lot. Those are the creeping thoughts even at 9 years sober. I want to normalize that even for people who are 20, 50 years sober, people who just got sober this year, we only have today. What are you going to do just for today to not take a drink and live your

best life? The courage to change the things we can and the wisdom to know the difference. Many blessings to you as you navigate this. If you've done it for two years you can do it for just the rest of the day until you go to bed. I truly believe that. Thanks so much for listening and calling in. If you have a question for me, you're listening to Friendship Village, call KMRD or email!

[Music]

That was a little bit of Jewel, "My hands are small I know." That's what she says. Before that we heard Joan Osborne, Dez-ray, Sophie B. Hawkins, Traci Chapman, and the B-52s. You're listening to Friendship Village, I'm Marlee Grace. And I have another question from a caller! This person says, they have some questions about art. They recently left art school. They say: It felt like We were all pushed to make art solely for the purpose of going to New York or Chicago or making it big time. I used to be content with my simple rural life in Tennessee but now I feel their unhealthy thoughts and advice creeping in. I feel pressure to become well known, or else I'm a "failure" to the art world. Can you talk about others expectations, particularly in the art world, and how to stay true to yourself? Wow, well I truly feel that. I think one thing that's so beautiful is that in the age of the internet, you can live in a small rural place and have a huge reach. I have benefitted from that in my own art life and career, you know, I've never lived in a big city. I've lived in Michigan or small towns of 300-1000 people and that's been fine for me. To me it's so much better to live the quality of life that I want to live rather than living towards someone else's expectations. As an artist and a writer and a dancer, I don't necessarily feel so tapped into "the art world." What the hell does that even mean? I'm sure in academia there's more of a direct or obvious answer to what the art world is, but for me as a dancer I've carved out all of these outsider spaces for myself both digitally and in real life and it's' been so much more enjoyable. I don't want to live in Brooklyn and be in a tiny dance company and work three to four jobs. I don't want to do that. Now, there are people in my life who do do that and are extremely fulfilled. There's no judgment on either side, that's where we need people to live rurally and bring art to those spaces and be active in their own communities. I can only speak for myself living here in Madrid, surrounded by amazing art and artists and art spaces. If all those people left to go to NYC or LA, that would be so sad. We wouldn't have this tiny mecca of work being shared that's influenced by the desert and people's lived experiences and there's so many queer artists here and people who've been here fo ra long, new people, an amazing array of what's here. I don't ever look at that

thinking, I don't know if that's accepted in the art world. I have a really big project, a book, that's coming out a week from Tuesday. I really relate to that feeling, I may be speaking confidently about this to you, but I relate to the feeling of wanting to be liked. That's really normal to want people to like me, this thing that I poured so much of myself into. Any form of art is going to have part of you in it. Be easy on yourself when you are feeling that feeling of wanting to meet people's expectations. And you want to meet your own, that's just as hard, my own expectations for myself can be so hard. Really be encouraged that there's no right way to carve out a path towards art making. There's only your way and there's so many ways, what a beautiful gift that we don't have to hold ourselves to other people's expectations and what academia wants us to believe! I really relate to that. When I graduated with a BFA in dance, people were like, you're just going to stay in Michigan? You're not going to go into the world? And I was like geez, well if everybody left we wouldn't have dancers in Michigan! And people were like, what? Many blessings as you navigate this, wherever you are, stay in that rural town, listen to Dolly Parton, make your art and say hell with it to everybody else! You've been listening to Friendship Village, I'm Marlee Grace .If you have questions for next week, email friendshipvillageradio@gmail.com