

Bloomington Stories Podcast: California Sober with Freda Love Smith
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Guest: Freda Love Smith
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We used an automated program to create the transcripts.

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Home of Indiana University, rock quarries, corn fields, enchanted woods and injury lawyer canon Bloomington is a town has a term for its ability to lure one time residents back. The Boomerang. There's something weirdly magical going on here in college Town nobodies Josh Bennett and Chris Coopersmith are going to get to the bottom of this place by listening to stories and writing every possible tangent on the way to.

00;00;29;23 - 00;00;56;24

It was the first problem of like getting like, confounded or getting confounded by a technical problem and then just like, pretending like, that's not a thing anymore, you know, they stalled out. That's kind of a soothing way to look at it. Oh, God, you're kidding me. I mean, I look at it like, I have got to fucking solve this shit and that.

00;00;56;24 - 00;01;21;06

If that's really interested. I don't sleep tonight. Then I don't sleep tonight. Let's see. This is if I have to eat a live chicken for breakfast. Love chicken. Because I would solve this problem. Then I'll do that. I'll do whatever it takes, man. See, that's. I don't know why a live chicken with that is necessary, but I'm just saying.

00;01;21;08 - 00;01;43;12

But you would. You would eat a lot of chicken for the rest of us. Yeah, if that's what it would take to solve the problem. Yeah, yeah, yeah. Well, that's what I'm saying. Like, it's just. But that's got to be soothing to be like, no, a problem doesn't exist. No, it's not. Here's why. Because all that happens. Is it like it builds up like dust on.

00;01;43;15 - 00;02;05;05

Like a vent, you know? And you know it. And it's like you. You're like. You're not really thinking about it, but it's like the ghost of it is living in your brain. And then other things collect in there. And eventually I just can't even I'm like, why can't I think straight? And it's like, Man, because you've been carrying around all these little things that you could you could fixed right now.

00;02;05;12 - 00;02;26;22

It's like you shove it down and rest gently on top of all the other pain. Exactly. Would you do that? I mean, it was just good. It was like, this is the greatest thing. I got up and I was like, drinking coffee. I'm like, I'm going yoga. I just see children going. And then around the car, and it was like last minute I was going to be there right on time.

00;02;26;26 - 00;02;41;11

Mm hmm. And then I just thought for a minute I was like, I don't remember what I thought. I thought I wanted to work in the garden for a while. I thought I'd go a little later. So I just turned right back around, came in, and then I saw bed and I got back in bed with some coffee, and I turn on some fucking Seinfeld, I guess.

00;02;41;13 - 00;03;00;09

And then. And then A.C. came in and he gets in bed with me. Dog comes over. I got a dog I got. He's got my coffee. It's like until 1030 in the morning. Watch this. I fell and I was like, This is what? Thanksgiving break. It's all about me. Like, Yeah, you know what I mean? Yeah. So then I kind of followed that vibe for the rest of the day.

00;03;00;12 - 00;03;22;03

Yeah, well, I just forget I genuinely forgot about. Just, like, not just spending time doing things that aren't trying to further my goals, right? Yeah. No shit, man. Like, do not feel like a total loser for just sitting around watching Seinfeld. Yeah, I don't let myself do that. Yeah, that's super weird. Yeah, I really have trouble, as I think you do.

00;03;22;04 - 00;03;46;05

Just like going. Oh, I could. I could have a day where I genuinely don't try to meet some goal or to, like, get further down the line on the project. And I could like, you know, I slept, I went to bed at 8:00 last night, got up at 830 this morning. Dude slept through it last night And I said, It's great, right?

00;03;46;05 - 00;04;13;27

Fuck yeah, it's great. And that's especially great for you. Yeah. I mean, that was that pretty much uninterrupted? Yeah. Yeah, that's really awesome. Yeah, it was fucking awesome. I feel like a normal person. I mean, that's got to be a game changer in the way you can just experience life. It really is. Know that we're really not something that you see.

00;04;14;00 - 00;04;45;11

Don't your you talk to one or no one's you know Jonathan Richman has the song Summer feeling. Yeah, that song of the summer feeling that summer feeling is going to haunt you for the rest of your life. Yeah, well, it's just, you know, there's these certain types of memories from are from, like, the twenties where it was just like there was a way bigger spectrum of possibilities of shit to happen.

00;04;45;11 - 00;05;02;25

Like, I just was talking to somebody about them doing, like, naked Sonya's next to a, you know, next to some pond out in Brown County, you know, and like getting out of the sauna, you know, in the winter and then jumping in the pond. It was just all these teachers out in Brown County. And I just think about, you know, there is all that kind of shit.

00;05;02;25 - 00;05;20;26

You know, there's way more of a chance to be doing something not like sort of out of the ordinary or a little bit extreme like that when we were younger. Oh, fuck, yeah. It would be like, like closed down bars and then go to the lake or something. Right, right, exactly. Yeah. I specifically remember a time when I think it was like.

00;05;20;26 - 00;05;39;01

And I think it was you and me and Kenny, your cousin and somebody else, and we had a couple carloads full of people and we all drove out to the lake, like in the middle. And I have a specific memory that I'm sure you did all the time because you grew up here. Yeah. Yeah. I spent a lot of time at Lake Lake your whole life, huh?

00;05;39;04 - 00;06;00;09

Yeah, it definitely did. Lake Monroe. Lake Monroe, You know, growing up. And there was always, like, some location in the summertime, and somebody put us rope swing. Oh, yeah. And then we'd always find it and use the rope swing. And then, like, I don't know, the police or the park rangers or whatever would find it, and then they would cut it down and cut the limb.

00;06;00;09 - 00;06;20;26

So you'd have to go find another place to put the rope swing. Yeah, yeah. To swing off right into the lake. It was a good summer fun. Hell, yeah. As a teenager. Yeah, but in the I remember the areas that we went. I can't remember the name of it, but I think with you and the group, it was always that one area.

00;06;20;26 - 00;06;42;03

It was like a parking lot and you could walk up and up to a little cliff area. I'm glad you're thinking the same thing as me. Yeah, I. You know, I always thought it was Harden Ridge, but it's not like that right now. No, maybe not. I don't know. But I'm glad you're saying that because that's couldn't you go forward and there would be kind of a beach or a rocky beaches, A beach thing?

00;06;42;03 - 00;07;01;10

Yeah, yeah, yeah. Crazy man. I'm surprised I didn't fall off that thing because the trail went up as pretty close to the edge, did it? I'm pretty sure I didn't go up there very often. I went there once or twice. Yeah. I was thinking about also Cedar Bluff down there. You know, that's always been a place that was one of my real favorites.

00;07;01;10 - 00;07;19;04

For some it was like, I just I like the the layout, the natural layout of it, you know, where you could go along the water down the bottom or you could kind of climb up to the top. Yeah. And walk along the bluffs, you know? I mean, I've only been there a couple of times. Oh, okay. Okay. So it's kind of one of my favorite places.

00;07;19;04 - 00;07;33;15

And I would go I would go there a lot in my. Yeah, my twenties and just all through my life. But there's a couple of things. One of them was one of the stories I have, Cedar Bluff was it was just a special place. And I went out there, you know, when I was in hippie life, we'd go out there.

00;07;33;15 - 00;07;49;10

I remember one time we went out there in the middle of the night and with no flashlight, no moon, it was just like frickin pitch dark. And we're trying to figure our way down this hill to get back to our car. But I had long hair, you know, for, like, ever since I was, like, 21 or something like that.

00;07;49;10 - 00;08;08;17

And I dated a hairdresser. And after we broke up, I was like, I'm not ever cutting, never letting him touch my hair again. And I just I just didn't cut it for literally a decade. I just nobody touched my hair, which is ridiculous. But it's just after a time it was just I was just like, you know, Was it like a statement?

00;08;08;24 - 00;08;23;06

Well, I think it was just at first it was just like she had fucked with my hair so much and we had such a crazy relationship that it was like, Yeah, I don't want to anyone mess with her dress, you know what I mean? It was just irrational. But then after just a spell, I was just like, I like having long hair.

00;08;23;06 - 00;08;42;26

You know what I mean? It just became my thing. And then I was when I decided to be a teacher, like, I went through all my education and then I went and even student student taught at Bedford, North Lawrence with hair down to my ass and a giant ass beard like the biggest beard I've ever had. And that's how I still thought about the teachers.

00;08;42;26 - 00;09;01;03

Made fun of you a like, Oh, my. Oh, I bet they did. And the student, the principal just couldn't. It was like, I think you just couldn't even figure out what to do. He was so he was so polite. It was like, I don't know, I can't even explain it. But he's super formal ex math teacher, and he was just he's got this mustache and he's got this pasted hair.

00;09;01;03 - 00;09;19;04

And I would just look like this crazy man. I look like a crazy man. But when I went to start applying for jobs, I started to interview that way. And and I started to think, man, this is probably cutting my chances of getting a job in southern Indiana, walking in there looking like this. And, you know, 2000 or whatever it was or early twenties.

00;09;19;04 - 00;09;35;01

Yeah. So I decided I was going to cut my hair. And so this point in my hair had become ridiculously part of my identity. It was like, who am I without my hair? Right? I decided, okay, I'm

going to cut my hair, but I want it to be like a ritualistic cutting, you know, I'm going to do it some way.

00;09;35;01 - 00;09;54;01

So I took a pocket knife and a sleeping bag and I went to Cedar Bluff and I walked up there. I got up to the bluff and I laid out my sleeping bag and I listened to that. And the coyotes were just like singing and howling. It's so cool. Just open areas, just camping, open air. And they're like singing and howling and everything.

00;09;54;01 - 00;10;16;07

And I slept. And then I woke up, you know, when the sun came up and I got up and I sat there and looked out over the, you know, over the edge. I took that knife out and I grabbed my ponytail and got as close to my head as I could and just saw the fucker off. And and I sat down next to me and then I kind of grabbed up my stuff and I walked back down off the bluff.

00;10;16;07 - 00;10;54;10

And I went down by the water and looked down into the water. And I saw my reflection and it was like seeing like a ten year younger version of myself, you know? Yeah. All of a sudden it's like, Holy shit. And then I got into my car and I drove to this barber that I always wanted to go to because he had this little barber shop on 11th Street West 11th Street, as you come from Fairview West, around where Bender Lumber used to be, You go under this overpass where the railroad goes over and then right to the left, like right, basically under the railroad track, there was this tiny little barbershop and there is

00;10;54;10 - 00;11;15;10

this like 85 year old man who was cutting hair there. And he had been cutting hair there. I think maybe even his dad owned it before him. Well, and Herman Wells would have would be would have his driver take him from campus to this West Side barbershop. That's where he got his haircut. And so I was like, I want to just do that, you know, for the experience of having this thing.

00;11;15;10 - 00;11;34;15

So I go in and this dude, it was like it was like a time trip, you know what I mean? Like, he was just the whole all the little bottles of, you know, thing, all the little bottles of barbershop potions around. Right. Looked really old. And when he was cutting my hair, his hand was shaking, the scissors were shaking because it was his old and he was just talking to me and trim my hair.

00;11;34;15 - 00;12;02;12

I wish I remember what we talked about, but you probably thought you're going to rob the place. He was just scared. Yeah. Really scared of me. That's terrible to reframe it like that. So it probably is that a heart attack right after. Right after the last haircut. Yeah. Yeah. But then Angie was shaken. Same Thursday when I walked out, I went out there and I looked in the mirror.

00;12;02;15 - 00;12;19;21

I looked like I was in Back to the Future. And when he goes back in time, like he cut my hair and styled it like I came straight out of the 1950s. That's fucking bad ass. It was while dude, nobody recognized me. I could walk straight down the middle of Kirkland and not a single person wouldn't recognize me.

00;12;19;23 - 00;12;40;00

That's hilarious. It's really cool that you're the one that cut it off, though. Initially it was cool, man. Yeah, I did that once before. You did? Yeah, I did. With a pocket knife. But I. I just, like, I had long hair and I take the bone. It was in a ponytail, and I just cut the ponytail off. You did?

00;12;40;07 - 00;13;28;08

Yeah, In Colorado. What did you do with it? I buried mine with my cat. You? You did? I did. Yeah. Yeah. I don't know, I. I'm laughing about it, so I was excited. That's why I was just thinking, is this buried it with my life? Get She's. Huh. That's awful funny. Yeah. Like, do you know how long it's been since I've hung out with somebody who has had recently buried their placenta underneath a tree or ate their blessed placenta.

00;13;28;11 - 00;13;50;24

Exactly. Or ate their placenta. It's been. It's been decades. Decades. Yeah, since I've had the pleasure. What do people do now? Just I'm sure they're still doing it, but, I mean, people now just go to bed earlier. Oh, instead of eating their placenta or going to the lake in the middle of the night, right? No, it's totally what it is.

00;13;50;26 - 00;14;32;05

So did you feel when you got your hair and you walked out of that barbershop, did you did you feel like, okay, this is the next phase will be, oh, I'll be getting paid. Students will be calling me Mr. Coopersmith. Oh, shit. So that's what I thought. Fuck you. All right, So I was going to tell you, first of all, that in the Herald Times and there is as a half page article called these 12 weed Strains can help you get through Thanksgiving and sure, sure as shit, there is an article, a half of a page article on page two of the main section, The Herald Times.

00;14;32;05 - 00;14;57;14

It's like talking about different strains that you would use for four different things, like here's one for dealing with your family. Apple fritter. Here's one for soreness from the backyard football game. Isn't that crazy about weed? Yeah, These are the names of the strains they're saying you should use to him. Isn't that great? Here's the ones for shopping on Black Friday.

00;14;57;17 - 00;15;28;22

O.G. Kush. Is it from a store? It's just an article. It's just like. It's just an article, you know, from USA Today Network. That's like Thanksgiving. Like many holidays is a time of stress and angst, but it can be a little less stressful if you're high. And then it goes on. But while marijuana sales aren't legal in Indiana, states such as Illinois have legalized sales, legal and recreational in 38 states over Indiana, residents are able to purchase items at these out-of-state dispensaries.

00;15;28;23 - 00;15;55;11

It goes like this. That's amazing. Isn't it weird? Yeah, it's weird. A couple of things. First, I didn't know that Herald Times still had a newspaper that's on print, right? Right. Yeah. But I was surprised that they were even allowed to say that. Yeah, you know, Me too. Yeah, It seems like. Yeah. So, third, I'd like to get my hands on some of that apple fritter.

00;15;55;13 - 00;16;49;17

Exactly. Hey, God damn it. I'm attorney kid. None of you been injured in an auto accident. Have you seen my dollar bill collection? I'm really not fucking around here, guys, call me right now. You can. Have you seen my billboard signs? Have you seen the back of the telephone booth? Well, it's all put on target. Fucking serious caps on guys that look is our guest.

00;16;49;20 - 00;17;09;07

Yeah, I. Okay. I'm not going to say her name yet. Okay? Yeah, I get it. But I'm going to say that after our interview, I texted her because I recalled that she had had a song on a soundtrack of a movie and I was trying to remember what it was. I thought it was Disney. Maybe it was Disney movie she sung.

00;17;09;10 - 00;17;32;16

Well, that's what I thought. So I but I called her I think I texted her and I said, Hey, what was the song you had in the movie? And she said, The song Is Nothing Ever Happens. Recorded by Blake Babies in the remake of Freaky Friday. And then she said, when the original Freaky Friday came out in 1976, I somehow gained a mean school nickname, Freaky Friday.

00;17;32;23 - 00;17;55;23

So it seemed kind of faded. That's awesome. Yeah. So that's free to love. Free to, but free to love. Smith Yes. What we know about her, rumor has it she just wrote a book. Uh huh, um, that you're. That you're deep into. And I've read. Yeah. First quarter of. Yeah. I think she's a she. She might be a good tour, mate.

00;17;55;25 - 00;18;19;08

We went on tour with her. Yeah. She plays the drums with the drums. She played for like babies, and she's just really listened to the music, so. Mm mm. Yeah. Yeah. What else do we know about her? She's real cool. And should we bring her on? Stuart Haynes new story. Well, it's good to see you. It's so good to see you.

00;18;19;10 - 00;18;41;29

It's really fun to be here. Yeah. So you're at the very end tail end of your three week book tour. I am. I like the poetry of it ending in Bloomington. I wasn't really an intentional plan, but it feels suitable. It feels kind of perfect to land here. I think I knew you when we were in our twenties or so, but yeah, I didn't know.

00;18;42;06 - 00;19;03;12

Did you grow up in Bloomington? I did. I graduated from Bloomington High School South, although I went to North first for a couple of years and then I switched to South because my boyfriend John Strong, was at South and I just thought I needed to get over there. And then I graduated after my my junior year. So I don't really have like a strong class affiliation for any of the high school classes.

00;19;03;16 - 00;19;36;12

But I went to both high schools. But yeah, I definitely get these intense pangs of nostalgia when I'm here too. And sometimes I'll have like powerful flashbacks. I'm walking down the street, I'll be like, I am 16, I'm wearing my Walkman and I'm listening to this song. And like the air was the same in the trees and it's pretty intense time travel that happens to me here because I just spent almost all of my really, really formative years here because I grew up here.

00;19;36;15 - 00;19;57;13

I moved to Boston briefly, but then I moved back here. I had my babies here. I got married here, played in lots of bands, including one with the two of you here. And so I don't know, even though I've been gone for When did I leave? In 2004. Like no place, no other place will ever feel like my home on that flashback thing, you know, Can you isolate it?

00;19;57;13 - 00;20;16;00

Can you think of any any of those were anything that really like throws you back or any moments from your past that just kind of pop a lot of the really powerful feelings. Come on campus, do that. Sure. Why? Like it's so distinctive. I spent a lot of time there. Even in high school. We used to hang out at the Memorial Union.

00;20;16;01 - 00;20;32;07

Yeah. And I have like a I have a pretty strong attachment. It was our hangout. My mom worked there. She was the editor of the alumni magazine at IU for years and years. And so I would go and visit her. The office was in the union. I'd go there and sometimes go home with her and and the like.

00;20;32;07 - 00;20;51;18

The teen punk community in Bloomington just took over that space for a long time. The Union Yeah, that was our space. There were there are these study lounges. Of course there still are. And we settled in one. You used to be able to smoke in there? Total Yeah. It was like, you know, there's always we would go there after school and that's where we drink.

00;20;51;19 - 00;21;17;27

Yeah. We would mix our vodka. Yeah. And like a big foot glass or something and study there while drinking and smoking. Cigaretts there. All those big comfy couches. Yeah. There's lots of places to hang out and yeah, we just took over at some point the security tried to get us out of there and they actually hired, they hired someone to, to chase us around when they.

00;21;17;29 - 00;21;34;14

Oh yeah. It was actually I think it was, it might have been Kunda Norbu the who was the, I think he might have been the kid that was like chasing us around and stuff. Yeah. Cause it's, there's so many places to hide. Oh you have to be a full on. Oh, yeah. Oh yeah. No, it really was like a movie.

00;21;34;14 - 00;21;48;00

Like, we were all, like, running around. It's just there's so many places to hide and yeah, I mean, going back even further. Speaking of that, my brother and I used to go when we were really little. I used to go to the union with my mom. She would go to a lot of political meetings there. There used to be a lot of groups that had meetings there.

00;21;48;00 - 00;22;07;25

Again, I'm sure they still do. And we would just run loose like, Yeah, I just thought it was a castle. It was the best place to play hide and seek. Totally weird little doors that yeah, to places and passageways and little like stairways. Yeah. Oh, the stairways. Totally. Yes. Wild stairs. There really are. Yeah. And I used to.

00;22;07;25 - 00;22;27;18

I used to wish that I could live there. Used to live there. And. And in a way I did, you know. Yeah. Especially when I got to high school. It was just like the place we nicknamed one of those lounges, the padded room, and we just totally took it over. There were phone booths in there and we all knew the phone number and would call to see like, who's there, who's hanging out in the padded room.

00;22;27;23 - 00;22;49;05

That is area so great. Yeah, I know those phone booths like you could like shut yourself there by the doors. Oh, God, I forgot about that. Yeah, yeah, yeah, yeah. The booths are still there. I guess there's no phones, right anymore. Yeah. Something about the campus too, because, like, a lot of the buildings, at least on the outside, still look the same.

00;22;49;05 - 00;23;13;18

Yeah. And then, you know, when you're downtown, like, even last night, I was walking with my mom and she was like, What is going on here? And, you know, we're buying like a two new hotel, newer hotels that she just doesn't, you know, hasn't really noticed, hasn't been downtown walking. But then I was just like thinking like, yeah, like this place looks a lot different than it did in the eighties and nineties.

00;23;13;19 - 00;23;35;09

It does are so many more chains. Yeah there now. And I remember I was living in Boston at the time, but I remember when McDonald's opened I was two story furious. Yeah, people were pissed. I just seemed like they're ruining ruining Kirkwood and in downtown and it had, it had had so much more character before and had resisted a lot of chains.

00;23;35;10 - 00;24;02;05

Yeah. And then it seemed like since then, it just it really started to change. But there is something about campus that's been able to resist that because there's something just more stable and settled. The buildings there totally does largely look the same, like walking through there. And it's incredibly beautiful. It's I tell my students all the time, I'm like, You don't realize because you live here, but you live in the town with one of those beautiful college campuses in this country.

00;24;02;05 - 00;24;21;08

I really think that I am. From what you know. Yeah, yeah. I think that I mean, I, I work at at Northwestern. It's really pretty in the lake is amazing, but it doesn't at all have a cohesive design feeling that that the IU campus has. And I do have such a weakness for the limestone. Oh, yeah. Yeah. Absolutely beautiful.

00;24;21;08 - 00;59;20;16

It really, really does. Um, yeah, it's gorgeous. Ira So Josh and I are both in, in the middle of reading the book, but I didn't even know you're from Unionville. I didn't know you grew up in Unionville, which.

00;00;00;00 - 00;00;16;01

Is a cute was a sweet little place. We don't know if it's sweet for you, but yeah, there are. I mean, there are some nice things about living out there. I lived out there for my elementary school years, which felt like a really, really, really long time. Yeah, definitely, like, very formative years. And it was kind of my mom's concept of, like, back to the land.

00;00;16;02 - 00;00;37;21

Okay, So we rented this little farmhouse, and there were big, big garden plots on either side of the house and apple trees in the back. And so she planted corn and all these vegetables and it ultimately was like a field. We had chickens for. Yeah. Which were terrifying to me. They can be for sure. Yeah. Especially like a kid really scared me.

00;00;37;23 - 00;00;55;23

I mean, you know, in retrospect, I think it's it's interesting and admirable that she was like, trying to do that, but it wasn't exactly a successful no. And they weren't exactly like the best years of my life. But I did have a lot of space and freedom. There were maybe a hundred acres behind that house. I mean, none of this belonged to us, but it was just land there.

00;00;55;25 - 00;01;16;06

And so I did have like a very classic free range seventies childhood. Yeah. Where nobody really cared where I was or what I did. And there you know, there are disadvantages to that. There isn't. There are big advantages, too. But I think I mentioned this at Morgan Stearns last night. Then it was it was such a joy. We kind of kept moving closer and closer until, Oh yeah.

00;01;16;09 - 00;01;47;13

And then when finally we lived in Bloomington, like on the on the east side, but close to campus in Seattle, I you house, I was just in heaven, like I was so happy because there are weirdos everywhere. Yeah. And I felt like, you know, I found my people quickly and in high school, like by the time I was like 14, 15 years old, I was definitely like, part of a gang of mostly punks, a lot of academics, kids, and just, you know, a lot of the people that I'm still friends with now and crazy friends with, too.

00;01;47;13 - 00;02;04;26

Yeah, But yeah, there were there nice things about living in Unionville, but it was hard to. What was the scene like and would that be like mid eighties, right. Or some like that, like when you're a teenager. Yeah. What was this, What was the scene like? Yeah. Like what kind of, what bands do you remember playing and just what was it like in Bloomington in the mid eighties for a teenager?

00;02;05;02 - 00;02;28;19

My mom, where were you hanging and stuff? It was exciting. It was. It seemed to me like everybody was in a band. A lot of dances. Yeah, the street dances were incredible. WQXR was a vital force. I mean, even if nobody could really pick it up and listen to it. Yeah, like everyone did shows there and then they sponsored street dances were bands like, Oh, let me think Modo acts like Ross Danielson and Mary's band Moto X.

00;02;28;19 - 00;02;48;07

I loved them. They were so, so good. The dancing Cigaretts Yeah, I was in that band. And then Dale Lawrence, like I met him around that time too. He had a band called Right to Left that was like kind of a proto vocal boatman and they were fantastic. It was like after the gizmos, which was a band of his that I absolutely loved.

00;02;48;07 - 00;03;09;29

Yeah. So they were coming down and playing a lot. And that gang of people that I was in involved with, like including John Strohm, Harry Bergen, I'm not sure who you would know these people, but we actually started an all ages club. Oh, wow, What a short run. It's called Ricky's Cantina. Yeah. Where was it? It was it was really close to where second story is now.

00;03;09;29 - 00;03;25;24

I can't remember the exact location of of the cantina, but, like, was it on West? Like a little bit on West Fourth Street. Oh, shoot. I have to like, I have to follow up on that. So as kids, you guys managed to say we were in high school, you're in high school, and there was this kind of slumlord guy called Ricky who had that.

00;03;25;24 - 00;03;48;11

He had the idea in collaboration with us to do it. And basically he was smart. He got us to do all the work nice. So we cleaned out this complete and total dorm like, cleared everything out, built a stage, started having shows there, and there were a lot of hardcore punk shows. Bands like Killing Children. Scott Coltrane was like, I know the punk band is the local band.

00;03;48;18 - 00;04;09;10

Yeah, they were like Bloomington. They're indie band Killing, Killing Children. That scene I was so good at Vernon's. He had one. He had a band called DAM, which was an acronym. So this was the this was like the Reagan eighties, like in the early to mid eighties. And I write about this in my No, go ahead. Damon Yeah, I know.

00;04;09;10 - 00;04;37;13

Or you know what it is. Yeah, I do. I do. Okay. All right. Well, there, there was this massive Reagan inspired backlash against really against drugs. Like just say no against drinking as well. So like, a lot of states raised their drinking ages. There were like there's this big crackdown on drunk driving. And a lot of that was motivated by Mothers Against Drunk Drivers and A.D.D..

00;04;37;15 - 00;04;59;02

So Scott Coburn's a skunk right now. Yeah, Drunks against MADD. Mother. No, I had I had a damn shirt. You did? Your kidding? I had a t shirt. Yeah. So I had to have been in that place that you you you must've have gone to Ricky's. Can't. Yeah, I had to, because I was here. I mean, if it was in the eighties.

00;04;59;04 - 00;05;15;27

Mid eighties. Yeah, of course I did. I think, you know, I think that when it all fell apart, it wasn't, it wasn't much later that, that rhino's stardom. And I think it was kind of inspired by that. But the rhinos really did it right and got city funding right, you know, got a lot of buy in from the community.

00;05;15;27 - 00;05;33;02

But Ricky's was just a sort of wild short term experiment. But it was really fun. I mean, we went there every day after school and worked our butts off. Oh, cool. Yeah, it's awesome. It was really it was really exciting. And I think there was like, I had I grew up with that feeling, you know, as a young teenager that just a DIY spirit.

00;05;33;08 - 00;05;49;19

I saw so many people forming bands that maybe even can really play their instruments like that really made an impression on me. Just that kind of spirit of like, let's just do it. Like you can play a couple chords, you can play a basic beat, like you can start a band, You could get a gig at Ricky's Cantina, you could play at a street dance, you could play at a party there, parties everywhere.

00;05;49;21 - 00;06;18;15

So, I mean, my sense is that it was like a flourishing music scene and a very welcoming and opening music scene and a very non sexist music scene to Wow, That's what I felt so lucky. I felt so lucky. And I didn't even realize until I kind of went to other places. And I feel like that like even in Boston, I felt like attitudes around gender were were not as enlightened as they were in

Bloomington, where I know I worked with a woman who played drums and there were lots of lots of women playing in bands.

00;06;18;15 - 00;06;41;18

And it just wasn't remarked upon. It wasn't like, Oh, what's really interesting in a band? But yeah, I don't know. There was just something magical about that period of time. It was sort of coming off of coming off of the seventies, which is really when the sixties happened in Bloomington. I mean, coming out of a time of I write in the book about like looseness and yeah, the sort of cultural openness.

00;06;41;22 - 00;06;59;21

I feel like that was really still kind of glowing into that early part of the eighties down in Bloomington. So I feel really lucky that I grew up here. Then I read the part about looseness in your book, and I read Jane just randomly. Last night. We were sitting down to watch a movie and we were trying to sound just like, Let's saw Shaft.

00;06;59;21 - 00;07;17;00

I've never seen Shaft. I was like, Great. And then I saw seven 1971. I was like, Yeah. It was like seeing, like what kind of culturally was going on the year I was born, you know, And it's like, Oh, this is this was going on, you know. Shaft and have you seen Shaft? Yeah, Yeah. It's so I loved it.

00;07;17;00 - 00;07;37;16

It was such a great movie. But he always says, Stay loose. Yeah, that's like, that's the perfect catch phrase of the moment. Then he just, you know, he just died. Or did he just die last week? I really not know. Really? Yeah, well, I. Yeah, I'll have to cut this if I'm wrong. Yeah, but I'm pretty sure he died, like, just the other day.

00;07;37;18 - 00;07;44;26

Oh, man, he was such a cool character. Yeah. Yeah.

00;07;44;29 - 00;08;03;25

I don't know if you. If I can ask you questions about your book or not. You can ask me anything. Okay, So if you. If there's any spoilers or anything, then we can cut it out. But, man, there are. So I forget that you wrote it like you're my friend writing this book. And I'm like, It fills like so many moments.

00;08;03;26 - 00;08;26;16

I felt like I'm reading it about myself at, like, really, like, really intense. Like even the, the movie and the Charles Bukowski movie. BARFLY Oh, yeah, I can't even watch that now because I remember what alcohol was to me at that time that that movie like, I aspire like I wanted to be just like, yeah, that guy. Me too.

00;08;26;16 - 00;08;53;24

And how messed up is that? It's so messed up and it made me feel like, I don't know, like less like less alone sort of that somebody else did this. Like, I remember like reading or watching the movie and then go into the video saloon and being like, I'm more shots, you know, I got a I got to get as drunk as that guy because he is like, you know, as Michael Jordan is to some people, you know, like this is like the ultimate.

00;08;53;26 - 00;09;16;18

Yeah. Except I wasn't Yeah. I'm only 30% into the book but just I'm just now getting into the sugar thing and our lives were just identical to like my sister and I used to stay up on Friday nights and write down what channel we're going to disappear to on Saturdays. And we had, you know, we did have the honeycombs and the sugar cereal, so.

00;09;16;20 - 00;09;36;28

And all the sugar like the cereal commercials, but just became part of that morning routine. Right. You enter enter into it. Yeah. You're lucky for one thing that you were allowed to have the honeycombs and so horribly denied. You were denied then. Yeah. Yeah. So, you know, I'm sure you talk about it and I do. I do. But yeah, the Saturday morning cartoons, I mean, that was just the zenith.

00;09;36;29 - 00;09;57;03

The Gen-X zone, like for sure. Yeah. Yeah. I disappeared into super friends for sure was my thing. But I also into the world of Smurfs. Oh, yeah. I was just like, I got so into that world that I would even go outside and just, like, pretend, you know, like, I'm going to go look in the grass for this new world.

00;09;57;05 - 00;10;19;19

Yeah. Oh, yeah. You know, try to find them. Yeah, yeah. Like. Like screw this world. I'm going to smurf land. Yeah, it is like, no wonder, like, drugs are fun, right? Like, well, yeah, I was saying to somebody, I time like cartoons with something the other day, and I was like, you know, these things, the cartoons, you know, you watch them when you're a kid, they stop watching them and they start doing drugs.

00;10;19;19 - 00;10;38;17

You start watching them again. Yeah, exactly. Yeah. It's almost like they were made for that. Right? But let me say, Josh, like, thanks a lot for reading the book and for connecting with the like so much. And that means a lot to me. Yeah. Oh, yeah. He was like to have you read the book and he started talking to me about that and it was just like, just each step along the way.

00;10;38;17 - 00;11;00;19

He was like, I just feel like I'm reading about myself. It really like I even wrote this quote down I think you were talking about in your this was when you were in your twenties that you were like, whatever I wasn't at that moment was what I wanted to be. Yeah, what a great quote like that that was, you know, was totally me in the toilet in my time that everybody in their twenties.

00;11;00;24 - 00;11;19;20

I think so, yeah. A lot of us yeah. Yeah. It was interesting to, to do some excavation of that period of time in my life. It's not necessarily a time that I would want to think about regularly, but it was really helpful to just kind of go back there and sort of trace my, my path a little bit to me.

00;11;19;20 - 00;11;38;18

When you whatever you or not, what you want to be, you're basing that off of what you see everybody else and you think that they are doing what they want to be. It's no different than social media. It's like it's just like social media is the same thing that's just in real life, right? Yeah. Sorry to interrupt. Was so what you're.

00;11;38;19 - 00;11;53;07

Yeah, that's that was. Well, that sort of takes me to something that I so it sort of takes me to my twenties because you know and it's like I really do think twenties are so funny because I think so I want to sometimes I'm just like, Oh my God, I just want to feel the feelings of the twenties.

00;11;53;07 - 00;12;11;28

So I just want to feel the feelings. But then I'm like, but I don't want to feel that, you know? I mean, just this is such a difficult time. I think when I turned 30, I saw I went to the second story and John Battelle, like everybody's favorite bartender at the time, and he's like, I tell him I'm 30.

00;12;11;28 - 00;12;33;26

He reached across with that real warm, authentic Vitello look. He goes, Congratulations, You've entered the Zen years. I'm like, What the fuck are you talking about? But then I was like, Oh, he's right. It's so much better. It's so much better. Okay. It's a relief. But I got to tell you about that. My first memory of you. Okay, Because it's very specific and it's been this.

00;12;33;26 - 00;12;57;25

I've had it forever. I don't think I've ever told you, But. But. But also it goes to that. What was the quote? Whatever I wasn't at the moment was what I wanted to be. Yeah, yeah, yeah. So because in my twenties, you know, I had this weird thing where I was I came to Bloomington and I wanted to play original music, but I just fell into this cover band that got wildly successful that I talked about on the show a lot of times.

00;12;57;28 - 00;13;11;15

And now I think now I can laugh about. At the time though, it was really embarrassing. And actually I was in the dorms with Jake in 1989 and we were friends. We met a couple of times through a mutual friend named Simon. You got to ask him if he knows you remember this guy. Simon's said no way or something.

00;13;11;15 - 00;13;34;00

But they had they both was in the jam and all this stuff. There's real connection. And and so but I was so I was so jealous of Jake when in freshman year because he was already and Steve

was his arm you know, and he was already sort of this local rock star and at the Collins but then I remember so I was not cover band and I was like simultaneously making a lot of money.

00;13;34;00 - 00;13;55;05

And it was really cool to be in this big cover band. But I also was like, I was also like, But I want to be like those guys, you know, all your peer group and all the musicians in the early nineties and seen and I remember us sitting around small spoon. One day it was you and Jake and you're walking by and you were wearing like it must have been some or something because you're like by t shirts and like cutoff jeans or something and I don't know.

00;13;55;08 - 00;14;16;25

What shoes did you wear? Jerry Converse was you were. Yeah, probably, you know, tailors. Yeah. You guys are walking by and you cut those thing about last night, I was going to tell you, you kind of look like. Like a couple that had, like, gone on like a canoe and gotten shipwrecked on an island. So, like, three months, you know, because you're just dirt ass and you're just like your clothes look like they were torn accidentally, you know, usually going by and you are.

00;14;16;27 - 00;14;34;26

And I'm sitting out eating breakfast and watching you guys. But my whole thing was, God dammit, they are cool. It's like that was at the time. I was like, Well, I could be like that. Yeah. You don't even want to know what we're doing and Oh, God, what like horrible, terrible cough sirup we were drinking or whatever. So the.

00;14;34;29 - 00;14;54;07

I forgot about the cops of epidemic. Yeah, it really went through here. It's like a tear in the nineties. Yeah. That didn't make it into the book you guys. That's some cough sirup and that. Yeah. We had a, we had a Robitussin stage like I'm sure there was a specific time you had to buy, Right. It was like a Robitussin, like a specific type of Yeah.

00;14;54;07 - 00;15;06;17

Yeah. It's got to be the down. Yeah. Lord I drink the whole bottle. Oh I forgot all about that ed up it really. It really is. Yeah, really. It's like you can't look down your nose at somebody who's on.

00;00;00;00 - 00;00;21;25

There's something because you're just like I did Robitussin. Yeah. Okay. I can't look down my neck. What about your body? For anything? What about book cleaner? Did you guys. I did not get into, like, cleaners and solvents. I had a friend, and suddenly I feel so much better about, like I had a friend that it was this little bottle of, like, book cleaner that you take it and you just.

00;00;21;28 - 00;00;37;22

You just smell the fumes, and you would feel real weird for, like 30 seconds and he would just be in the in his in class and just like, sniff it like five times. Wow.

00;00;37;24 - 00;00;56;25

When you start drumming, when did I start or play music? When you start playing music. Drums was my first real instrument. I played violin and at university Middle School. Oh, yeah. I was in orchestra with Josh Bell. Really? Yeah. Yeah. So that was demoralizing. Like, gave a violin. Like, what's the voice? Right. But still, you guys, it's hilarious.

00;00;56;25 - 00;01;22;28

You're in orchestra with Josh Bell, and Jake was in Breaking Away. Like, how could you be any more blooming? Where are you guys the most bloomington's serious. We should move back. Right. But then I. You know, I met. I met John Strum when I was 15. He was playing drums and all these bands. Oh, he was. And I would go with him to the shows, to all the different punk shows, and I would help him set up his drums.

00;01;22;28 - 00;01;38;23

He taught me how to do that and break the drums down. I'll carry the drums. And after I was like, Oh, this is bullshit. Like, I'm doing all the hard stuff. Yeah. And I want to do the fun part too. So teach me how to play. So quickly became apparent that he was going to move away from drums to guitar.

00;01;38;23 - 00;01;54;06

And so yeah, I'm like, Let's start a band. You teach him how to play drums and we'll do this thing. So I think by the time we got to this, I was close to 17 and finishing up high school. So yeah, he taught me how to play a basic beat. I picked it up real quick, was in his dad's basement.

00;01;54;09 - 00;02;12;01

We quickly formed this band called Medium Cool. Mm hmm. But yeah, but it was maybe a year or two after that that we moved to Boston for informed of, like. Mm hmm. So, yeah, I got to drums a little bit later in life. It's not like I didn't play in the high school band or anything, but. But once I started, I just kept doing it.

00;02;12;03 - 00;02;26;27

I really barely, barely knew how to play at the start of the year, but I didn't care. That's awesome. Yeah, it's like, I'm fine. I can do it. I can do this. I feel I learned how to do it by doing it badly in front of people for a long time. It's a good way to learn, actually. Absolutely.

00;02;26;27 - 00;02;48;20

We're doing that. Josh are doing that right now. I mean, that's how they that's how that's sort of how they discovered how to fly planes, right? They just Yeah. You had to not know. Yeah. Until you did it and then you zipped off in like an RV. It was that was that the first for the first record where you took the RV and you're in Jonah The first record.

00;02;48;20 - 00;03;06;27

Yeah. Little Jonah with his ear protector and a nanny and just the kind of traveling circus rock show that was. Why is that in the book that is I write about that a little bit in my first book, Velvet

Underground. I write about it a little bit, not at great length. That might be like a cool, long essay to write of something.

00;03;06;28 - 00;03;26;26

Oh, gosh, it's like about that. Like just to dig into it. Cause I probably only written like a few paragraphs there, write about it. But it was, it was an interesting attempt to balance motherhood and family and career and rock and music to try ultimately unsuccessfully, but still to try bringing all of these parts of my life together.

00;03;26;27 - 00;03;47;00

Yeah. Feeling more cohesive? Not like, well, there's me that does the mom thing and then there's me that's a rock musician for this. Like, you know, one brief shining moment. I kind of did it all, and it's pretty cool. Yeah. I'm glad. I'm glad that. That I at least tried. Yeah, but you felt it was ultimately you, because I know you end up not playing them on tour after that, right?

00;03;47;00 - 00;04;05;26

That's right. We the band put together a touring band, RCA pulled away back on the tour support. They're like, We can't afford to pay your nanny and like, hire an RV. And we weren't selling any records, really weren't. So yeah. So it was like a short lived, dreamy period of time, but an opportunity that I'm really glad that I had.

00;04;05;26 - 00;04;22;12

And it ended up being super formative for my son Jonah, too. Was it? Yeah, because he was, you know, he was like when he was one into like two and a half kind of that little those little toddler years, which I think is a is deeply formative time. I don't remember it. That kid. I mean, he's not a kid anymore.

00;04;22;12 - 00;04;45;24

He's 29, but he can sleep anywhere. He can sleep somewhere and he'll eat anything like he can. He travels so well. Like that's like a really like outstanding characteristic of John. Like he's traveled all over and he just, like, weathers it really well. And I don't know, I like to think that that he can he carries those years around with him more than anything.

00;04;45;27 - 00;05;18;25

It's super cool. Yeah. And now a mellencamp moment. We do have one. One more question for you. We've got a question for you. Lay it on me, John Mellencamp. Oh, you mean my former yoga student? Oh, hey. Oh. In the early 2000s, I was working a lot as a yoga teacher in Bloomington for, like, at this really wonderful brief period of time.

00;05;18;28 - 00;05;38;10

I was playing in a cover band called 24 seven, Making really good Money. What's doing that I did? I not know that I may have withheld that information. I don't know. When we were playing Bob Seeger, I loved it. I loved that band. You're playing in a cover band. Are you making are you telling me, No, this is 24 seven probably is fantastic.

00;05;38;12 - 00;05;56;18

They're out of Bedford. What the hell? And so I played and like most weekends I had gigs with them and I got paid really well. Yeah. And then otherwise I was just teaching yoga and those were my only job. Yeah. And it was a dreamy time for me. I loved not having a job and yeah, always had a job.

00;05;56;18 - 00;06;23;10

You know, I've had these, like, little short periods of time where I didn't and this was one of them. And it was great. And so, yeah, teaching yoga, I was working at the Y and I was also teaching private yoga. And the word got around so that when John and Elaine Mellencamp decided they wanted to hire a private yoga teacher to come to their house and do classes with them, they found me and so they hired me for a month and I went out to their place on Lake Monroe.

00;06;23;10 - 00;06;53;24

It ended up in just that month. So the first time I went out there, John met me smoking a cigaret ready for it. That was my question. I love it for yoga. He was very friendly, very polite. Show me around, showed me to the they had a sort of a fitness barn set up out there. I never went into the actual house and they said that they're interested in yoga not for the meditative or spiritual aspects, but just as like an alternative way to train, because they're both very into working out.

00;06;53;25 - 00;07;20;22

Okay. So I taught them classes and he always he did always show up with the cigaret and he also did he smoked during yoga. He definitely smoked through the first part. And yeah, right after I don't know if was like actually lit up during like in the I can imagine him like down dog with the cigaret butts. Maybe we should do a whole Photoshop series of Mellencamp doing yoga and smoking Cigaretts.

00;07;20;24 - 00;07;46;19

That would be amazing. So Elaine was really good at it. She was like very flexible. Yeah, very fit. And so she picked up the yoga poses really quickly. But he really struggled, man, and he got kind of competitive that he Yeah, because like, she could do it and he was frustrated that he couldn't Yeah. So on one class, maybe like two or three classes in, I thought I would teach them bow pose, which is a prone pose.

00;07;46;19 - 00;08;17;06

So you stretched out on your belly and you reach back and grab your ankles with love. That's so it's like a it's a deep backbend. Yeah, like a really deep quad stretch and like, a big chest opener. Elaine nailed it. Like, she's beautiful. She's like the cover of Yoga Journal. And John was really having a hard time. And so what I do as a modification in classes is I'll give people a strap around their ankles to kind of give them the length to be able to come into the full pose.

00;08;17;08 - 00;08;37;15

He would have none of it. He wouldn't. So he was like struggling and struggling and he, like, reached his left ankle and he couldn't get the other one. And I was like, John, like, really like, let me get strap to help him. He's like, Give me my damn foot. He did. So he wanted me to take his foot and breathe it into his hands.

00;08;37;18 - 00;09;00;06

And so I did. Yeah. And it was the most blood curdling scream I heard. And he, like, rolled over onto his side in a total agony stare. I thought, Well, this is not going to go well for me. I'm like, Oh, I don't have insurance. You're going to need cannons. I just broke. Mellencamp Yeah, but. But he was fine.

00;09;00;09 - 00;09;22;23

He's unbreakable, okay? He was fine. Like, after the the moment of agony, he yeah, he kind of hopped back up and pretend like everything's cool. And we went back. I was thinking of ways to get like, if you taped his cigarets, but may been motivated like that on one foot, and then tape is lighter on the other. It's the me with him.

00;09;22;24 - 00;09;45;20

I was thinking he'd get there. I was thinking right after the blood curdling scream. She's woman. What does it hurt so good? Oh. Oh, you should have that. Yeah, that's true. Yeah. Such a good. And you didn't get fired? No, but they didn't continue on with yoga. Yeah, it was a it was just something they wanted to try out.

00;09;45;22 - 00;10;05;14

That's cool. I did fulfill my my little contract with them, and it was. It wasn't an ideal teaching situation for me either, But it was it was a anyway, it was a good Mellencamp story. It's the great and it kind of blows me away that that you had mentioned before. Yeah. No, I, you know, I'd seen him around.

00;10;05;17 - 00;10;24;17

I've seen him, but I remember when the Blake babies were playing in town and we went into the village deli and he was in there and he was like, checking us out. Okay, sure. But I never met him. And even though, like, I was friends with Anthony DeCurtis, he would always interview. Yeah. And obviously friends with Paul Mason, who worked so closely with him.

00;10;24;19 - 00;10;59;16

Yeah, but I never met him until I got hired to as yoga teacher. That's a great story. So good. I'm really glad I finally get a chance to, like, document that story. Yeah, I mean, I knew a good Mellencamp story was coming. Thanks so much for coming over. So talking to us is my absolute pleasure. Super fun. I wish we could have you back as soon as I'm done reading the rest of the book, because I'm sure that I get so lost in it that I'm just like, this is absolutely this is stuff that I.

00;10;59;16 - 00;11;23;25

I did well or felt thankful. Yeah. And for and for listeners, I mean, there's like a bunch of different reasons. Read the book because it's like first of all, I think tons of people can relate to kind of a lot of the things, you know, especially just the like the pandemic slide down into like, into just being overweight and doing all these drinking and just like, yeah, we were it was a mania.

00;11;23;25 - 00;11;44;15

So speaking of that, like at the beginning of the pandemic, like I made wine here in Lake Mead and it was I called it my winter garden. You know, it was just like something to do and it was always going on. And during that whole, like and now I don't do like, I don't even I don't even really I barely drink at all now.

00;11;44;15 - 00;12;01;27

It's just so it's such a weird change of events. It's happened, but it seems like a lot of us aren't that similar. Yeah, I just. I recently came across the term 99% sober, and I'm just like, That's perfect. That's. Yeah, that's me. Like that had a total break for those long months. And now I'm like, If I want a beer, I'll have a beer.

00;12;01;27 - 00;12;19;01

But I hardly ever want one. Yeah, I like 99%. I like that too. I don't know. I just I get bristly at rules. Oh, right. So tell me what to do. Like to myself. Uh huh, yeah. Tell me that you can't drink like, yes, I can. And I know it's like, it's ridiculous, but it's just kind of, again, it's just like my nature.

00;12;19;04 - 00;12;35;24

So if I. If I let myself do it, if I want to, but just make myself take a minute to think. Do I actually want to? Right. Yeah. Instead of just going on automatic and reaching for the whiskey, just like, take a breath, take a minute. Do I actually want to know? I really don't even. But if I wanted to, I could.

00;12;35;27 - 00;12;55;12

I don't know. It's like it's some kind of messed up psychology when my dad quit smoking. Cigaretts, he. It was when I was. I think it might have been when my mom was pregnant or when I was a kid. So like, I don't remember this, but my mom told me that he put a pack of cigarettes in the refrigerator so that he knew he'd have one if he wanted, but he never had one again.

00;12;55;14 - 00;13;15;27

It was like, you know, 55 years ago. So this I don't know. It's funny that we have to psych ourselves out or that we have to, like, use psychology on ourselves. But yeah, like you have to be all or nothing. Yeah, whatever. Yeah, yeah. I'm kind of resisting that. Yeah, I like the 99%. I like that too. Yeah.

00;13;15;29 - 00;13;34;08

And I also like California sober. I talked about that last night too, because weed is kind of my friend, you know, saying in small amounts, the booze kind of isn't really my friend. Mm hmm.

Yeah. California sober seems like a good. Have you heard that? No. That means, like, yes, you do weed, but no, you don't do booze.

00;13;34;09 - 00;13;55;15

Oh, when California sober. Josh, that's perfect. Yeah. Isn't that good? Yeah, it's perfect. Yeah. That's amazing. Yeah. Yeah. Well, thank you so much for Frida. Yeah, Thanks. Yeah, Yeah. Really appreciate you taking the time in between all this stuff. You've been up, too. Yeah, my pleasure. This was fun. It was. This is more fun than a bookstore event, Actually, It's just like catching up with you guys.

00;13;55;21 - 00;14;17;11

Yeah. Yeah. I think the only time I've gotten to gotten to talk with you for this long of a period was the one time we rode together to some gig one night. Oh, yes. A gentleman scramble or something. Yeah. Yeah. Mm hmm. I remember talking to you about teaching and about nonviolent communication. Mm hmm. Yeah, I really remember.

00;14;17;11 - 00;14;38;12

That was. Yeah. Memorable. Yeah, That was a fun band to be in, Gentleman caller Yeah, a lot of that was it was like the most fun time of my life. It was. Yeah, it was just so incredible. It really was. It was such a cool opportunity to like, really shut your life and responsibilities off and live like a rock star for a week.

00;14;38;12 - 00;15;10;03

Yeah, yeah, yeah. It was hard. I remember, like, coming back. It was like, Yeah, right now I've tasted freedom. Yeah. I want to go back to the van. Yeah, that was a hot dog. All right, well, I'm going to stop recording. Oh, yeah. All right. The end zone stuff. Really? That was awesome. Talking to Frida. It was our first time getting just telling the audience this that I think it was our first time.

00;15;10;03 - 00;15;40;24

No, no, no. The rest was our first time. But this is our first official on purpose time that we got in the same room. All three of us as a guest. Yeah, was super cool. I think we, we it felt really good. Yeah, yeah, yeah. And I wanted to talk. I wanted to bring up this one thing that is like, happened early in the interview when we were talking about her, her youth and in Bloomington and she talked about how she transferred from Bloomington north to Bloomington South.

00;15;40;26 - 00;16;00;17

Yeah. And she was like to be with my boyfriend, Jon Strum, And I go, ha ha ha ha. Like laughed weirdly out of it was it really jumped out to me when I heard it. I was like, That's not she wasn't making an actual joke. She was just explaining the story of how she moved from one school to the other one.

00;16;00;20 - 00;16;31;03

And I realized it's like that was my that was my ugly little unconscious popping out from 30 years ago of my of like being that in that music scene. It's so like tight, incestuous and stuff and feeling jealous of that cool guy in that band, you know? And then it's like came it's like we wormed its way out, like Brood X, like 33 years later.

00;16;31;03 - 00;16;55;17

In that interview, when she said his name. And I think everybody's going to go back and listen to it again. I know, right? I thought I almost thought we should just play it for him. Okay, We can do that. Yeah. Just again, like you know how you play the clip of it. Let's give it a listen. Okay. Did you grow up in Bloomington?

00;16;55;19 - 00;17;16;18

I did. I graduated from Bloomington High School South. Although I went to North first for a couple of years, and then I switched to South because my boyfriend, John Strong South, and I just thought I needed to get over there. So it's a little weird, right? Well, I wouldn't have noticed it. Yeah, You wouldn't have had you not mentioned it.

00;17;16;20 - 00;17;40;22

Yeah. Yeah. And I'm not bringing it up like I'm not bringing it up in some kind of heavy, like, therapy kind of way. Yeah, I just think it's funny because when I heard it, I was like, What? What do you. But that laugh? Oh, yeah, because. Because there's a guy in you. There's this one little guy in you who's like, We still hate that guy because he was cool and he was in a cool band that toured.

00;17;40;22 - 00;17;59;04

So we got to still hate him, you know? And the rest of me is like, but we talk about this. Well, I guess we kind of did it. We did it. I got to say, you know, for being on here and for coming over and hanging out with this, I know she had a huge schedule. She's all over the place.

00;17;59;04 - 00;18;21;00

Think about getting her book. It's really fun. It's a fun read. And it's and she's like, right now she's sort of asking for people to read it and give it reviews on various review sites because that just kind of overall helps with her publisher and all that kind of thing. What's the book called again? I Quit Everything. Yeah, we'll we can we'll try to link to it in our show notes.

00;18;21;00 - 00;18;41;23

We will link to it in our show. All right. We'll see you in a month as usual, if you have any thing that like you think people you think we should interview or any brutal honesty or anything, just like shoot us an email or however get a hold of us on Instagram and let us know. We'd love to hear from you.

00;18;42;00 - 00;19;44;05

And thanks so much for listening. Please follow us on our socials and we have that support link as well. The Buy me a coffee thing. But yeah, you can see that all on our show notes. Let's see.

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