

## **Marlee Grace / Friendship Village / 5/17**

[Music]

This is 96.9FM, KMRD-LP Madrid, New Mexico.

[Music]

Hello! And welcome to Friendship Village. My name is Marlee Grace and I'll be bringing you on a journey for the next two hours. I wanted to start today's show with a little introduction. This is my first radio show on KMRD-LP Madrid, NM and I just moved here, to Madrid, with my partner, Jackie. And, I thought I'd tell you a little about us and what brought us here and what you can expect every Sunday from 3-5. So, I'm originally from Michigan and most of my life growing up my dad, Bruce Parrott, was a radio DJ. He worked in radio and he worked on different morning shows and through many different genres, he worked for a country music magazine and so radio has been a huge part of my life. And when my partner and I were getting ready to move here - she is a Hotshot, which is a fancy word for a wildland firefighter for the Santa Fe Forest Service, he got that job and we were looking for a place to live - and we got a sweet email from a stranger named Stella. Stella said "Hey Marlee, I've been a long time reader of yours and I started this community radio station in Madrid, New Mexico, you should come check it out." I had a psychic intuition that it was going to be a good thing, so we got in touch with Stella, she helped us find our home here. We live in a beautiful home owned by Beth Hill, who many neighbors may know. And yeah, we drove our Jeeps - Jackie and I have matching Jeeps - and we drove them here to Madrid, sight unseen. Two days later, the global pandemic began - well, it had already begun, but the quarantine began. So we've had a really interesting time moving to this new place, and I thought "what better than to get to know my neighbors by having my own radio show?" I'm really happy to be here. Myself, I'm an author and a dancer. I've been working on a new book and exploring town. Jackie and I have a dog, June, so if you see us around, wave from 6-10 feet away and introduce yourself.

I'd like to tell you a little bit about Friendship Village and what I'll be having us do here. Growing up, again listening to my dad on the radio, I was always really fixated with Delilah, who is this really soft-spoken advice-giving woman who you can call and ask Delilah for advice. I've always sort of dreamed, what if I had my own advice show? Friendship Village is an advice show and a radio show. At any time during the broadcast, you can call the radio station number, 505-473-9696, and you can ask me anything you want. You can be anonymous, you can not be anonymous. I'd say some topics I could help you with today or any day could be identity, anxiety, how to handle this time in quarantine, things about creativity, creative unblocking, any kind of advice. We're just going to try it out, it's an experiment. You can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Your questions can be anonymous or you can include your name if you'd like. And then I'm going to play songs. So today's theme for our show is - today is my sober birthday. Today I'm celebrating 9 years of continuous sobriety against alcohol. And it's an exciting day for me, a special day for me. I love this day and I picked a lot of songs that make

me feel good, a lot of them are by my friends who are also sober, a lot of them are songs that pump me up or help me feel my feelings. I hope you enjoy them. I also wanted to mention where I got the name "Friendship Village." I love living in this small town, I used to live in another small town, Point Reyes Station in Northern California. My dad, who I mentioned, is from the small town of Portage, Wisconsin. And he loves, you know, place-based history, he discovered this writer from Portage named Zona Gale. She was actually the first woman to win the Pulitzer Prize in drama in 1921. Zona wrote this series of short stories that were thought to be about the residents of Portage. And this series of short stories is called Friendship Village and it's turned into this book that she wrote. The writing is just really beautiful, I'll have to bring some next week to read to us. It felt like the right thing to name the show, because I get really excited about friendships. I'm excited to be building new relationships as a newcomer in this place and I'm excited to see who calls in and wants to talk or maybe has some advice they need. And I'm excited to play music for you that maybe makes you feel good, or want to dance in your living room. So welcome to Friendship Village, I'm honored to be your host and with that we'll get started!

[music]

Hello! And welcome again to Friendship Village with your host, Marlee Grace. Thanks so far to everyone who has called in. Again, Friendship Village is a new show here on KMRD, and it's part advice and part music. We have an anonymous question about how to use social media if you want to flirt with someone and possibly start a new relationship. You know, I think especially in this time of quarantine, that's a great question. And something that I've done before. If you use the Instagram app, you have the DM option, and on Facebook you can send a message. Tap into your intuition. Listen to the energetic yeses and nos, even though you may be communicating digitally, it's not that different than if you were to flirt with someone in real life. You might not right off the bat, be like "hey, I think you're hot, let's hang out and talk to each other." You might be more complimentary of a song they just posted, or a recipe that they're into, maybe you want to share a recipe with them that you are cooking or working on. I think there's a lot of ways to make digital connections - at any time but especially during this time, and to just focus on, what are your similarities? How can I connect with this person just in a platonic, friendship way? And then you start seeing if maybe they send you a song that they think you would like, maybe they send you a recipe back. You can start to see where it's going, where's the communication going. And, if they're not really jumping in to something that feels flirtatious, don't take it personally, don't beat yourself up. Just sort of think "ok, I learned from this, this was good practice and maybe this person will just be a better friend and I can see what other fish are in the sea." So for those of you listening who are maybe wanting to find a little love during this time, I think you can, I think you can find it. Again, if you have questions or want advice from me, your host Marlee Grace, of my show, Friendship Village, every Sunday 3-5 you can call in, 505-473-9696. Also you can email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). For now we're just going to keep playing songs.

[music]

You're listening to Friendship Village with your host, Marlee Grace. Again if you're just tuning in, this is the first episode of Friendship Village. You can tune in from 96.9FM, KMRD-LP Madrid, New Mexico from 3-5. Friendship Village is part music, part advice show. We've got another caller, an anonymous caller, that has a question about writing. They asked "you know, I'm feeling blocked around my writing practice, I have some goals around writing to write more, possibly start a blog or a newsletter or a self published book and I'm just having trouble starting." I just wanted to give a little advice around starting a writing project. Something that I've found really helpful for myself and other writers I know, is to really think about the bones. What are some of the themes you want to write about? Those - a list of themes might become chapters, they might become sections of a book, or topics for a poem, or things that you might want to explore in an essay type form. So, I like to do it with a pen and paper, you could also open up a blank document on a computer. Just give yourself a "no expectations," maybe set an alarm for 20 minutes to just be like "ok, for the next 20 minutes, I'm just going to free form write different themes, different ideas, different words that I love," and then sort of go from there. I think so much of what a lot of us feel blocked around, whether it's writing or some other creative project, is just - we're already thinking about the finished project, like "is this going to be good? Are people even going to like this?" Part of it is, I like to say, people might not like it. We still have to start, we still have to begin somewhere. You know, and separate the expectations of what other people are going to think about our work. And so, again, if you're thinking about writing and you're feeling a little blocked, I like to set the mood, too. Maybe you light some candles for yourself, get your favorite snacks, get your favorite LaCroix flavor, and just sit down and maybe put some of your songs on, maybe the radio station on, and just start to flow. See what themes emerge. Again, if you have a question you would like advice on, you can call the station at 505-473-9696. You can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). We actually have a request! We're going to play that. This is the song "Love Is the Key" by Tuck and Patti. This is dedicated to Walker Hart from A.

[music]

This is 96.9 FM, KMDP Madrid, NM. You're listening to Friendship Village with your host, Marlee Grace. If you're just tuning in, Friendship Village is a new show on Sunday afternoons every day from 3-5PM. It's part advice show, part music. So again, if you have a question, while the music is playing, call in! 505-473-9696 or you can email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). We've got two questions here today. I did mention that today is my 9 year sobriety birthday from the disease of alcoholism. I am grateful to be sober, I picked songs that make me feel good, that make me want to dance, that are by my friends, some of them, et cetera. We have an anonymous caller who has also quit drinking themselves and has a friend who's also trying to quit. And they're kind of on their own journey, and this person who has already quit drinking has noticed that not everything that they've done to support their own sobriety is maybe applicable to their friend who is struggling, so. This can be a heavy topic. If you have an addict in your life, someone who's struggling with alcoholism or something else, it can be easy for those of us who are maybe caretakers or codependent or just love someone, to want to save them. The first step

is always to know that we don't have control over people, places, or things. We can't save people. Which sucks. Because I think a lot of us want to be able to. But once you accept that, the process can be a little gentler, there's sort of a 12-step phrase that people say that's "attraction, not promotion." Like, we don't have to promote a life of sobriety or the way that we do it ourselves, there's so many different ways. I really enjoyed a book by a woman named Holly Whitaker, that book is called Quit Like a A Woman. It's for people of all genders. It gives another perspective that's really different than a 12-step or rehab-based look at alcohol. You know, she doesn't even identify as an alcoholic, she just identifies as someone who needed to quit drinking. Looking at a book like that, or looking up her on the interwebs, and just again, I think if there's someone struggling with anything in your life, just knowing that if you make a safe container for them to come to you, they're going to have to do that on their own time. And to just remain available without being a doormat. That's my example. Many blessings to you and your friend, anonymous caller.

We had another question - I love this one. I get this one a lot. It's "how do I stop caring about what other people think of me? We all want to be liked, I think it's a really normal part of the human condition to want to be liked and accepted. You know, I talked about this a little bit with talking about our writing process. How do we start a scary thing, or put ourselves out in the world when we just so badly want to be liked? I think part of this, again, is the acceptance of like, some people won't like you. And I think that's more, how to sort of go on that journey of acceptance is to lovingly be like, and those aren't my people. You know, to just focus on yourself, building your own self esteem. I think the way to do that is by doing esteemable acts, you know, what can I do for my neighbor? What can I do for myself today? What kind of nourishing food can I eat? How can I be of service to someone? Maybe call a friend, check on them. You know, just doing things for ourselves that make us feel really good about ourselves. Something I like to also do is make a list of my cheerleaders, so when I'm worried that maybe I've upset a friend - and of course sometimes harm is done, amends need to be made, right? - but in terms of just like, strangers not liking you or neighbors or people you know, make a list of the people who you're like, these people love me unconditionally. No matter what, they believe in me, they're my cheerleaders. They believe in my art, they believe in what I make, they believe in who I am, and check in on those people. See how they're doing, give them a call, write them a letter, at a time like this we want to support the USPS, so, you know, think about what are public resources? Who can you be a part of in your life? Pick up your phone and just remember that what other people think of you is none of your business. So we're going to get back to our music! Again, if you have a question or advice that you would like some insight on, call Friendship Village, call me, Marlee Grace! The number is 505-473-9696 you can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). I have already been so freakin' tickled by the few neighbors who have already called me to say hello and good job, it means so much to me. To be a newcomer in this tiny place is a strange thing during this time and I just want to say it means so much to me to everyone who's called and asked questions. So, we are going to get back to our show. I hope you're having a great day!

[music]

You're listening to 96.9FM, KMRD-LP Madrid, New Mexico. You're listening to Friendship Village with your host, Marlee Grace. For those of you just tuning in, this is a new show that will be every Sunday from 3-5PM. And it is part advice show, part music. So, we have some new questions. These are from Beth and Bett of Madrid, New Mexico. They asked "how do you maintain your amazing radio voice? Is there a tea or a tincture?" Well, as I mentioned in my intro to this broadcast, this first broadcast of FV, my dad had a career in radio for many, many years and I think it must be in my DNA! I think I listen to a lot of radio growing up and still, and I also have a perfect little gap in between my teeth that sometimes makes a whistle sound and I think it just helps me talk right. And Stella made sure that my microphone was pointed in the correct direction. So, a little bit of everything. In terms of teas or tinctures to support this amazing voice, you know, I'm a big fan of Dandy Blend, that's what I've been drinking in the morning. It's a chicory root and dandelion sort of mixed powder that many have to replace their morning coffee. I've actually been enjoying mixing it, a little half cup of coffee, little Dandy, a little half and half. I think a good nettle tea to really calm the nervous system, get those nerve vines nourished, can maybe provide you, too, with this great of a radio voice. The next question, which is dear to my heart, a lot of my own writing and research is really about social media addiction, phone habits, how do we use the phone as a tool to connect with people that we love, to promote our work, to tap in to politics, to current events, how can we use social media to use our platforms to lift our voice, to lift the voices and projects of others? I will start by saying, I love social media, I love phones, I think they're amazing tools but especially in this time of a lot of alone time, a lot of quarantine, I think a lot of us are really feeling like we're grasping at the phone, we can't put it down, the mindless scrolling. It is a form of self-soothing, it's a way of tuning out from the realities and injustices of the world, which are really illuminated, more than usual, during this time. Something that I often suggest is making a phone box, which is something - my friend Caroline thought of this - you literally make a little wooden box for yourself and you put your phone in it, and you're like "phone, you're going to stay in the phone box for the next two hours." Or, you know, some of us might need to start small - the next twenty minutes. Whatever it is, it's just a way - tangible, physical things, for a lot of us, for a lot of artists, for a lot of people - it's easier to really envision, this is going to go away right now. I also tell people to utilize the "off" button. I think we forget that our phones can actually power down. You can, of course, just turn your phone off. And again, making small commitments - you don't necessarily have to say "I'm taking a social media break for a whole week." I think sometimes I want to sign out for so long, I really need a detox, and sometimes I just need an hour away. So the last thing I'll say is, have a plan. Have something that you want to be doing instead. I think this is where list-making really comes in for me, make a list of tasks you're avoiding, and then tasks that bring you a lot of joy. Sometimes I might be on my phone a lot more if I'm avoiding paying a bill or calling someone back that I committed to calling. I like to call that "swallow the frog." Like, do the hardest thing first. I think that can release a lot of energy that we're holding on to. And then the next thing I would say is, what kind of joyful activities have you maybe not been holding on to in your life? And again, this is exactly what I do to recalibrate. I might think of, I really want to get my hands in the dirt, I want to help my partner plant in the garden. I want to go for a walk, I want to take the dog for a walk, I want to write some letters. A lot of why we're on our phone is we want so

badly to feel connected, and I think again if you're on your phone, especially during quarantine, maybe more than you'd usually be, just be really gentle with yourself. None of us have ever experienced what we're going through right now, and of course we're going to want to feel connected to the people who we love. So don't shame yourself for that. But just think of little gentle things that might feel better throughout the day. How can you really connect for longer than 5 seconds with someone? And also remember that social media is a performance, whether it's Facebook, Instagram, Twitter, whatever you're using, and that just because a friend might be posting "today's really great!" or "I just did this new thing!" it's like, just remembering that if you see a friend on social media to be like, I should really reach out to them in real life and just check on how they're doing. Those are my thoughts on social media! Again, you are listening to Friendship Village. If you have a question that you want advice on, you can call in to the station at 505 473 9696. Your question can be broadcast anonymously, so you don't have to worry about that, you don't even have to tell me who you are! You can also email your questions to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Today's vibe, today's theme as it is my 9 year sober birthday - again my name is Marlee Grace, new here to Madrid and happy to be your host today! So, we're going to get back to our music.

[Music]

You're listening to KMRD and this is Friendship Village with your host, Marlee Grace. For those of you who are just tuning in, this broadcast is the first of a regular show that will be every Sunday from 3-5. It is part advice show, part music. So if you have a question that you need some advice on, you can call in to the radio station during a musical block at 505-473-9696. If throughout the week, you think of a question and you'd really like it answered next Sunday, you can email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). So, we have a question that's about the ethics of leaving a big city and visiting family during COVID-19. This, I think, is a really important question. I think it's a sensitive question, I think it's a question that a lot of us are thinking about in terms of travel and where we can go, when we can go, what are the ethics behind it, how do we protect our families, how do we protect our neighbors, et cetera? So, again, I'm going to talk from my understanding of what's currently happening. You might not agree with it, but I'm tapped in enough to the ethics to say my understanding of what's going on. As someone who's currently living in a small, rural area where there's a lot of folks who live here over sixty, I think if you're traveling anywhere, to a vulnerable community, you really need to be clear about how long you've been quarantining yourself. And if you're traveling, and again this is my understanding, is once you get somewhere, it would be correct to quarantine again if possible. The symptoms of this virus are not always visible, they take a while to show up. It's possible you could travel and get somewhere and immediately get tested, that'd be another ethical way to do some traveling. Again, this caller is talking about visiting family which again I think is something a lot of us are struggling with at this time, a lot of us want to be with our loved ones and close to our loved ones. I think, again, mask wearing is something that some people are taking a little lax, and I think that that is a really amazing way to not only protect yourself but protect others - protect your family. I think also, having extra masks with you, you might be at the grocery store or see someone without a mask, they might not have the same privilege and access that some

of us do to information, to understanding how real this is. So, having an extra mask to be like - maybe it's not right to go up to a stranger but if you were in a conversation with someone, it felt energetically appropriate, they said "I wish I had a mask." Just having other masks for folks, to give them - I've had a lot of friends and family, a lot of people have to travel still, for work, clearly people who are delivering packages to us are traveling. There's very few of us who are immune to traveling, so again if you can wear gloves, make sure to wash your hands really often, always be wearing your mask when traveling, only being with other people who you're aware of their exact quarantining, so that you know what's going on. Again, I'm sending this caller many blessings, I know it's really complicated - just for all of us to be figuring out, what is ethical, what is correct. One other thing I'll say is just to check the health information of maybe wherever you're traveling to, what does their stay at home order look like, what does the stay at home order look like from where you're coming from look like, does that fit into your own ethics, etc? Thanks so much for calling in, and asking your questions, many blessings as you figure out the best way to move forward. Again, you're listening to Friendship Village - part advice, part music. This is Marlee Grace, your host. If you have a question you can call in to the station at 505-473-9696. You can also email at [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). And we're going to keep listening to music!

[Music]

You're listening to Friendship Village, with your host Marlee Grace. Thanks everyone so much for tuning in today! This was my first show here on KMRD and it has been a privilege and a blessing. Every Sunday from 3-5, you too can tune in. This is an advice show and a music show. Again, if you have questions you can call the station while the show is broadcasting live. You can also send your questions in during the week via email to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). Again, thank you so much for listening today! It has just been such a blast. Thanks to everybody who called and asked questions, I really appreciate it. We're going to have one more song to bring us out of Friendship Village. Again, this is your host Marlee Grace. I will be uploading today's playlist to [marleegrace.space/friendshipvillage](https://marleegrace.space/friendshipvillage), that's Marlee with two e's, so keep an eye out for that later. If you liked these songs, you'll like what you see there. Have a great rest of your Sunday!

#### **Resources Mentioned:**

**Zona Gale** <https://www.britannica.com/biography/Zona-Gale>)

**Quit Like a Woman by Holly Whitaker :**  
<https://www.skylightbooks.com/book/9781984825056>

[Dandy Blend](#)