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SUMMARY KEYWORDS

people, home, homosexual, holidays, year, call, friends, good, real, depression, family, week, life, guess, hospital, lover, christmas, talk, radio show, song

00:02

Call or write to your member of Congress today urge them to support the National Endowment for the Arts. Let them know that freedom for the arts is freedom for everyone. This message sponsored by the People for the American Way Action Fund

00:15

every Saturday night at midnight on after hours we play music

00:38

glad to see guy

00:53

after hours every Saturday night at midnight, right here on KPFT Houston 90.1 FM

01:14

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

01:24

the good homosexual by James Carroll picket 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. Lemons the demise of after dark prefers porno in brown paper bags roses grown books were he purchased after the ball displays National Geographic misses dynasty. The good homosexual restrains impulse sustains racism objects to gay as to frivolous refers to himself as a bachelor contains passion remains invisible. Maintains there is nothing amiss. The good homosexual swallows bigotry, suppresses ecstasy drives a 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 dikes have to be so pushy. The good homosexual drinks Coors beer as advertised in good homosexual publications. keeps up appearances, longs for the cops to crack down engaged as 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.



04:20

That's right, man. You had an easy husband a nice clean hospital. You know, I lost mine. I lost mine on that street. That's right. They've killed him on the street. 27 years old dad dead on the street, killed by a bunch of kids with baseball bats. That's why mom killed by children chosen by people like you because everybody knows that twins don't matter. Those that don't die side by side.



05:00

You're going back I think that's Robin Pilar on the stage leaving the chat for lover for life we're not going back



06:00

want you to savor this next moment I have the task of telling you that the official Scout of the lsb and gay rights march



06:24

you may all come out?



07:31

Hurry the other paperwork for KPFA come on out. Join us bring her friends, while you think about the turnout rally, never, never enough never enough.



07:43



07.45

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



08:04

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 story through shopping



08:31

once they realize that we are indeed their children and we are indeed everywhere. Every myth every lie every innuendo will be destroyed the ones and once you do you will feel so much better.



09:29

Hi, radiography what it's for KPFA come on out. Join us. Bring your friends. What do you think about the well it's never enough. Never enough



09:43

people in this country to do one thing come out. Come on America.



09:53

I wouldn't want to expect that.



09:55

We got a little extra Harvey there. Well, here we are. We certainly are



10:01

90.1 FM KPFT Houston. After hours radio celebrating live from the heart of the Montrose.



10:08

We're here and work where



10:12

can I go home yet that yeah, baby. You know we're going on our fourth year. That's what scares me in 1991. We'll be working on for years of coming down here every Saturday night for free. Now I'd much rather be surrounded by a lot of men. Somewhere in a dark room. Well,



10:31

you have to do that on nights rather than Saturday. But everybody else is out on a Saturday girl. Oh, well. The holidays are coming. It is there's lots of fundraisers going on lots of dues,



10:43

and lots of don'ts. Yeah. Anyway, this way out is back with Greg Doran and Lucia Chapelle. They're going to be here break and 30 news. Yeah, we'll have the news. In fact, we got extra news this morning from the BBC. Oh, okay. We'll see how that works out. And we've got a special guest here this morning. We talked about something that's gonna grab us about any minute now. Holiday if it already has



11:08

holiday lose holiday



11:09

depression. Everyone a call Dad died in April and since it's, we'll talk about it later. Okay, right. Okay. Because we don't want to get you down in the dumps yet. We're gonna tell you how to get out of the dumps. Yeah, that we're not putting you in in the dumps. We're getting you out of Yeah, we got a real special guest here for you. And anyway, this is Alan to say. We quién Thank you. Well, and he says it every Saturday night right here on 90.1 FM KPFT Houston. I'm the fagot that works for the Houston Police Department and I'm the faggot



11:42

who doesn't work at all.



11:46

What that sounds like the folks driving down the road going home and they go Good God, Barbara, what did they say?



11:55

Okay, when we get back to Washington No, baby.



12:01

Well, George Bush isn't going to get to kill anybody. Oh, Saddam Hussein is letting everybody go and it doesn't look like they're gonna get to shoot anybody. No baby. And I've heard on CNN the other day that they've only got three weeks worth of bullets anyway. So the whole thing can't last more than



12:16

three weeks. This is an oil war baby and plan this war and we are real users over here so we got to have it and we will kill for it.



12:26

Anyway this is after hours radio celebrating live from the heart of the Montrose we're here and we're Korea we certainly are and every week we come here and do what we do kind of jerk off for four hours well, masturbation radio sorter actually will make you feel good. But it only feels good for four hours and today we're going to tell you how to maybe carry that feeling on a little bit more during the week right you bet love in the natural way.



13:00

Radio if you wouldn't forgive me. Come on out. Join us for your friends.



13:08

Well, it never does never, never we must destroy the myth Swanson's law shatter them, we must continue to speak out. And most importantly, most importantly, every gay person must come out



13:31

you must tell your immediate family you 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 to the story through shopping



13:59

once they realize that we are indeed their children then we are indeed everywhere. Every myth every lie every innuendo will be destroyed once and for worse, you do you will feel so much better. I ask people all over this country to do one thing come out come out America



14:36

what well,



14:37

you know, I need my Harvey fix every week. Yeah, okay. And I like when you do it over such and such a good song.



14:45

I had to kind of been out of shape because I had to go out to police academy Friday go for a meeting. We go out like every six weeks. And our pregnant boss got up so she's getting ready to have that baby and she hasn't had it yet. No, no And girls, let's do the 12. And she's working. She's out there on the seventh run in the police department. Come on Chief



15:08

drop point. You were talking about that a month ago and you said she was as big as a house. She's as



15:13

big as two houses now. It was, but she's still in control. I'll bet. Chief Kendrick said that or maybe chief Colby, I can't remember one of the chiefs said that he had heard rumors that she was going to leave and come back at something other than chief why? And he asked her if that was true. And she said she was going to leave and she intends on coming back as the chief. God I hope she does because if she don't the city screwed, because she's doing a hell of a job down there. And the department's all behind her and good things are waiting anyway. It's almost the holidays. Yeah, these are the Yeah, I like this time of year. I don't like it. I used to like Christmas. I don't know why I don't like it so much anymore. As we haven't even got a tree up and I used to like have a tree up after Thanksgiving.



16:03

Yeah, but you got to you got a Christmas present. Let's didn't you get a Christmas present?



16:09

Yeah, that big old TV.



16:10

I mean, it's like bigger than your picture window. It's



16:13

just it's like iMac the hugest stuff the huge Yes. When you watch porn Oh, those



16:20

Oh, this big. Yeah.



16:23

Ah, anyway, we'll be back in a minute. Let's get out here before we get in trouble very sharp shout are all



16:42

22 minutes after midnight after hours radio celebrating live from the Ottawa Truus God I don't know how we do it. Yeah, I do we just hang on because



16:55

Why do you lock yourself up in these chains? No one can change your life except for you. Anyone step all over you. Young and young. Is it really fair to feel this way inside?



17:31

We must we must continue to speak out. Every day, come out.



17:53

90.1 FM KPFT. Houston. After hours radio celebrating live from the heart of Montrose. We're here and work. We're For God's sake, baby. Just hold on. I know it's not easy, because life is such a bitch.



18:09

It really is. But you could make it one more day. If you can't



18:12

go get help. That's what I did. And we'll tell you about that in just a second okay.



18:40

That song gives me a lot of push for Wilson Phillips. Yeah. Because that's what life is all about.



18:48

We've been playing it a long time. Hold on,



18:51

because you got to have downs to have ups. Yeah, and it hurts sometimes when you're queer. And you're here and you don't know what to do. I mean, I remember someone invited me to a Christmas party last year. And they said, Oh, God, we just thought You're so popular. You'd be going to all these parties. I said no, actually, I'm sitting at home by myself. Crying most of the time we're running around at the tubs or the bars just like everybody else. And it's true. And something that we haven't talked about in a while that I want to share with you right now. Is that in 1988, right? Yes, I went to work for the police department in 1987. And that summer, 1988 we started we started after hours and 8719 87 So I went to work for the police department in 1984. Okay, 1984 I went to work for HPD. So how many of years later was not maybe seven. I went to work here and started doing after hours in September. That following year, I was getting real discouraged. Because I would go to work at six o'clock in the morning and get off at two o'clock in the afternoon on Saturday, go home and sleep for a couple hours because I couldn't leave the sleep because I was all keyed up, do the show, which was then on it two in the morning until four, right? Go home and shower and go to work at six o'clock Sunday morning. And by the time my days off, like Wednesday and Thursday got here, I was just physically exhausted. And I had trained a couple of people to work this board so that I could take with the intention of taking some time off. That didn't happen. We did a live broadcast at Kindred spirits. I remember the weekend before the parade. I was just starting with the show for hours. And we borrowed two hours from Jay Lee and Steven Edwards, who were then on it midnight to two. And the week after the parade, we gave them that time back. So we weren't here that week. And they were gone. And they did it for our show. Well, the next week, we came in and the guy that I had trained who's who is now in St. Louis doing his own gun lesbian radio show. We had a hellacious fight in the lobby because he decided he wanted to go to mothers with everybody and drink. Because we have these meetings before the show and talk about what we're going to do. And I said, you either have to be dedicated to this, or you have to be dedicated to the bars at two o'clock on Sunday morning. You can't do both. And he got angry and left and was gone for five or six months. But he finally came back and we became friends again. And now he's in St. Louis. Like I said, doing his own radio show on some radio station. I can't remember the name of that Mike Ford is up there knocking himself out. Well, from that summer until September, my life just kept getting worse, and worse and worse and worse. And one Sunday morning, I had a hellacious fight here at the station with someone else that was working on the show who's not here anymore. And I went home and fought with Roger for a couple hours and started to work and turned around and came home and didn't go

to work and then came back and fought with you know what I mean? I was just caught in a big circle. Like Judy Garland's house in The Wizard of Oz, I didn't want to go to work. I didn't want to go home. I didn't want to go to any I didn't want to do nothing. And a friend of mine who I loved dearly took me to I called her and I said let's talk and she said What do you want to go? And I said, Well, I want to go to Bell Park. That Park is down on Montrose by the Christian Science church. Bill Park is also a mental health facility out in southwest Houston. Yes, she thought I wanted to go to Bell Park mental health facility. Oh, and I said, I want to go to Belle park, the park. Now a woman that has been raped, really loves you a lot if she's going to meet you in a dark park in the middle of the morning. But she did she met me down there. So I mean, it takes it took a lot of guts for her to get there. Right? Because anyone who has been raped is not going to go to a dark Park and put themselves on the line for you unless they really care about you. She did. And during the time, then during the course of our conversation, she convinced me to go to Bell Park, the hospital and I went out there and looked at this place. And I decided I didn't like it. Because number one, you go into these places and you can't just walk out. Well, you know what I mean? If you go in for specific treatment, medical and mental treatment that has to be controlled, and you're expected to stay there. And I talked to the psychiatrist whose name I can't even think of her name. Dr. Teresa bigram Oh, she's down here in the medical center. She's a hell of a woman. But Dr. Black when was a psychiatrist that I talked to and she said, Well, what's the most important thing in your life? And I said nothing, actually nothing. The radio show, I said, I do this radio show. I said, if you can guarantee me that I can get out of here on Saturdays, Saturday nights and go to KPFT then I'll stay. Otherwise, I'm not. And she was like, you'll give up everything just because of this program. And I said, yeah. So she said, Well, I'll tell you what, I'll let you go do the show next Saturday, which would have been I would go in the hospital on a Sunday and I would spend a week there and then she would let me come to the show that weekend. And then we would talk and if we didn't feel like both of us were comfortable with it, then I wouldn't come back. Well, to make a long story short, I got out on Saturday night I checked into the hospital after a lot of tears, a lot of hugs from some people that cared about me. I spent a week there and I went to the desk on Saturday night with my little bag of stuff like at 1030. They were gone. Where are you going? I was going I'm going to do a radio show and they were going this middle patient is trying to leave and go do radio. And they checked and of course there was a note from the doctor. That said Go. And to make a long story short I, which I haven't done, I've already screwed that up. But I did. I did the show every week. For the four weeks that I was in the hospital did that. Yes, I remember then the last weekend of the program, Judy. And I sat here and we talked about that experience. And it was really an experience. If it did anything. It made me realize that sometimes in your life, you need help. But the reason I'm talking about what happened that night is that I have this song. And I want you to listen to this song because this is the last song I played on after hours before I went to the hospital. Okay, does that make sense? Like Yeah. And then we'll be back and talk to our special guests about holiday depression and how you survive and things like therapy and things like what do you do when you're at the end of your rope? And how do we get lovers and he has all the answers. He's got a big bag and he brought all the answers with just kidding.



25:57

He just fainted.



25:58

Anyway, of course you know the rest of the story. I was out of work for a year and a half and eventually after working at the bowels and the river ropes theater and God every every place I wasn't happy. I finally went back to the police department I was reinstated there I got my all my seniority back. I got all my benefits back. Went to city council made a speech about Thank you for having the courage to rehire and openly gay faggot does a radio show and I went back over there and they asked me to run for president of that union. I mean, girl, especially said going Yeah, I mean, coming out and trying to take care of yourself is a hard thing to do. But it's really changed my life. And it's it doesn't hurt as much to talk about it. Because sometimes you do need help. And sometimes it you need to do something other than call the switchboard and cry for 30 minutes. But anyway, before we talk to Patrick, I want to play this song for you. This is this is true. This is the song I played the morning, just before the show that that particular show, we had a hell of a fight here. And we didn't say anything for like 45 minutes. I recall a music cart sounded great, but we didn't say anything. Yeah, it was a little tense behind the scene. And the last song I played was this. Are you ready? Yeah. Are you listening? I'm listening. Listen, close, okay.



27:24

I wanna be bad.



27:32

song called dogs in the yard from a movie called fame. Does that make any



27:37

sense? Yes, it's a real pretty song. And I've heard it before, but I never really knew the title. And I didn't know the story behind it.



27:45

Well, that's the story behind that girl. I went out of my mind. Oh, and I work here. You know, what was weird about that whole hospital thing was that a lot of my friends wouldn't come over there and see me. And the whole time I was there. I was never given any drugs or any medication they fit in. They fed me three great meals a day and made me exercise and get plenty of rest. And



28:05

I didn't know you



28:06

very well to lock people up to make them take care of them. Maybe that's it. Sometimes there

was there were other people there who were like in drug dependency classes and all kinds of things that were really having some serious problems. Not to say that depression is not a serious problem.

28:23

Certainly is a hell of a lead.

28:42

Was gonna save that for next week from my life story show. Oh, we got that out of the way real quick. Anyway, we're talking about holiday depression this morning. Just holiday depression. Yeah, right.

28:57

Well, there's I guess there's a lot that goes with it, especially Christmas. And I guess it starts at Thanksgiving, especially when people have to go places they don't want to go were separated from their lovers for strange reasons.

29:13

So introduce our guests. Patrick professional. Hello, right.

29:18

That sounds real nice. Is that better than most?

29:23

Is that not right? It's very correct. You're with

29:27

new Counseling Center. Oh, I need a therapist. Give me a card. Now. I ran out of cards on the way in here.

29:35

That was what our crew was like, Girl,



29:36

the whole world should be in therapy. Now. Anyway. So you went the new Counseling Center.



29:42

That's right, right. As you said here in the heart of Montrose.



29:46

Thanks for coming by to talk to us about depression. Why is depression such a big deal?



29:52

I think talking about depression or anxiety this time of year is especially critical I guess for everybody Um, some of the things we might want to look at tonight is why it's more important for gay and



30:06

lesbian. Yeah, that would be our focus.



30:10

I think that's probably a good assumption.



30:13

So what would you say to someone, especially someone young and possibly in the closet and possibly afraid that somebody's going to find out that they're gay or lesbian about just life right now, at this time in the season,



30:29

it's really important this time of the year to, to note that, as when you say young, I think any of us young at heart or whatever are going to have a problem this time of year. Traditionally, we seem to focus on family. And, unfortunately, family isn't real supportive. Sometimes. That's true.



30:53

We talk about that all the time on the show. my father died in April, but our relationship died 15

WE TALK ABOUT GAY ON THE TIME ON THE SHOW, MY FATHER DIED IN APRIL, BUT OUR RELATIONSHIP DIED 12 years ago.



31:01

Yeah. And my parents kicked me out when I was 17. So we may not be traditional, as far as a lot of gain was being people going home for Christmas or Thanksgiving or Patrick separated from their lover. It's,



31:20

it's therapy for everybody.



31:23

I think just about everybody can benefit from from therapy, if nothing else, just for for growth purposes. I think one of the things is this time of year, traditionally. We see people coming in with a lot of anxiety, depression, probably starting right around September, actually, when people start making plans for holidays. That early, it tends to be it's like, because there's these unspoken things start occurring around the holidays, and people start making plans and airfare and all of that. And we're finding that they're making plans for things that they really don't want to be doing. And it's one of the things we could probably look at tonight is is the choices that we're making, as individuals, and maybe some other options. Can you give us an



32:17

example of that?



32:20

Well, here we are, I guess, quite often making holiday plans and spending money to fly up to upstate New York or whatever. And, and the round trip airfare and all everything that goes along with that. And going up to basically a family that's unsupportive. This is, you know, the characteristic type of thing, where we go go home, and we don't talk about what happens back down in here in Houston. Don't talk about our let's say, our lovers or our friends, and we're supposed to stay quiet. And, and we can be gay, but we can be gay. outside of the home area, we kind of got to play into that when we go home, and actually put ourselves back into what can be an abusive environment. And that really is it's kind of ridiculous when one might think of it because here we are spending a lot of money to go go home or whatever, and be abused, having to keep secrets and when we might really want to be as is back home. But we have this unspoken rule in our I guess in our society that says you don't, don't reject or don't turn away from the family and families. One of the important things is time of year for for everybody. And for gay people, it's especially important. Unfortunately, we don't have the support and those families that most individuals have. For the most part. One of the things that I do find is that when people come in this time of year for treatment, or people that have been saved for a

while, the people that are close or that have come out to their families find this time of the year much more enjoyable. And they can let down their guard and talk about their their goals and families talking about



34:07

what the hell was that the microphone microphone exploded when I heard that's what I was here. And I guess Oh, anyway, you're talking about a lot of pain in around the holidays. Isn't there a lot of pain though, just in our lives? Because we are. Some of us are I mean, I'm out of work. And I'm out here everywhere I go. They know that that's but so many gay people are out and they're gay here at home, you know, in the Montrose area, and then they go back out to the suburbs in their homes and their jobs. And isn't it just as painful all year round then for them to deal with some of this stuff?



34:44

Well, I think the added factor there is is for a lot of us, people we've moved away from home to get away from that environment where we can be out where we can be around people who are supportive. And then once again, like you're saying, we might be real calm. Trouble, the way that we're living right now. And then to go back is like, again, deviating and almost taking a back step from what we've used to, or what we're used to doing, or regression, possibly. And it is real difficult. I mean, this time of year is difficult for everybody anyway. Statistically, you'll probably find that suicides either go up or do work in December, January



35:30

working for the Department, I'm really aware of that from the holidays around Thanksgiving up until the first of the year suicides are way up.



35:38

Isn't it more like a vicious circle, though? Suppose I mean, you don't want to go to your parents house for the holidays. And so instead of doing that, maybe you say, Okay, I'm not gonna do it this year. But then you have this guilt? You did? You okay, I Okay. Say I did that. And I don't have guilt. So either I go, where I don't want to go and be miserable, or I stay home where I'm more comfortable. And I feel guilty about this. So what's the answer?



36:12

I think the answers are certainly gonna lie with each individual. Well, hopefully to get rid of the guilt. That's one of the keys and that I work with with clients routinely is to turn back that shame because we a lot of us, I guess, come from families that are very shaming, and they'll play a guilt trip on you and you're not coming home, why aren't you coming home, you don't love us all of those wonderful types of messages that we get. And we I guess we have choices,

to do a couple of things with those messages, we take them and we internalize them. And then we feel guilty, or we kind of just hand them back and say No, I won't accept it. It's a long process for a lot of people to be able to do that.



36:53

Well, you have to be pretty strong to turn that around, though, don't you? Or what? What are



36:58

some of the ways you can turn that around? Because we've all been, whether we know it or not, and I've learned this through therapy is that you're programmed from the very beginning to be what you are now. How do you unprogrammed some of this stuff that came from our dysfunctional families in the guilt and the hate? And you know what I mean? How do we get rid of some of them? Well,



37:18

that's pretty general. But I know what you know what you're talking about.



37:23

That's real general. Sure. But I think one of the initial things is to recognize it when it's coming. So many of us are so many clients that I see. Don't even recognize when someone's trying to lay, let's say guilt trip on them. And they'll just take it, I think one of the first steps is identifying some of the types of, you know, maybe the language or when it's coming or whatever, to be able to turn it around. And to reframe it and say, Wait a minute, I'm not going to take this and I'll lead my life. That's probably one of the starting the beginning points, and it's going to continue, it's got to continue on a basis, a daily basis, whether it be with family or little things, you know, out out in the streets, that we accept shame. One of my examples is, you know, times that people including myself, way back when when I'd be driving down the street and have a friend in the car, maybe holding hands or something in the truck drives by and the hand pulls away. That's kind of that that shame? Like I have something to be ashamed of. And there's really nobody there that we really have to answer to, I think for the holidays, or for any time, I guess in therapy is, is right now we have to answer to ourselves, and what's important to us, yeah, the holidays tend to be a time where a lot of us start. We shift the focus, we may have spent a lot of time focusing on ourselves. But then all of a sudden, it doesn't matter so much what we want, but we want to be good to the family. We don't want to make mom or dad upset if we don't come home and we're blamed and all kinds of things like that. Because is it



39:05

kind of true that at the holidays, then a lot of this stuff is just magnified, but it's really there all year round. Like we carry around so much of the guilt and so much of the pain. We got to deal with it. We go out, we get drunk we go out we pick up everybody one night here one night,

there we go do these things that we do, and we're really not dealing with it. Right.



39:25

Yeah, I think that's pretty accurate. Whether it's with this issue or any everything seems to be magnified. It's even during the holidays, we have financial problems, those problems are going to be magnified. If we know, there's all kinds of issues we tend to try to be everything for everybody. This time of year. One of the things that sometimes it's real difficult for myself for clients, is to put the focus on me. Some people call that selfishness I kind of look at as more realistic we try We tend to focus on trying to make everybody else happy, right? Not necessarily what's making us happy. That's so true, isn't it? Yeah. When it gets down to families and depression and anxiety, it's like, I'm going to go out and spend money. So and So or send Christmas cards or make phone calls that are a go to parties, I don't want to go to but I do. And it's something that people do so that other people have a good impression of them, or that they're making someone else happy. But when really maybe I'd rather sit home and watch a video with my boyfriend, or, or you know, or not do anything. So maybe



40:37

we should sit down and make a list of what what I want for Christmas.



40:42

Wonderful idea.



40:43

It's like maybe, maybe it's not so bad, then to really want to take care of yourself and want to feel good about yourself and want to succeed. And there's really nothing wrong with being a good, happy, healthy person. And



40:59

again, it's a concept I think that my clients don't understand is putting number one first. If if i Are you or any of us are not here for ourselves, we're not going to be there for anybody else. And when I say, you know, look at the holidays, and if nothing else, and maybe the listeners or whoever might be, get this information, can change your plans as holiday. Take a look at what you're doing. Take a look at while you're going through this process. For instance, if you're going home, and you have to have a couple of drinks before you walk through the front door, that should tell you something. If you deal with your family without numbing some of these emotions, let your body know be the message to yourself, and take that message and maybe work with it for next year. Maybe next year, you won't want to go home maybe next year, you might want to do something to affirm yourself. Maybe next year, you'll come out to them so they know what's going on maybe next year, you won't go home without having an

invitation for your lover. There's a lots of things that Sure, we might not be able to you know being that this is what the eighth of December, we can't change these this year. But it might be something for people to work on.



42:10

Well, the way I feel about it. And this is going to be an opinion here because I'm different than anyone else. I feel more of, I want to be with my extended family during the holidays, and I want to be with my real family. And you know, the ones that kicked me out so. And to me, I owe them something more than I would owe a real family. Those are the people that are with me all year long. And those are the people I want to be with,



42:45

I think the message that I want to get across is that and we do this with the show is that we don't have to just beat ourselves to death with this all the time, right? And we do that. I mean, I call my mother and she yells at me. I called her on on the sixth. But there was that on Thursday, which would have been my parents anniversary. And she called her you know, and she starts yelling about why did I tell my grandmother that my younger brother and his wife, were getting a divorce. And I'm like, Why do I do this to myself? Why do I call up there and listen to this garbage and then feel bad about it. So I said, you know, I gotta go home and hang up. And we we do this to ourselves. And I think that that that's the message that we want to try to get across, especially with the show. We hear it you know, the church as well the Lord have only put on what you can carry. And it's like Moe Loney, we put we put all that stuff on ourselves, or we share it. But how do we deal with how do we get out of those ruts?



43:46

We talked about? You touched on a couple of really important things, I think, certainly, the two the two institutions we tend to be dealing with right now are church and family this time of year, before obvious reasons. Christmas is a religious holiday. And we try to conform to that belief that, that ritual or whatever, and for the most part, most of us probably do a pretty good job. But what what happens is, for most people tend to put themselves again back into an abusive situation or abusive institution. If you're not supported by your church, and then you go to a service or you go to that church and then give them money. There's something that's doesn't sit quite right internally for people. Sure. We touched on that before. Yes, and Christmas is true. You know, Christmas is really that happens a lot. And the same with the family though because the family you're doing the same thing. You're investing in some Well, I'd say the ones that are having problems with this are going to be investing in something that they're basically getting very little or no return from. I guess when you mentioned chosen family If that's one option to look at, at those people around us, here, that might be ourselves to find family. That's, that's one option and maybe focus our energies on that. The other might be to invest the energy and, and if you haven't come out to your family to see where it's safe to try and create a safe place to do that. And ultimately, to allow them to make choices to with full information, knowing who we are, if they choose not to, to accept this, or whatever, they can make that choice. There's a lot of pain that goes on this time of year with people who go home and have to hide that secrets and fearful finding out and then being rejected.



45:51

It's really important to understand that these things take sometimes years to work out, right, because we we got meant for myself, I've been screwed up for 36 years, and you don't just run out one night to a therapist or one month to a hospital and everything's magically cured. We wish



46:11

that easier wishes,



46:12

hallelujah.



46:15

It takes a long time, like you said it take whatever 30 some years to mesh it, if it's gonna take the rest of your life, then do it and do it. And it's it is a process for everybody.



46:25

I think it's just important that you understand that it's something that takes time and that you have to really want to care about yourself. You only get one life and it's yours. And you should try to figure out how to enjoy it for you.



46:37

Sure. And that focus again, we can keep going back to that that choice about looking out for oneself. And I think that's it's a real important part of that. One of the things I definitely wanted to talk about for a minute or two is, in my work with the community, there's a lot of there's issues around people who happen to be HIV positive. People with AIDS, and it's exceptionally difficult time of year for those people. I've seen that. Even though logically, we might know that someone who is HIV positive will continue to live to be 80 years old, there's these these fears that this might be the last Christmas. So can I interject



47:21

here?



47:24

No, no, you can shut up.

47:27

You got about two and a half minutes, maybe

47:29

three years ago, when I realized I was HIV positive. I spent that Christmas spending every cent I had and doing everything I could because I was convinced that was my last Christmas. And so three years later, here I am. Everything's going well. And Christmases become like it used to be now I got I got over that mountain and I

47:54

would assume that the first one was the worst. Oh, yeah. And, and especially with someone who does not have an AIDS diagnosis. And additionally, it's going to depend on where they're at in their health statuses. But those anxieties and then there's an urgency to life, which which comes out in that if I'm let's say HIV positive, and I'm feeling that this could be the last one, then I want people to know this, I want to be close, I want to be loved. And so all of these things are going to come out go home and come out. And and that's real depressing and high anxiety. And so we see a lot of that too.

48:26

Yeah. Patrick, how could someone get a hold of you if they wanted to reach deeper into themselves?

48:32

I work at New Counseling Center, it's listed and the number is 5291913. Leave a message and I'll certainly be glad to get back in touch with someone.

48:44

Well, I guess if we had any message, it would be that we're going to survive somehow.

48:49

Sure. If you give yourself a chance. Yeah. One of the things is, yes, this is a depressing time of the year, but the only thing that really does the damage is if you do something, you're going to act on that depression. Again, like you noted, the suicide rates go up. There's certainly a lot of

a lot more alcohol consumption and drugs and things this time of year. So professional health rather than the self medicating might be a good idea to



49:18

true thanks for coming by and talking. Thanks, Patrick. Okay. And we'll be back after the news. We got a brand new news segment coming up from London girl. Whoa, wonder London. I'd like to go to London Stanley. If you're listening. I'll take that ticket. Now.



49:35

He loves London.



49:36

We said our guests our guest this morning has been saying girl you say it so much better than I do. Patrick Vishal



49:45

does have a ring does.



49:48

Hang on. We'll be back