

BUT HER LYRICS... EPISODE 008

SHOW NOTES:

This episode of But Her Lyrics... tackles track 7 of Wonderful Hell, "Seeds." Host Shawna speaks with friend and fellow activist Brittany Oliver on what it takes to be an ally in the fight against white nationalism. They also ponder the state of the White House when the last guy left. Shawna answers questions from Patreon (and recommends NOT drinking heavily before heading into the studio), and someone in the band is a bit worried about playing the beginning of the song live. Can you guess who?

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LINKS AND RESOURCES:

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<https://www.b9store.com/waronwomen>

<https://shirtkiller.com/collections/waronwomen>

<https://lhpmerch.com/artists/war-on-women/>

<https://coretexrecords.com/>

[Bigcrunchamprepair.com](https://bigcrunchamprepair.com)

'Capture the Flag' album workbook: <https://bridge9.bandcamp.com/album/capture-the-flag>

BOOK RECOMMENDATIONS:

The History of White People by Nell Irvin Painter

What Are You Doing Here: A Black Woman's Life and Liberation in Heavy Metal by Laina Dawes

How to Be Anti-Racist by Ibram X. Kendi

White Fragility by Robin DiAngelo

Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race by Beverly Daniel Tatum

And a book for young folks, but beneficial for anyone: This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do The Work by Tiffany Jewell, illustrations by Aurelia Durand

Making Spaces Safer: A Guide to Giving Harassment the Boot Wherever You Work, Play, and Gather by Shawna Potter

EPISODE TRANSCRIPT:

[intro music]

Shawna Potter: Welcome to But Her Lyrics..., the show where we delve into the meaning and politics behind each song from the new War On Women album, Wonderful Hell. I'm Shawna Potter, singer and lyricist for War On Women, and your host. This episode we're tackling "SEEEEEEEEDS" the song that makes Jenarchy say, "Mmmm, I don't know." Okay. [Laughs] Let's get this stuff out of the way. And the official sponsor of But Her Lyrics... is First Defense Krav Maga out of Virginia, so go check them out and support them. You can be a sponsor too, you can join me on Patreon. By joining you get shout outs, a ton of perks, access to exclusive and behind the scenes stuff by becoming a patron today. So speaking of, huge shout out to the best patrons in the world Recruit Stephan and Julina, Meatheads Melissa, Lauren, Zacharie and Galen, and of course, our sponsor, First Defense Krav Maga. We're going to start with a Patreon question from Julina. She asks, were you more nervous when you released your first record or at the release of your latest one? Good question, Julina. So I recorded my first cassette tape in a real studio, okay, it was small, but it was real, with a guy named Skye McCaskey back when I was 14 or so and living in Nashville. I don't think I was nervous because I didn't know what the fuck I was doing. I didn't know what to expect. So it was just fun. [Laughs] Well, except not the whole time because-- Wait, maybe I shouldn't say this. How old are you again, Julina? I was actually a little sick for the recording. I had some fun the night before at a party for the first time. So I woke up late, a little sick, headache, the nine, and my mom drove me to the recording session and was very disappointed in me. And my bandmates were just like, "Okay, well, you're the idiot that had too much 'orange juice'...", Julina....

So, shout out to Beth Cameron and Currey Muse for putting up with me. I'm sure that was a lot of fun for them. But let's fast forward to the last album where I did not get sick for no good reason. I think now, well, I'm not nervous about people liking an album or liking the music or what we're doing. I sort of gave up on caring about that a long time ago. We make these for us, we do the best we can, make the music as good as we can so that we can just be proud of it ourselves regardless of what people think. But I do get nervous about my voice. It's not like a guitar that you can just keep trying something over and over again till you get it right or well, oh, it was out of tune, so just tune it and now it'll be perfect. No, the voice at some point gives out, especially when you're yelling like I am. So I have to protect it. And so the trick is not letting that fear of losing my voice prevent me from giving a good performance. Like singing out, doing well, not overdoing it, but don't under do it because then you'll just have to do more takes anyway and you'll wear your voice out faster. So, yeah, it's a whole thing. But obviously, the more I prepare and practice in advance, especially at full volume, full voice, then it goes a little more smoothly. So let that be a lesson to you, practice, practice, practice. So before we get to the band interviews, I'm going to interview my good friend and comrade in arms, Brittany Oliver.

[music]

Shawna Potter: Brittany Oliver, thank you for joining me on this podcast.

Britney Oliver: You are very welcome, anything for you.

Shawna Potter: Introduce yourself to everybody. Who are you? What are you doing?

Brittany Oliver: So my name is Brittany. I am a community activist. I'm a communications director for a political organization. I am a policy advocate, and I have been doing this work for quite some time. [laughter] I started out my career in activism, and I pretty much discovered the importance of what it means to push your work forward to create change. And so I started to integrate my activism work with public policy and with politics and so that is what I have been doing and what I've pretty much have committed my work to doing in the years and generations to come, hopefully.

Shawna Potter: Yeah. Now we met through activism just and being in Baltimore. You are someone that took over Hollaback! Baltimore when me and Melanie Keller wanted to take a step back from leadership, from organizing in that way, and I'm sure I'll speak about it on other episodes or I've talked about in interviews that I couldn't do both Hollaback! and War On Women at the same time, full time and have a full-time job. So I had to sort of choose where I had the best reach, but you took over the Hollaback! chapter with Leah and did some amazing stuff. And I remember, Mel and I, were just both so happy and proud and impressed at the great work that you both did with Hollaback! and how you really just center the voices of black women, which is so vital in Baltimore City. Now, you're my friend, right? [laughter] Wait, wait, are you? [laughter] We're good, right?

Brittany Oliver: Yeah, we're good.

Shawna Potter: Okay, yeah, you're supposed to laugh. Hold on. But when I was working on this album and recording, there was a time where I was looking to get unstuck creatively. And I was talking to some friends, I wanted to hear their thoughts and some ideas. I just needed to come face to face with other perspectives, to just kind of recharge or jolt my creativity a little bit. And I actually have notes of our conversation. We spoke on the phone. It says February 26th, 2020. So, the song that I ended up writing after speaking with you is the song Seeds. And I feel like it's about resilience in the current political climate. Do you remember that conversation?

Brittany Oliver: I do remember that conversation, I do. Yeah, I remember you just being so passionate, enthusiastic and it was super detailed and just basically about the political climate. So, yeah, I absolutely remember that conversation.

Shawna Potter: Did it put you on the spot for me to try to have that conversation with you or did it feel like a chance to vent? I'm curious because we are actual friends in real life, we're comrades. And so when I texted you asking if you had the time to speak, I believed that if you didn't have the time or weren't interested you would be comfortable telling me. But obviously if I'm wrong, this is your chance to tell the world. But where is the line when a white person is asking for your time and your knowledge in general?

Brittany Oliver: So, I think that it is complicated. There is not one answer. I think that it really depends on my relationship with the person. And so you and I have been friends, we've been fellow activists in partnership for a long time, and so I feel that my relationship with you has been helpful in that regard

which is why when you ask me questions or when you asked me to do things it's like, "Do you really have to ask?"

Shawna Potter: I know, [laughs] that's very sweet of you to put that in your email when I requested this interview, too. You were like, "Come on, of course."

Brittany Oliver: Yeah. [laughter] And not everyone has that type of access to me.

Shawna Potter: Yeah. What are some things that people white people should be considering or thinking of when it comes to not knowing if you know them like that? You know what I mean? [laughs]

Brittany Oliver: Yeah, I think some things are really keeping... So I often host trainings, anti-racism trainings for white people, and we talk a lot about undoing racism and how to move forward. And one of the things that I often talk about in the course is how white people can become better allies. And I think there are a few factors, a few steps on how to do that, and I think that building relationships up is the most important thing with people of color, especially with black people especially during times like now. Everyone is stressed out, 2020 has been a year that has put all of us through it. And so I feel like with me personally, I'm always at least now moving forward, I'm looking to have these types of conversations. But the relationship with the person who also matters a great deal because it's made a difference in my response. I always tell white people that if you're not being called to do anything, that might be a sign for you. Either you're not doing enough or people don't know who you are. Tackling racism is still a controversial issue, it shouldn't be, but it is. And so if you're not being called to help, that should be a sign of concern for you.

Shawna Potter: That is a good way to put it. I think that you're right. You can even still be doing good work but maybe not long enough or visibly enough that people know that or can trust you yet. You have to build that trust up, and that lack of trust is no one individual's fault, it's the fault of white nationalists [laughs] or whatever, racist society, that makes it completely understandable why a person of color wouldn't trust a white person right away. Why would you? What reason do you have?

Brittany Oliver: Right, yeah. I think a lot of times we just need to know who's available, who is willing to take the risk, who is willing to be vocal about the issues that we're dealing with right now because we don't have time to... In my day to day, in my work, I don't have time to figure out who wants to be an ally or not. I have a thousand things on my plate. And so the work is there, and I think there's always an opportunity to grow. I think that's another factor I would encourage white people to do is never assume that you've reached the end of becoming an ally. Being an ally is not a label that you should pride yourself on, it is a process, it's a life-long process.

Shawna Potter: It doesn't end. I think when I talk to white people about racism and trying to be a better ally and moving from ally to accomplice, I try to take some of their stress away by just saying there is no end. You're just going to keep doing it. You've got to keep doing it. And, yeah, you'll fuck up and then you'll learn from it and whatever. But as long as you're not trying to reach some imaginary goal line, you can enjoy the process more, I guess, I don't know. I have something in my notes here about risk, actually,

since you brought it up. Something about you “need to be willing to break the law, to put yourself on the line,” actually risk something.

Brittany Oliver: Yeah. So risking something can look like a number of things. It can look like putting yourself at risk in terms of what you have that you could be acquired because of privilege? And how can you use it to help someone else? You really have to have a genuine care for your community and for people around you in order to do this. If you don't have that sense of community and you don't feel that, it's not going to come naturally. But if you are someone who genuinely wants to know what to do, it is very risky to be speaking up about black lives matter, to be supporting again "controversial issues" that should not be controversial. Basic human rights should not be controversial, they should not be labeled radical. And those are distractions away from the mission. And the mission is for everyone to reach a point of equity and equality.

Shawna Potter: Fucking perfect, perfectly said, Jesus Christ. So the lyrics for this song are ones that I was finishing up while people were starting to talk about COVID, it was finally coming to light, whereas other songs on the record were kind of already done. So when I listen back, I can hear that I'm sort of speaking to a fear of the unknown, communities coming together however imperfectly, and I hear something about fighting for the world that we want. How tough has it been to stay focused on the world you want to build since the pandemic hit?

Brittany Oliver: I think the pandemic has really given me, even though it's really rough times, has given me a lot of opportunities for self-reflection in myself as a person and in my work. There's a saying that we are our own worst critics. I think about the work that I've done in the past and how effective it was. I think about it all the time.

Shawna Potter: In a good way or bad way?

Brittany Oliver: Both, in both.

Shawna Potter: Because you should be really proud obviously, [laughs] you have a huge impact, and we didn't even talk about the fact that you started an organization called Not Without Black Women. They got some real shit done, you know.

Brittany Oliver: Yeah.

Shawna Potter: That's an important voice.

Brittany Oliver: Yeah, yeah.

Shawna Potter: So you're saying reflecting on the past has maybe helped focus you on what's next?

Brittany Oliver: Yeah, absolutely. It's helped me to think more about how systems work. It's helped me to want to know how people take in information. So for example, how do people process our current political climate and what does that mean in terms of activism and what does that mean in terms of policy? I know that these are areas that I'm interested in, but just because I'm interested in it doesn't

mean that someone else knows exactly how it all works. So, I am very proud of the work that I've done in the past, but I'm also very humble enough to know where there could have been more emphasis done or more detail in a bill or certain communities were not reached. Activism should never be something where you completely have no self-reflection on how it impacts people. You have to grow. If you want to be successful and if you want to make a difference, you have to be willing to self-critique your own work and find the areas that need improvement.

Shawna Potter: How do you avoid feeling that kind of inevitable activist guilt that you're not doing enough? How do you shed that so that it doesn't distract you from getting work done?

Brittany Oliver: Well, the way that I am able to combat that first was by doing a lot of self-work. Because a lot of that comes from, sometimes things come from insecurities, it could come from low self-esteem, it could come from factors in your life, whether it's in your adulthood or childhood, things that you would never imagine would come up in your work, and it will if you don't know how to manage it. So, what I did was there are points in my life where I've taken a break and prioritized self-care. And also accepting that I am human, I'm one person, I cannot do everything, and I don't want to. I want to do the things that I feel I'm capable, that I have enough power and influence to do. And I have accepted and forgive myself for not, at this point, wanting to be at everything all the time, every community event, every rally, that is not healthy for me.

Shawna Potter: No, it's an impossible ask.

Brittany Oliver: Mhm, yep. And when I learned how to get control of that, when I invested in my self care, when I invested in my mental health, that helped me to have balance on getting focused on what I want to do, what I am doing right now, and what I want to do for the future.

Shawna Potter: I think that's great advice. I hadn't even realized that I had done some of that work myself in my activism and that I had problems, especially early on starting Hollaback! I just want to do everything by myself because I didn't want to delegate, I didn't want someone to fuck it up and not do it right, and it caused me so much stress because then I had the weight of an entire upstart organization on my shoulders when I could have asked for help. And that definitely says way more about me than anyone that I could have gotten as a volunteer. So, I think you're right. Anything we can do, any amount of work we can do on ourselves to just be a little healthier, better communication, boundaries, it's going to improve every facet of our lives, including how we show up for others.

Brittany Oliver: Absolutely, mhm.

Shawna Potter: What is your advice for other activists, new and old, to help them stay in the fight to keep going?

Brittany Oliver: I think that activists, whether you're seasoned or you are new...

Shawna Potter: Seasoned is a very nice way..., I like that. [laughter]

Brittany Oliver: ...is to always remember that change is always occurring. Change is not something that happens overnight. You cannot pay for it and have it shipped overnight or in two days like you can for something on Amazon. [Laughs] And it also varies depending on the community you live in. I want activists to really pay attention to what the issues are of your specific community in your district. Sometimes that may be different depending on what is in the national news if that makes sense. So for example, you know nationally the Green New Deal has been a topic of discussion, we hear about it all the time. But in your district environmental justice might not be a priority. So, you have to do the work in understanding what are the issues of the people in your community, is it jobs? Is it healthcare? Is it ending homelessness? It might be something else that is not on a national scale. So, I would really recommend activists start getting more in tune with what their communities that they live in, in their districts, want and what they need.

Shawna Potter: What issues are you concentrating on right now that you want to direct people to learn more about? Where should people donate? What organization should they be following on Twitter? How can we keep up with the things that you are focused on right now?

Brittany Oliver: Yeah, so I think that some of the priority issues, number one, and Shawna you've known this for such a long time, ending gender violence is something I will never not advocate for.

Shawna Potter: How can we? [laughs] How could we stop? How can we stop caring about that? It does not make sense. [laughter]

Brittany Oliver: You know? It has been a very hard pill for me to swallow that our society is still struggling with ending sexism, ending rape, abuse, sexual assault, domestic violence. And it's been hard for me to accept, I'm not going to lie. We have a long way to go. There are a lot of us who are doing this work. I know you have, or ending street harassment, that's a part of it, too. That is a number one priority for me, and that is an issue that I'm willing to die on the hill for literally because...

Shawna Potter: Hopefully, you don't have to. [chuckles]

Brittany Oliver: Hopefully, it won't have to come to that. But with the way, [laughs] the direction in which we are going in, [laughter] I just got to state it plainly so that people will always know where I stood at. So of course, ending gender violence is very important to me. A second issue is that we really have to get a handle on: COVID 19 because that is an issue that affects everybody. We have to really figure out how we are going to survive this. And our current administration has done a poor job at handling it. And then I guess maybe a third issue, of course, criminal justice is always and for forever has been an issue for as long as I've been doing the work. When I was doing the work with Hollaback!, I tried to find ways to end street harassment with criminal justice, in helping people understand intersectionality between... Street harassment is not some siloed issue that just white women are talking about, absolutely not. And anyone still saying that, talking about ending street harassment in that way in 2020, somebody need to cut the mic. [Laughs] So, criminal justice talk touches on a lot of different issues, especially street harassment. So, I think that those are some priority issues, of course, everything is on the line. And ultimately, I do think that now, especially politically with everything that's happening

right now, people should absolutely hold our new president-elect and new vice president-elect accountable and make sure that they are speaking to the people who put them in office.

Shawna Potter: Yeah, their work doesn't end.

Brittany Oliver: It never ends.

Shawna Potter: With any administration, yeah, it never ends.

Brittany Oliver: [Laughs] It never ends. And there's a lot that needs to be cleaned up from the past 4 years. There has been a lot of damage done in the past 4 years.

Shawna Potter: I know, I just keep thinking about how busy Biden's going to be at first just cleaning up a mess. He's just going to be in there with a little dust buster [laughter] getting the work, not doing anything new.

Brittany Oliver: You know what? Before they go into the White House, I want the whole White House to be cleaned and disinfected before they even go there. Just start fresh.

Shawna Potter: No new cases, please. [Laughs]

Brittany Oliver: Right, no new cases because we know that this current administration don't wear masks and their events have been spreader events, so let's clean that up first before we get there.

Shawna Potter: They're probably in there licking the walls and the faucets trying to get their COVID germs on everything. They're like, "This is how we'll get them." [laughs] He's a petty motherfucker. [laughter]

Brittany Oliver: We got to make sure that they are starting fresh. And again, there are a lot of communities of people with different identities that this current administration has harmed and I'm angry. I'm very, very angered by it, and I just ask the people please give the new, Joe Biden and Kamala Harris, there's a lot of stuff that they have to clean up, give them an opportunity to do it and let's still hold them accountable as well.

Shawna Potter: I think that's perfectly fair. Where can people find you and the work that you do online?

Brittany Oliver: People can find me, you can visit my website at www.brittanytoliver.com. You can also find me on Twitter and Instagram @brittuniverse, that's at b r i t t u n i v e r s e.

Shawna Potter: Lovely. Brittany, so nice catching up with you, thank you so much for doing this.

Brittany Oliver: Anytime, all you got to do is give me a call.

Shawna Potter: Okay, I have such a great update for this interview. My buddy Brittany is running for office, the Maryland Congress, I actually don't know exactly. I'll put a link in the show notes. But I just want to congratulate Brittany for doing something that everyone has been telling her to do for years. I am so excited for her on this new journey, and I wish her the best. And if I can vote for you, I will. And if I

can't, maybe I'll try to do it anyway. Just kidding. And I think we're due for another book list, aren't we? So Brittany and I have compiled some recommendations that will be included in the show transcript, which is always available from my website shortly after each episode airs. All right, so onto band interviews. It turns out almost everyone in the band feels like I do about this song, we're all kind of like, "Oh, yeah, Seeds, huh." So, I would love to know if there are any fans of this song out there. Get on socials, let us know. Do you like this song? Is this something we should be playing on the next tour or is it just a song that is fine when it's on but you're just waiting for the next one to come on anyway? Tell us, I'm curious. Don't be mean though obviously. Okay, band, what do you have to say?

Brooks: Seeds, so for me, when I think of seeds, I think this was originally two different demos, they were two different songs that I sort of reworked into one song.

Shawna Potter: Yeah, the ending was tacked on to some other song, right?

Brooks: Yeah, yeah. The sort of breakdown with the chuggy hardcore guitars, that was definitely part of a different song. And the beginning, the A part and the B part were on their own. And the white little chromatic dun, dun, dun, dun, dun, dun, dun, that didn't exist at all until I stuck these two pieces together because I wanted some sort of transition.

Shawna Potter: Yeah. I love that little part. It reminds me of Danny Elfman.

Brooks: Yeah, well, that makes sense. I mean, he uses some chromatic and it's chromatic, and it also it takes the figure and shifts it around which is fun to do on guitar because it's such a physical instrument, so you just learn a pattern and then play it on a different string or in a different place on the same string. And, yeah the middle section is kind of a joke.

Shawna Potter: [Laughs] What do you mean?

Brooks: Well, people criticize this because we're described as a hardcore band, and people that like hardcore are like, "They're not hardcore." So this is the most hardcore thing I could think of, the breakdown with like the chuggy guitar and then the drums like jujum, ju ju ju ju ju, you know? And then the big heavy drumbeat and like the, "All right everybody, you got to get out there. You got to call out what's wrong." And then there's like a chanty thing and then kind of an evil chuggy riff. So it's kind of a joke part, but I like it though.

Shawna Potter: But also it's fucking badass and I love it. I love it so much. And I think I remember in the studio when I was singing, well, yelling those lines, I was envisioning, man, I really just wish we could play a show. I want to see the crowd go fucking apeshit during this part, but I know that for the most part our crowds are actually extremely respectful of each other and boundaries and consent, and they don't want to accidentally touch anyone, hurt anyone. And so I don't think we'll get a big huge Municipal Waste Wave of Death going during this song.

Brooks: No, no, but it was definitely a response to like you guys aren't a real hardcore band.

Shawna Potter: It's fun to do a lot of things musically and lyrically just out of spite, [laughs] don't you think?

Brooks: Yeah, but you're right, I think the part does work.

Shawna Potter: Oh, yeah. We all actually do love it. We do all love hardcore.

Brooks: It's not Green Jellö, [laughter] it's not a joke song. But it's sort of a silly part, so it's kind of... To me, I think of the song as like the beginning is more of a pop punk kind of song, and then it goes into a hardcore part, and then the end to me is very Dead Kennedys sounding because we take that da na na na na na riff from earlier and started on the bass up high which is a very Dead Kennedys kind of Holiday in Cambodia kind of sound. And so that's where I added some surfy guitar slides and jijing and ringing out guitars, that's a tribute to Dead Kennedys. And then the very last riff is actually the chromatic sort of Dead Kennedys riff sandwiched up against the evil riff from the hardcore section. So it goes da na, and I really like that. Talk about music nerd stuff, that's what makes me happy, taking those two riffs and sandwiching them together to make a new riff.

Shawna Potter: He's saying this with a smile on his face. We're on zoom, and I can see it. And I think, yes, you're happy just talking about it. [Laughs]

Brooks: Yeah, it's cool that those two things fit together.

Shawna Potter: Anything else about recording Seeds or..?

Brooks: This is one that we tried to record all together and the beginning was sloppy, I think, and so Dave just went in and recorded the drums to a click track basically all the way up to the hardcore section, and he just freaking nailed it. We were just all like our jaws were just dropped. We were just like, "This is awesome." I don't think any of that first part of the song was from the original tracking. But I think from the hardcore part on is all live tracked. Because it would be hard to do that stuff not together in the same room because we really had to take cues off each other. Also, this is the first time I've ever used a Big Muff pedal in the studio on that little lead line, that da na na na na na, da na na na na, da da da da da na.

Shawna Potter: I didn't know that.

Brooks: Because I played it on my regular setup and it just didn't have enough sustain because the guitars are like jada jin jin jin jin jin, chugging along. And so you could really hear the note die out, and it was like puny sounding. So I thought like, "Well, what would give me more sustain?" A fuzz pedal, so that's what I used.

Shawna Potter: There's nothing better than a Big Muff. Welcome. Welcome. I'm a fan, I'm a fan for anyone that doesn't know, I used to Big Muff every time I played guitar anywhere. So actually, did you use mine? Did you take one of mine? [laughs]

Band member: I don't remember.

Shawna Potter: Or was there just one in the studio?

Brooks: I don't remember because there's one in the studio that's like the metal muff. It's black, it's called the metal muff. It might have been that one.

Shawna Potter: That might be mine that I donated to the studio sometime.

Brooks: I think it is. Brooks

Shawna Potter: Yeah, Seeds.

Dave: Seeds, Seeds came later, right? I feel like that was like one last songs that we wrote.

Shawna Potter: I think I had trouble with writing lyrics for this song, it was like the one of the last songs that I was finishing up right before going into do vocals, [laughs] which luckily for the rest of the record I felt like I had more time and could settle into parts more, but this one was like Capture the Flag where right before I'm going in, I'm just like, "Okay, what else? What else?"

Dave: You wrote Capture the Flag really late?

Shawna Potter: Yeah, Capture the Flag was really rushed. And hopefully, one day I'll get to do a podcast on that maybe. [laughs] But yeah, the whole process, it was kind of like all of a sudden we were like, "Look, we're gonna record next month, so let's fucking do this." And so we were almost scrambling. I just felt like I had more time than I really did, and then it was, "Oh, shit." And part of that was because we did Warped tour. And I was like, "I'm going to be on tour for 2 months. I'm going to have all the time in the world to write all the lyrics to all these songs that we have demos for." And Warped tour doesn't work that way. And for me tour doesn't work that way. I always think, "Oh, I'm going to read this book from cover to cover. I have an article idea I want to write." I always think I'm going to do something like that, and I never do it, I never do it.

Dave: Well, turns out life doesn't work that way because look at quarantine.

Shawna Potter: Yes. Yes. When faced with [laughs] a global pandemic and being afraid of getting sick and not having good health care and there's a Nazi in the White House, it actually doesn't lend itself to being very creative.

Dave: Right. And you would think you're like, "Oh, I'm in a punk band. There's so much to be angry about. I'll just like write down all those feelings." And it's like, "Well, yeah. It doesn't always work out that easy."

Shawna Potter: Matter of fact, I don't have a lot of serotonin to spare. [laughter]

Dave: Right. There is a finite amount, we are tapping it.

Shawna Potter: Okay, the song Seeds.

Sue: Okay, I always forget which one that is because...

Shawna Potter: Rosie, come here. Rosie.

Sue: Oh, yeah. [Laughs] So, I can't remember what the working title for this one was, but "I am falling down the stairs" is like [laughter]

Shawna Potter: I was going to say--

Sue: That's my internal lyrics.

Shawna Potter: You've really held back on all your funny lyrics for all these songs until now, until this time. Don't you have funny made up lyrics for most of these by now?

Sue: Oh, sure. No, but the thing is I usually have like a million funny lyrics for songs, but they are ephemeral. I think of them while I'm playing them at practice or at soundcheck or on stage, and then the ones that are good stick. I definitely don't tell you guys all of my funny lyric ideas.

Shawna Potter: [Laughs] Okay.

Sue: Because not all of them are good. but this song that riff sounds like falling down the stairs, so. [laughs] Do we have another song that? Which song is it? "I'm falling down the stairs. I'm falling down the stairs. I'm really falling down the stairs." [Laughs]

Shawna Potter: Down the stairs, da na na na na na na, da na na na na.

Sue: What song is that? [laughter]

Shawna Potter: I think it's one of our other albums, right?

Sue: Yeah, it is. [laughs]

Shawna Potter: Yeah, yeah, yeah. So you know what, we're going to save that for season 2 of But Her Lyrics...

Shawna Potter: What about the song Seeds?

Jenarchy:I don't know

Shawna Potter: I kind of forget about that song. And then I listen to it and then I'm like, "Oh yeah, no, this is on the record." And I just forget and it was one of the last songs I finished the lyrics for before recording. And then I feel like I just put it off until the end then I immediately forgot it.

Jenarchy: I think it might be one of those sleeper songs, that it wasn't a lot of trouble so I don't have... Like sometimes the kids who aren't a lot of trouble don't get as much attention at first, but I feel like our album listeners, like the people who really get into it and listen and stuff, they're going to pick that out and they're going to show up in a show and be like, "Play Seeds," and we're going to be like, "It's not on the set list or something."

Shawna Potter: we're going to be like, "What?"

[music]

Shawna Potter: Keep listening to hear the song Seeds in full. The album Wonderful Hell is only available on vinyl from our Bandcamp right now. It's basically sold out everywhere else, so snag it on Bandcamp or get it digitally from there, and of course it's streaming in all the usual places.

[music]

Shawna Potter: Thanks to Brooks Harlan for chopping up our song Her? to create the podcast's theme song. If you'd like to support this podcast and this band, stop what you're doing and share, subscribe, and review this podcast. It's free and it helps. You can buy WOW merch from B9store.com, shirtkiller.com. And in the UK and Europe, through Coretex Records and LHPmerch.com. And I just started a War on Women link tree to actually collect all these links in one place. So if you ever get confused and want to know where to go for what, go to linktree/waronwomen blah blah blah. Buy my book, Making Spaces Safer from AKPress.org or your local independent bookstore. It's available in Spanish from Orciny Press. And I'm currently on the lookout for translations in other languages, so if you know of a local publisher that can help out in your country, please put us in contact. If you need a new overdrive or boost pedal, designed and built by Brooks himself, head to bigcrunchamprepair.com. And join my Patreon to help me keep this pod going. Join in at the Seeds level at only \$1 a month or donate more for bonus stuff like extra episodes, behind the scenes info, and Rosie slideshows. You can look forward to seeing my lyric book notes about the conversation that Brittany and I had when I was writing this song, but you got to be a patron to see it. Thanks everyone for joining me. Till next time.

SEEDS

If we're all the enemy

Then we're all on the same side

If you ask me to push, I'll push, but if you're pulling

Then why even ask me to try?

Love in wartime, how do we survive?

Once we combine, we can't be defeated

Are the facts more real than feelings?

We're all we've got, and fear isn't real

It sneaks up from behind, seeks only to divide

How can we shelter in place?

On a minefield, told to wait

If we're afraid to make mistakes, and look foolish

Then we die alone for the state

Love in wartime, how do we survive?

Once we combine, we can't be defeated

Love fiercely, because all this ends

Now it's on us, to defy and defend

It sneaks up from behind, seeks only to divide

It's playing with your mind, but we're on the same side

They fucking knew. They fucking lied. We can't fight back if we all die

We're fighting for our lives

They all lie

They don't care about us

We're fighting for our lives

They don't care about us at all

They all lie

They're gonna try try to bury us under

The ground ground, but we're seeds

They're gonna try try to bury us under

The ground ground, but we're seeds

They're gonna try try try to bury us under

The ground ground ground, but we're all seeds

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