

- The following program contains language or images of a frank or sensitive nature that may be considered objectionable by some. Listener discretion is advised.

- The good homosexual by James Carroll Pickett. The good homosexual accommodates himself, checks fantasies, behaves properly. Purchases good taste, practices impeccable hygiene. Begs respect from oppressors.

The good homosexual reads only what is recommended, attends all the Westwood cinema. Attains season tickets to the Music Center, votes the straight GOP slate. Retires from controversy. Amasses financial security no matter the social toll. Finds AIDS embarrassing but donates 50 bucks a year anyway, anonymously.

The good homosexual subscribes to *GQ*. Laughs the loudest at fag jokes, laments the demise of *After Dark*. Prefers porno in brown paper bags. Browses Crown books where he purchased *After The Ball*. Displays *National Geographic*, misses *Dynasty*.

The good homosexual restrains impulse, sustains racism. Objects to gay as too frivolous. Refers to himself as a bachelor. Contains passion, remains invisible. Maintains there is nothing amiss.

The good homosexual swallows bigotry, suppresses ecstasy. Drives the family sedan just like old dad did. Kisses with a dry mouth and closed lips. Wears a condom on his tongue just in case.

The good homosexual nurtures propriety, derives morality from TV shrinks. Believes there might be something to inanity. Shushes all profanity. Insists on anonymity, despises sodomy. Fails to see why dykes have to be so pushy.

The good homosexual drinks Kure's beer as advertised in good homosexual publications, keeps up appearances. Longs for the cops to crack down. Engages a female for social occasions. Relishes assimilation. Irons crisp creases in casual jeans.

The good homosexual quells excess, attacks radical fags. Experiences madness in discreet little doses. Waters down intensity, embraces mediocrity. Reaps his own self righteous vanity. Does not grasp why silence necessarily equals death. The good homosexual kills queers.

- That's right ma, you had it easy. You lost your husband in a nice clean hospital. You know how I lost mine? I lost mine on the street. That's right. They killed him on the street. 27-years-old laying dead on the street, killed by a bunch of kids with baseball bats.

That's right, ma, killed by children, children taught by people like you because everybody knows that queers don't matter. Queers don't love. And those that do, deserve what they get.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want them?

- Now.

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- Come on and say it so they can hear you in the Capitol, for love and for life, we're not going back. For love and for life, we're not going back. For love and for life, we're not going back. For love and for life, we're not going back.

- I think that's Robin Tyler on the stage leading the chant, "For love and for life, we're not going back."

- Good afternoon, and welcome to the National March on Washington DC For Gay and Lesbian Rights and Choral Reciting.

[CHEERING]

Let's hear it out there.

[CHEERING]

I'm Lea Delaria.

- I'm Bruce Hopkins.

- I'm a dyke.

- I'm a faggot.

- And we're best friends.

- I want you to savor this next moment. I have the proud task of telling you that the official count of the Lesbian and Gay Rights March, the official count is over 500,000 strong.

- It's all right, you may all come out.

- 500,000 strong. Look at you.

[APPLAUSE]

- 500,000 strong.

[APPLAUSE]

500,000 strong. One of the largest marches in United States history.

- It's all right, you may all come out.

- One of the largest marches in United States history. 500,000 strong.

- We parents want to persuade society that our gay children are not acting out of defiance or self-indulgence, they're being true to their own nature. Our children are fine men and women. And we say to society that the parents and friends of lesbians and gay men will support their children.

- They've got to understand something. They've got to understand something. We are not talking about crotch politics. This is not a movement from the waist down. We are talking about our right to love and to choose and to live. And I don't care about straight politics, and I don't care about straight understanding. You better hear me in Washington. We are demanding, we are demanding our civil rights.

- Harry, do you have a few words for KPFA?

- Yeah.

- Come on out. Join us. Bring your friend.

- What do you think about the turnout so far?

- Well, it's never enough.

- Never enough.

- Never enough.

- It's all right you may all come out.

- We must destroy the myths once and for all, shatter them. We must continue to speak out. And most importantly, most importantly, every gay person must come out.

[CHEERING]

As difficult as difficult as it is, you must tell your immediate family, you must tell your relatives. You must tell your friends if indeed they are your friends. You must tell your neighbors. You must tell the people you work with. You must tell the people in the stores you shop in.

[CHEERING]

And once they realize that we are indeed their children, that we are indeed everywhere, every myth, every lie, every innuendo will be destroyed once and for all. And once you do, you will feel so much better.

[CHEERING]

- Now.

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- And I ask people all over this country to do one thing, come out. Come out, America. Come out!

[CHEERING]

- Well, girl.
- Good morning. How are you doing?
- Girl, this has been the longest week.
- Has it ever?
- It's the holidays, honey.
- It is.
- But don't worry, Lee Willis from the Montrose Counseling Center is here to talk about holiday depression and how in the hell we're going to get through it.
- Ooh, wow.
- I just hate Christmas. Have you got up the Christmas tree?
- No.
- I don't have a Christmas tree either because I don't want to deal with it. But we will deal with it this morning because it's Christmas time on *After Hours*, and we're here.
- And we're queer.
- Yes, we are. And lots of things are happening. Well, sort of.
- Sort of? Yeah, well, lots of things are happening all right.
- You're looking at me as though--
- I know. Are you going to say it?
- Well, I don't want to but I will. We've been bitching and moaning and groaning about not wanting to come down here for so long.
- Oh I know. And I've been bitching and moaning about I only got one week off this year.
- Well, girl, guess what? We get some time off.
- We do.
- Because this is our last show together.
- Yeah.
- And next week they'll have a whole brand new crew, which I'm sure we'll do a fabulous job. But Jiminy and I, Jiminy Cricket and I.
- Mary Louise.
- Mary Louisa, well, LaWanda and I are going to the baths in the French Quarter--
- There we go.

- --on Saturday nights for a while. And actually, this is our last show together. And we're glad you're listening because it's Christmas time on *After Hours*, and I say we get right down to it, Louise.

- Well, OK.

- OK? OK.

- Let's go.

[MUSIC PLAYING]

- And I'll tell you what the gay movement is about. After I got elected, I got the phone call I knew I'd eventually get. And I got quite a few of them. One was from a 17-year-old child in a small town in Minnesota, and the boy is handicapped.

And the boy's parents found out he's gay, and they want to put him in an insane asylum. And that boy needs help. And the gay movement is about the letter I got from Southwest Africa when he read about a gay person getting elected here. And that person has hope.

And that 17-year-old kid in Minnesota has hope. And we have gay leaders not understanding that and are more worried about their own personal power. They're not gay leaders, they're are offensive.

[MUSIC PLAYING]

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[MUSIC - FAME, "I SING THE BODY ELECTRIC"]

- Harry, do have a few words for KPFA?

- Yes.

- Come on out. Join us. Bring you friend. What do you think about the turn out so far?

- Well, it's never enough.

- Never enough.

- Never enough.

- They've got to understand something. They've got to understand something, we are not talking about crotch politics. This is not a movement from the waist down. We are talking about our right to love and to choose and to live. And I don't care about straight politics, and I don't care about straight understanding. You better hear me in Washington. We are demanding, we are demanding our civil rights.

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[MUSIC PLAYING]

- And I ask people all over this country to do one thing, come out! Come out, America. Come out.

[CHEERING]

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[MUSIC PLAYING]

- Girl.

- Whoa.

- Let's go to the tubs.

- All right.

- Oh, Saturday night next week I'll be there. But I may stay home and listen to the new crew on *After Hours*. I'm sure it's going to be fabulous.

- That's right.

- Then they're going to do a special Christmas show.

- Yeah, so tune in. Hang on, we'll be back.

[MUSIC PLAYING]

- In a one horse open sleigh. Hi, it's me, Pee-wee Herman. Hey, seriously, everybody, during this holiday season, please, don't drink and drive, duh!

[LAUGHTER]

- Sorry, girl, did you see his special this morning on MTV?

- No.

- Well, Mary, you missed it?
- Is it like new this year or something?
- Listen to me, did you see it? It was on at 10 o'clock this morning.
- Oh no, please.
- Girl, I know you don't get up till like 1 o'clock in the afternoon.
- That's right.
- Anyway, enough of that.
- I don't go to bed till 4:00 or 5:00 in the morning.
- Well, actually, this has been the longest week.
- Hasn't it though?
- Well, we've got all this stuff going on at HPD because we're getting-- I really think that Chief Watson is on her way out.
- Oh, no.
- I hate to say that because she's done a lot of good for the gay community but--
- She sure has.
- --I really think that she's on her way out, and that's kind of scary. Maybe not. I mean, you don't know what Bob Lanier is going to do. But anyway, we went on the air in 1987, and the first Christmas we invited Bob Hodge from the Montrose Counseling Center to come down and see us.
- No, kidding.
- So in keeping with that--
- See, I wasn't here then.
- Well--
- I came along six months later.
- --I'll sell you a copy of the tape from 1995.
- Such a gestation period.
- But anyway, we talked to Bob Hodge about holiday depression, and every year at Christmas time, we invite somebody down to talk about it. And with us this morning is Lee Willis? Is that right?
- Yes, it is.
- OK. And this is on-- yes, OK. And Lee you're with the Montrose Counseling Center?

- Yes. Fairly new employee with them but I'm there.

- What do you do there?

- Well, I head up the Life Program. So I guess they call me a coordinator.

- Rather than a lifer?

- I guess so. Well, I was a lifer. I left the prison system before I came to Montrose Counseling Center.

- Oh you did?

- Yes, I did.

- I didn't know that, I was just--

[LAUGHTER]

- So what-- well, I don't know, we're here to talk about holiday depression so I guess we should just talk about that.

- Can we ask what the life program is first?

- Yeah. OK, what's the life program?

- OK.

- I'm sorry, I didn't know where you were going with that, Louise. Sorry.

- We have three programs at the Center. We've got chemical dependency, we've got the HIV program. And everything else falls underneath the Life Program. So it's like it's kind of a mixed bag of things.

- Gotcha, Jill of all trades.

- Yes, suppose that that's the title. Yes.

- How long have you been with the Counseling Center did you say?

- Fairly new. Started in September.

- OK.

- Now the Counseling Center has been around a long time.

- Hmm, long time.

- You've been involved in this field though for quite some time I take it?

- Yes. Mm-hmm.

- Have attitudes changed any you think over the years with people dealing with wanting to come ask for help? Because most people still have this vision of mental health as something that is somebody else's problem, you know what I mean?

- Or the fact that it's my problem, I can solve it. I don't need help.

- I think I see things that are changing. I think Bradshaw, Kellogg have really been instrumental in getting people to talk about their problems, their issues around life. And that people are beginning to work on them and are wanting places to go to work on them. So yeah--

- When you talk about issues in life, we're just really creatures of our environment, right? So if you're a little kid and you're told that you're awful and you're not going to count, and you're not going to matter, that kind of affects the way you live, right, in a great way.

- Sometimes it does, yeah, unfortunately.

- So sometimes you have to go ask for help to get out of that mess.

- Yeah.

- And in cases like-- for especially for us, for gay and lesbian people, I mean, my parents for years, you're taught, well, in the first place you can't be gay. I mean, that's not going to happen. But you're taught to expect-- they expect you rather to live in a heterosexual relationship, husband and wife.

And growing up in a small town like I did in Arkansas, there were no gay bars or no *After Hours* or no *Montrose Voice* or *This Way Out* or *The Gay and Lesbian Switchboards* to call. So when we wind up accepting or dealing-- maybe not accepting but dealing with our sexuality and there's no place to turn, it must be awful.

In fact, I know it's awful but it must be I guess a relief to find someplace like the Counseling Center to come to and finally understand that it's not all your fault. Does that make any sense?

- Yes, it does. Yeah. I think it's very difficult because I do believe our world and society does have attitudes that don't contribute to the gay and lesbian lifestyle definitely.

- Right. It's the truth.

- Yes. And it is difficult because it's like that's your whole life, and you're dealing in this world that really doesn't approve of your life. And we take our life so personally so it's like I'm not approved of. And so that is hard. And so it does take some working out at times just to feel real comfortable with yourself and who you are and what you're about in the world.

- Something that Bob Hodge said the first year he was here and I think that Patrick touched on this, last year maybe?

- Mm-hmm.

- Was, why do we as gay people, we don't-- some of us, now not everybody's family is like screwed up, right? There are parents who have gay children that treat them very well and are very supportive and--

- It's been my experience, yes.

- And not all families react like Jimmy's and I, our families did. But in the case where they do, what-- I forgot what I was going to say.

- Oh.

- Oh I know. When a family is not supportive and you don't talk to them all year, why do we feel so driven now from the time of Thanksgiving till Christmas to rush home and leave our lovers? You know what I'm saying? We just cut our lives off--

- For a week we can't stand.

--and we go into situations that we don't want to be there. We have absolutely nothing to talk about with these people.

- Or we can only talk about a small portion of our life because we can't talk about our lovers.

- Yeah, but do you see what I mean? Why do we set our-- we set ourselves up is what I'm trying to say, right?

- I think we just asked about 30 questions all at one time but--

- But do you see what I mean? Don't we kind of set ourselves up to get hurt and to-- does that happen in life? Do we really have as much control over our lives as all those self-help books tell us that we do?

- I'd like to think so.

- Yeah.

- I'd like to think so. I do think that we have this connection with our families and somehow we do want to keep on working on things that have been a part of us. And because the holidays are so connected with family is that does give us another opportunity to go and to keep trying to work on it again.

They keep telling us in psychological circles is that life keeps repeating itself, and we keep trying to make it work out, which we've worked on in the past. It's like sometimes I want to keep leaving this and just not work on that again and want to go on someplace else. And maybe sometimes that's what we need to do, just kind of leave it all behind and go on. But I do think at times we do try to go on and keep wanting and wishing for the things like we would have liked them to have been.

- What does it take for us to sit back and say, it's not going to work because my family is never going to accept my lover as my mate? So what does it take to get to that point?

- I think some grieving.

- How do you grieve? We were talking about that before we went on the air.

- Well, this is a good issue for this program since you're leaving the air and people are going to be grieving out there. And I think it's really OK to be sad and to admit to ourselves is that some things do come to an end.

- Well, that's part of life though.

- Yeah, well, yes, because we're always either embracing joining things or we're leaving things or people or whatever. And I think we do very good as a society in joining or embracing, but I think we really haven't learned to let go or to say goodbye.

- I think I would just say--

- Oh that's so true.

--*The Wizard of Oz* is like my favorite movie of all time. And I don't care, I've seen it thousands of times. But at the end when Dorothy has to say goodbye to the Tin Man and the lion and the scarecrow, it just rips your heart out. You're sitting there crying every time.

- Because we know we can't do that. It's very difficult for us to do that.

- So it goes back to recognizing those things that we do have to leave behind. And we do it on a head level, I think very well. But it's pulling down into the heart or into the gut or wherever we feel it and feeling the loss because we'll never get it. If parents haven't approved and they say they're not ever going to then accept it.

- Yeah, right and move on.

- Yeah, and move on. And it is hard to do.

- That's one thing that I've learned in therapy, you can't just keep beating yourself over the head with this, they're not-- I think it was the therapist who said one time, you have to look at it this way, blue is blue, water is water, and mother is mother. And mother is not going to change any more than the rocks and the water are going to change. So accept it and move forward.

- Sometimes what I found is when there's less pressure on like particularly parents, when they're not expected to accept or to be different is that sometimes with time maybe they will be different. Or maybe they will change or maybe they will be more accepting if somehow the pressure is off for them to have to. I like to think that anyway.

- So what do we do in the meantime?

- Well, wait, wait, wait, whoa, whoa, whoa, whoa, whoa, whoa, whoa, whoa, don't get away from that because in my case, I'm like President of this Union at the police department, a dispatcher in the police department in the fourth largest city.

And all my life, all I've wanted to do was to get my father to come to Houston to see that, and he would feel so proud of his son. But for whatever reason, my mom never would let that happen. Now last year my dad died so did all those chances of him ever coming, do you see what I mean? So a lot of times those circumstances are way above and beyond your control, right?

- In that case, yes. For me, I see it as the person who's experiencing it, recognizing who they are and their own value and worth. And acknowledging that we are successful people, and we are able to function in the world. And we are able to do well in our job.

- That's how we get through it because as we do the program, I can see my father's hands pushing the buttons. Because it was weird, when we buried him that day, I looked and we had the same hands. So.

- And it's sad that he was never able to do that for you, but it doesn't diminish you or take away from who you are or what you're about because he wasn't able to do it or it didn't work out that he was able to do it. And I think there are a number of people who have those feelings from their family stuff. I know it's certainly true of me.

- We're talking to Lee Willis with the Montrose Counseling Center about holiday depression and how to get through it. Lee, this doesn't only affect gay and lesbian people, that's what's important, because suicide--

- It's a human thing.

- --suicide rates are always up. I've been working in the police department and business for 15 years. Suicide rates are always up during the holidays. People get discouraged, depressed. It's the end of the year, I've still got that extra 20 pounds that I said last January I'd get rid of, I still owe \$600 on that American Express that I promised myself out. You see what I'm saying?

What are some of the warning signs of depression and how do you get to that-- how do you recognize? Do you see what I'm saying? What are some of the things that should tick in your brain and you go, oh, wait a minute, maybe I need to slow down a minute and look at this?

- Well, I've always been told by people is that our body knows first, and that if we can pay attention to our body and what's happening within it, that it gives us the cues or it gives us the--

- You mean physical problems?

- --red flag. Yes. Is that we begin to notice in the body what's happening with us. And that we're experiencing stress or some difficulty. And we can usually through some kind of pain like headaches or stomach ache or backaches or big thing that people express--

- Oh pay attention, yeah.

- --from stress, neck pain, all kinds of symptoms like that. Sometimes we have difficulty thinking real clearly like I seem to be doing right now.

- Well, that's only because it's quarter to 1:00.

- And I keep telling you that I'm not quite a night person like you all are.

- Yeah, you're all like Stanley, bed at 10:30, huh?

- So when-- go ahead.

- We also become more emotional, we may cry. We may talk more to cover up what's going on because talking is certainly one of the ways that people handle stress. Or we may do other things like drinking more. We may spend more unfortunately at Christmas than we should.

- Yup. You're going to spend more and you're going to drink more because there's more party, so how can you know difference? I mean, you spend more than you normally would for Christmas?

- Right. More than you normally would. A lot of people have eating disorders also during the holiday season. Triggers how much. Or they'll drink more than they normally would. I think anything that's excessive more than moderate, then begin to take a look at it. It may not mean that you're experiencing a lot of stress but take a look at it. That'd be an indicator.

- I think for most of us, it's just acknowledging first of all, that there's a problem and that you might need help and to get it. If you are gay and lesbian, you may not feel comfortable with going to the company therapist or the company doctor and talking, but the Montrose Clinic is there and always has been there for gay and lesbian people.

And once before we had someone call-- we were talking about the Clinic-- who said that he was bisexual, and that it was an outlet for him to go and speak freely about his sexuality. As a gay person who has reached the point where, yeah, I need some help and I'm going to go get some help and you take that first step to go and drive around the block about 10 times, and then you finally pull into the parking lot. What's going to happen to me when I walk in there?

- The first thing that we do is an intake interview. We need to know what's going on with a person. Have some basic information around the person, what's happening in their life. A little bit about family history because that's very important for us.

And based on that information then we assign you to a therapist that we feel will best be able or better be able to handle the particular problems that are being brought into the therapy session.

- What if I don't like that therapist?

- You can always change. And some people do come in with a preference. They want somebody who's male.
- And gay, of course.
- OK, gay. Yes. Or maybe they come in with no preference.
- Is that a misguided thing that if I have a therapist, I want them to be about my age and gay because only people who are my age, have gone and suffered as much as I've suffered. Do you know what I mean?
- Yes.
- Is that--
- Life experiences.
- Could you get like a 19-year-old therapist that's really had hell and can still do a good job, or? Can you go in and get a woman who is not male and is she going to really understand how you-- some of it may be a little misguided but most of--
- Well, I like to think so. There have been studies done. And we have studies around are Blacks able to counsel Blacks better than whites or Hispanic? And are gay, lesbian better able to counsel gay and lesbian than heterosexuals? I like to think that somebody with empathy, with understanding, with some therapeutic skills would be able to assist.
- Yeah.
- I think at times it may be very helpful to have somebody--
- Who understands everything but--
- Who really does.
- --if it's someone, what I was trying to lead out to our guest is if you have a therapist and they're committed to that field and that work, it doesn't matter whether they're gay or straight or whatever, they're going to listen and help you.
- And the work is the person's own work.
- Exactly.
- The therapist is there as more of a mediator, more of a guide, someone to kind of say, hey, I've gone down this road before, I know what life is like.
- Like a crowbar to pry it out of you.
- Well, to nudge gently, to create a little stress for change if that's what's needed in the person's life. Help them to look at life differently.
- How much is all this going to cost me?
- Well, Montrose Counseling Center is one of those that's a United Way Agency, and we're on a sliding scale. So it may cost as much as \$80, which is fairly reasonable having paid more myself in other places all the way down to 25. We also have in our city program and in the HIV program grant money, and it can be even less than that.
- So it works on a sliding scale.

- And that depends on how much you make.
- Right.
- I see.
- So you were talking about signs of depression.
- Yes.
- How about ways of dispersing it?
- OK. So if you've noticed that you're depressed?
- Yes, or you're stressful or--
- Girl, I'm out of it.
- I know. What do I do? What I--
- Well, go to Jack in the Box and order one of each. And then run across the street to Two Pesos and eat their meat.
- Yeah, that works sometimes, ways to take care of yourself. Ways to treat yourself, to be kind to yourself. And if a double fudge sundae helps, then go for it.
- Well.
- OK. OK.
- Do you have any openings? I like that.
- I usually, when I'm really upset, I usually go out and buy myself an earring. That seems to work well.
- You should see the collection.
- But I have 150 earrings now.

[LAUGHTER]

- And most of them he's bought since he was new in the show, so. Since we're out of here, girl, you probably will not be buying all those hateful earrings.

I had two weeks ago, a friend of mine his brother was on his way home from the bars drinking, and we talked about this before we went on the air. We protest and march and jump up and down when someone is beaten and stabbed because they're gay but not just gay people but straight people.

But I see more I guess because I'm here that gay men drink, they go out because I am depressed, right? So I'm going to go to the bars and I get snookered and I drive home. And two weeks ago, a friend of mine, his brother drove into a tree.

And two, three years ago, someone who listened to this show a lot called and brought us Christmas gifts. And I didn't see him for a couple of weeks, and found out later that he had driven into a tree on the way home. So death is like a part of life, and we don't expect those kind of deaths.

But when something dies like your best friend or in my case, my father or your lover, how do you kind of deal with that? Letting go and-- is it just acknowledging that that's a part of it? Because I'm still working on my dad, it's been real hard I guess for me.

- I go back to the grieving part, I think that that's real important. There are stages that we move through, and you've probably heard those talked about before. Usually, we experience some shock or denial around what's happened. And I think it's very important that we be in that particular place because it is a protective mechanism for us.

It keeps us safe until we're able then to deal with some other feelings that we have. And it's really OK to be angry about what happens around losses and life.

- Especially in these circumstances in dealing with AIDS and so many unexpected-- I mean, it seems like every week you pick up *The Twit* and you're like afraid to look in the back because there's going to be a picture. And in our case, the bodies are gone, and there are no funerals to go to and it's 3 or 4 weeks after the fact. So you're right.

- It is real important. And I think when we're getting in touch with feelings like our anger and our sadness, it's really important to have people to experience it with us. They don't have to be in that same feeling but for us to do it in company with other people, so networking is extremely important, whether you're hiring a therapist or whether it's a best friend. Because I think we really feel our feelings when it can be authenticated by somebody else. If somebody else knows what we're going through.

So having somebody who's real close during this time, who's there to listen to you, who's there to hear your pain or your sadness, your anger around what's happened, is extremely important. And it makes it real for you.

- Yeah.

- Is what you're describing a grieving technique?

- Yes.

- Because I hear the word grieving a lot. You need to grieve for this or-- and I don't always know what that means because maybe it's-- when I think of grieving, I think of Italian women crying and tearing their clothes and things like that. But there's lots of different ways to grieve, I guess.

- Well, crying is one of them, I think just feeling the sadness. My experience with feelings is that most people do experience it in the body and it gets real scary for them because it does hurt like when your father dies or your best friend dies of AIDS or is killed-

-

- Or is killed in a car with a--

- --traffic accident.

- --tragic being.

- And you feel it in the body and you get real scared because you don't know that that will pass, that will go away. And so we do things to not feel it in the body. And it's real OK, we don't die from our feelings. We'll die from other things but not from our feelings. So to be able to experience that with someone is real helpful.

And if we do that, I think we do move on through a resolution period where we're able to take what's happened, somehow fit it into our schemata, our little scheme of life. Something that makes sense for us, whatever our beliefs or philosophy are is that, yeah, this happens to people. I can get through it. I will miss them but I can go on. And we do.

- We're talking to Lee Willis with the Montrose Counseling Center about holiday depression. And how--

- And a lot of other things.

- --do you get to it? Yeah. You said something earlier about hiring a therapist, if you don't feel comfortable with the therapist you have, you just switch? Is that how it works?

- Mm-hmm. We're there for the client, and there are times when the client does not feel comfortable with a therapist. And it's very difficult to do personal work if you don't feel comfortable with your therapist. So yes, you can ask for another therapist.

- Lee, you've said a couple of times that your body tells you that something's not right. If you don't take care of-- or you're taking care of yourself mentally but if you don't like exercise and if you don't eat right, don't you have to do everything to make this thing click? Your person, your being, don't you have to exercise too and try to watch what you eat? Does that play into all that?

- It does. And it helps during the holidays because you were talking Jim about overeating and drinking too much.

- You can tell that's what I would do.

- That's why he wears those big old flannel.

- Yes. Part of taking care of ourselves, part of our good health, whether it's mental, physical is watching what we eat, watching what we drink. I think when we overindulge is that we do kind of mentally beat up on ourselves, and that does lead us to being depressed about ourselves.

It's like OK, we failed, we've not done it right this time. And when we get depressed about doing that, somehow that depression kind of cycles and we get depressed because we're depressed, and we just kind of get caught up in this circle that somehow is difficult to get out of.

- Sometimes you can't get out of it. Or you feel like you can't.

- Yeah, sometimes it does.

- Something that helps me, you talked about affirmations. Something helps me is like visual aids, I just-- sometimes you get to the point where you have to run out or I feel like you got to run out and you got to find somebody, you got to take somebody home.

And one time, two or three years ago, do you remember we said, send us your bookstore tokens. And we got 300 or 400, it was wild. Bookstore tokens were mailed to us in the mail. And one day I was digging around in a drawer looking for money to go out because you just have to get out, you got to get out. And I found this bag of bookstore tokens in a drawer and I thought this is crazy, you're throwing away all this money.

So there's this big glass container in my bedroom with all these bookstore tokens in it and you see that and think, I really don't need to do that. That's such a waste of money, I can be better to myself than that. Can you tell us where the Counseling Center is and the number and how do we get a hold of you and all that kind of stuff?

- We're located on Lovett, 900 Lovett. Suite 203 is our office.

- Newly expanded, I hear.

- Yes. We have some space across the hall.

- Uh-huh.

- Two more offices and kind of like a board meeting room, which is nice to hold our networks and maybe some other therapy groups would be in there. Our phone number, you're asking me, 529-0037 will get you probably Deborah or Barbara and/or somebody who's very nice and who will be able to help you.

- Yeah.

- And give you--

- And that's regular working hours.

- Yes. Yes.

- But the--

- 8:00 to 5:00.

- --the therapist and a lot of the groups and things are available at all different hours, right?

- Yes.

- There's all different kind of things going on to accommodate your schedule, so don't think just because if you work evenings like me that you're out in the dark because you're not.

- No, therapists do work in the evenings and we have therapists who do work on Saturday, a few of them. We have groups available during the day and evening for all different kinds of problems or things that you want to work on.

- Sounds good.

- And groups can be fun, especially if you're, oh I don't know if I can do a one-on-one here.

- Groups are safer sometimes.

- That's scary. Yeah.

- Well, listen, thank you very much for coming down at such a late hour for you. And say thank you to everybody at the Counseling Center.

- Yeah.

- Well, thank you for inviting us too.

- You bet.

- Appreciate that.

- We love it. Lee Willis with the Montrose Counseling Center, and don't let those holiday blues get to you, right?

- That's right.

- We'll be back in a second, hang on. This is *After Hours* on KPFT, 90.1 FM.

- The following program contains language or images of a frank or sensitive nature that may be considered objectionable by some. Listener discretion is advised.