

Isaac:

Perfect. I think we're ready for questions. All right. So Gwen, how long ago did you start playing music locally?

Gwen:

Within Rexburg, it was probably... I started playing music here in 2024. I moved here for my freshman year of college, and I joined a rock band called Sail pending. We were playing a lot of shows around Rexburg, and it was really fun.

Isaac:

Awesome. I remember Sail pending. Okay. So do you get stage fright? Is it scary being on stage and playing in front of people?

Gwen:

I would say sometimes I get stage fright a little bit, but most of the time I feel like I've just been on stage so much that when I have my guitar, I just know what to do, and I'm excited to be able to just play and sing, and it doesn't really bother me anymore. When I first started back in 2021, 2022, I would play open mics, and I'd be terrified. My whole body would be shaking, and my voice would be super shaky, and I was so nervous, but I just kept going with it, and I feel like over the years it's tamed itself out, and I'm pretty chill with it now.

Isaac:

That's cool. So if you're not scared, you're not nervous, how does it feel like playing in front of people, knowing that they came there to see you and hear what you have to say?

Gwen:

Honestly, it feels exciting to be able to connect with people to remind music, and I feel like when people come up to me afterwards and they're like, "Wow, that song really gets me." That makes me really happy when I can create something that other people can connect to and can relate to, and it's a really special experience. I feel connected to every person there, because at McBaugh you showed up for this music. It's super cool. That's really cool.

Isaac:

What kind of challenges have you faced in pursuing music? What are some difficult parts of it?

Gwen:

I would say I don't really like having attention on me. I don't like being the center of attention, but I've kind of stuck with it because I love the music so much and I love being able to write songs and share them with people. So I kind of get over myself and I'm like, "Well, I want to share the music, so I've got to get myself out there." That's interesting,

because I feel like most people, they kind of want to be famous, they want to be a star. I think most people like attention.

Isaac:

So do you think that affects the way you approach music? Like your writing or your stage presence?

Gwen:

I feel like I might be a little bit more reserved when I'm on stage compared to some people, but I feel like you just get a sort of energy from the crowd and that I'm able to put myself out there more. Yeah.

Isaac:

What has been your proudest achievement in your entire music career?

Gwen:

My proudest achievement would probably be being able to play Tree Fort Music Festival with my band in Boise this last spring. That was super fun and I was shocked that we got into it because we're such a small band and that was a really cool experience for sure.

Isaac:

If you could describe the local music scene in one word, what would it be?

Gwen:

If I could describe the local music scene in one word, I'd probably say...

That's hard. Maybe eclectic. I feel like there's a lot of different genres within our local scene just seeing everyone come together and lots of bands of different genres will play the same shows together. I feel like we all just unite with the love of music even though we're all different.

Isaac:

Yeah, I love that. I love the community part. I think that's part of what makes this so special. That's a big part of why I love it. Yes. To you, what makes this scene special?

Gwen:

I think every person makes it special. I think the local college scene that shows up for all the concerts and the different bands that are putting all the shows together I think makes it special.

Isaac:

I think that leads into my next question. When you're talking about community and unity and those things, how has getting involved in the community impacted your social life?

Gwen:

I think being involved in the music community has given me so many more friends and opportunities that I would never have if I hadn't ever participated in the music scene. I feel like I am not a super social person, but I love music and finding other people that love music, it brings everyone together.

Isaac:

Is there anyone specific in the community that you would give a shout out to if you could?

Gwen:

If I can give a shout out to anyone, I'd probably say The New Development. They're a new band. My friends, Zach and Charlie and Tristan and Miguel and Tim, they're pretty cool.

Isaac:

Now I want to get a bit more personal. We've talked a lot about the scene. I want to talk more about your perspective. What is it about music that draws you to it?

Gwen:

Honestly, for me, music has always been a place to put my emotions. That's how I cope with things. It's kind of like journaling for me. If I'm going through a really hard time, I'll write a song about it. If I can encapsulate that feeling perfectly, that's the most satisfying thing to me. I can just put it into a song and then I'm able to move on from it.

Isaac:

What's your favorite song you've ever written?

Gwen:

My favorite song I've ever written? It's probably going to be one called Hardwood. It's about having feelings with someone who's just a friend. I feel like that's definitely been a recurring theme in my life. I'll go back to that song even though I wrote it in my junior year of high school. I'm now 20 years old, so it's been a bit. I find that I still can really connect with that song.

Isaac:

That's cool. What cool opportunities has your music given you? You mentioned the news. You mentioned the news.

Gwen:

Oh yeah, one time in high school, I got into a local music festival. To help promote the music festival, they asked me to be on our local news channel and play a song and talk about the music festival. That was pretty cool. That was my one time that I was on the news.

Isaac:

Is there anything else, any other really cool things that have happened to you through your music?

Gwen:

I think my music has led me to meet other musicians to collaborate with. I think it's been really special to meet so many talented people and get to play with them.

Isaac:

What is your dream as an artist? Where do you want music to take you in the future?

Gwen:

Honestly, as an artist, I think my main thing is just being able to continue to write songs and grow and experiment with my sound. I think that's the thing that I just love about it, is that there's so many different directions you can go with music. There's a lot of different areas I can focus on. For now, I really want to focus on recording and just writing songs I'm proud of.

Isaac:

Well, Gwen, is there anything in particular that you want to talk about? Anything that you feel like should be shared?

Gwen:

I think a lot of people are scared to start making music. I think they feel like they have to have certain things, or they don't have the right equipment, or they don't feel like they're talented enough. I think you just got to start, you know? Everybody starts somewhere and you've got to use what you have. I think it's a beautiful thing.

Isaac:

I agree. I think we talked before when I met with you about how this documentary is about the music scene. So if you were to think in the mind of the audience member who's watching this documentary, who knows nothing about it, what would you share with them? What would you want them to know?

Gwen:

The local music scene in Rexburg is super cool, and you should come to some shows. I agree. Awesome. Alright, I can't really think of anything else. Is Hardwood on Spotify? It is not. Plug yourself right now. It's not recorded yet. Listen to Gwen Good on Spotify. "Estranged" is out now, my newest song. . . . I am Gwen Good. Hi, I'm Gwen Good.

Isaac:

That's a wrap