

## Friendship Village 11/22/20

This is 96.9FM KMRD-LP, Madrid, New Mexico. I'm Marlee Grace, and this is Friendship Village.

[Music]

That was Britney Spears, with the classic "oops, I did it Again." You're listening to Friendship Village here on KMRD, music and advice every Sunday from 3-5 with me, Marlee Grace. If you have a question that you need advice on - identity, how your mind is feeling, business advice, art advice, how to be a human in the world advice, you can call into the station while the music is playing! The studio request line is also open for dedications, so maybe you want to shoutout to someone you love today, you can call in, tell me their name and the vibe and I'll pick a song, we'll dedicate it together. You can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). The next two hours are all 90s, all totally hits, early 2000s, that's the vibe. If you're my age, which is 32, it might feel like you're at a middle school dance or a roller skating party.

[Music]

That was O-Town with "All Or Nothing." I Saw O-Town play at the Ionia County Fair as a child, they were a boy band that had a brief career, never quite lived up to Backstreet Boys who we heard right before and N'Sync. Usually you're a Backstreet Boys kind of guy or an N'Sync kind of guy. And, you know, I really like boht. I would definitely say I lean more towards N'Sync. You're listening to Friendship Village, advice and music. We have our first advice question of the show. "I'm an artist in my mid 30s and I've recently been thinking about going back to school for clinical social work." I want to pause the question and say I think this is very common. I think a lot of artists sometimes stop and say, should I be a social worker instead? Anyways, back to the question. "I had gotten pretty into the idea and was beginning the application process when I randomly landed a kind of dream job. It's not a dream job in the sense most people think of one, it's just a good job where I like the people I work with (other artists), am treated well, paid well, feel like I can be my goofy self, and don't feel totally drained at the end of the day (meaning i can still make art and have a life.) While my interest in social work still stands, and I recognize that loving a job you've been at for a couple months doesn't mean you'll always love it, I have to admit I'm confused! I've been thinking and talking to a few trusted people about it, but I'm curious to hear your take! I know that a job as a

therapist would probably be more meaningful than what I'm doing now, but I'm unsure how important that is to me, and also how urgent. Do I stick with this job and wait to see how I feel next year, or just go forward with the momentum I've built up? I'll also add that quarantine feels like a weird time to be making decisions." Thank you, dear caller, for this amazing advice question. And I relate on so many levels. I feel like in my - this is a little different, I suppose, both career journeys exist within the art world, but I have a BFA in dance and have thought about whether I want to go to school to get my mFA in dance and be a dance professor, like work in the education system. As opposed to be a working artist and author and be self-employed, a career that I've been building for the last 8 years. I think this is a really common question, the career pivot. Something I really want to lean into here is this question of, "I know that a job as a therapist would probably be more meaningful than what I'm doing now." I want to pause us there, I want anyone who's listening to either sink into the comfort or discomfort that comes with hearing a question like that. Cuz to me, my very opinionated reaction is "how is that more meaningful?" I think that it's so easy for us to assign meaning to more traditional jobs. I think the job of a social worker or therapist or any kind of emotional guide is extremely important, and I do not think it is any more important than the role of an artist in the world. I think I, as someone who both has a therapist and is an artist and relies on reading about art and listening to podcasts about art and looking at art, I can't exist one without the other. I want to throw that out there, that's a little bit of a product of living in a country - I suppose I don't know what country this person is in, but in the USA we experience as much programming support and support from the government towards art, and artists, and art as a career as other countries do. And existing within capitalism, we do put more meaning or worth behind jobs like a social worker, a doctor, a lawyer, any of those sort of "traditional" feels like the word coming up to me, jobs. To me, you listing that dream job, or how maybe the job isn't dreamy but how you can exist in this framework - I like my coworkers, I have time for my art - you might not have those things as a social worker, or going back to school. To me, especially being in your mid-30s, maybe being a social worker happens in 10 years. Maybe there are ways to integrate more one-on-one guidance in your art practice. Maybe you can make a list of "what is it I'm looking for in social work that I could just integrate into my art practice?" Whether it's a book you read, or something you write about. Maybe you get a book from your favorite social worker writer, someone in that line of work who you're inspired by, read their work, see how the thoughts and ideas and patterns can be integrated into your own work. And I just think

there's no shame in a job that leaves room for your own practice, that doesn't leave you drained. To me, that's how we resist capitalism, right? Because we're living in it, that's not going to change unless you're a fully off the grid person who literally grows all your own food. Even if you shop at the farmer's market, you're still participating in the exchange of money for product. And so, to me, this job you landed is really offering you what so often living in capitalism doesn't offer us - rest, not being drained, feeling seen, you can be goofy, you can be yourself, and especially in the Lord's year 2020, the quarantine, the pandemic, the election we just went through, you focusing and prioritizing on that part of your life, that is going to carry over into your art practice. My intuition is flow with that, flow with this job and your current life as an artist, the path of social work is later, down the road, maybe next year or 10 years or ways to integrate it into your current life. Love this question, many blessings, thank you for this email. If you have a question you can email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com) or call while the music is playing. We're listening to the best of 90s and early 2000s hits until 5PM Mountain Time.

[Music]

That was Hansen, with "Mmm-bop" before that we heard Will Smith, TLC, Spice Girls, and Avril Lavigne. You're listening to Friendship Village, advice and music with me, your host, Marlee Grace. And I wanted to share a little something for those who live in town, there's a lost dog. His name is Hamilton, he looks similar to my dog, June, similar to Dale's dog, Kailey, like a mix of Sierra and some other black dog that wanders the streets. And its name is Hamilton. Hamilton belongs to a really nice man named Nevine who was passing through town and Hamilton was spotted today, ok? Hamilton is here. Hamilton is in town. We last saw him up on the mesa, past things that exist up there, right? You know what I'm saying? Towards the end, way out there. On private property, little tricky up there to feel like we can look for the dog. The dog was seen up there. If you live up there, you have a friend up there, someone you're dating, maybe you love to walk up there, maybe you just want to keep an eye out for Hamilton. He's in town, he's about 45 pounds, black with a white chest, sort of a greyhound-lab mix. I have offered to be an in-town point person for Hamilton the dog, so if you're in the town's social media group on the internet, you can text me, talk to me, let's get this dog back to his home and his owner. Hamilton, if you're listening, if you're somewhere close to someone with the radio station on. Go to my house, wait for me, I'll see you at five. If you have a question, you need advice, you need dedication, talk to me,

call me, email me. We're playing the hits of the 90s and early 2000s today, here's a little Montell Jordan.

[Music]

That was Aaliyah featuring Timbaland, requested by a Friendship Village listener. We're listening to the hits of the 90s and early 2000s today on Friendship Village. First we have another great question from a caller. Let's see, this person says "how do you create structure for yourself as a person working in the creative world, outside of a typical 9-5? How to balance work time and non-work time?" This question, I was literally just talking to my partner today, I said "I feel really off-center, off-balance around my work habits," as someone who is self-employed and works outside of the 9-5 schedule. This question is so beautiful and asked so often in the creative world, I don't think there is an obvious answer. I think it's up to the individual, I think it's up to what your astrological chart looks like, what your human design looks like, your enneagram number. There's so many deciding factors in how we work, when we work, what our flow is. And so for me, lately, I think I try to pay attention to am I feeling fed by my work and if not, what do I need to do to shift that, to stay accountable to my tasks? I've been thinking about co-working Zoom hours to invite people into, I have a lot of stuff to do, I can feel myself not really doing it, do you want to hop on a Zoom, we don't even have to talk. I call that "alone time, together." I need accountability, I have to show up for my work, but I'm having a hard time because I have no boss. Other people who are also self-employed that can help or might have a boss but are in charge of their own schedules. For me, it's about remembering that when i'm centered in my work, I'm usually more centered in my life. I've never been one to create a schedule and I'm always playing with, is that resistance to schedule-making? Or am I someone who doesn't want to make a schedule, and that's ok? That's where we all float in and out of what is correct, what is self care, what is avoidance? That's where gathering practices of getting to know ourselves is just as important as figuring out how and when to work. Figuring out, when do I like to work? What kind of work do I like to do during certain hours? How can i Push myself a little more? How can i turn my phone off for a few hours to focus on the creative part of my job that doesn't revolve around technology? I think just learning to ask yourself questions around what are the best times of day for me to work, what are the beverages I like to have, do I like to have my nettle infusion or my coffee, do I like to have congi or cereal, do i like to have my fig bars or my salami stick? Surround yourself with what is good. I've also been thinking about treating myself with

respect, I'll offer that to the group, the listeners. How do I treat my work with the same respect I want to offer myself and my body and my mind? Knowing that my art practice, my work practice, my business practices, I want to treat those with respect and care in the same way I want to treat myself. Here's the catch 22, sometimes I don't want to treat myself well, because I have a core belief that I'm working through with my therapist about being worthless and doomed. When you're feeling like that, it's like why focus on my work and my art when I think I'm worthless and doomed? Part of sticking to a schedule, whatever your schedule is, is chipping away at those core beliefs. You'd think you could just make yourself a schedule but no, you have to chip away at the traumatized child within each of us, just to have a good workflow. Isn't that just really 2020? I'm sort of staring out the window of the radio station into the sky, kind of getting lost in just staring. I wish I did that more. Don't worry, this is still an answer to your question about business hours. What about your staring hours? Staring into space hours? Don't forget those, ok? And that's my advice, daer caller. Many blessings as you navigate how you schedule your own work hours. I'm feeling a little out to sea with mine right now and I kind of just keep saying, I want to be in my studio more, but I have to really show up to those wants and desires and needs. This one goes out to you, dear listener, all the listeners, you're listening to Friendship Village.

[Music]

One of our most classic duets of all time, Brandy and Monica "The Boy is Mine." BEfore that we heard N'Sync, Jessica Simpson, A-Teens, Bewitched. So fun! Friendship Village, I'm Marlee Grace, what a fun time on KMRD today. Thanks for joining me for the late 90s, early 2000s hits. If you have a question for next week, you can always email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Maybe there's somebody special you want to dedicate a song to next week, I'm all ears!