fear & loathing in chicago - EDIT

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**SUMMARY KEYWORDS**

fear, toilet paper, people, thought, cobit, point, feel, buy, information, virus, mutated, headline, called, day, watching, mitigating, stress, home, conversation, impact

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call three one to 2352281 to be a part of the discussion. That's 3122352 to eight one. And now Chicago's perspicacious host of yours same radio obsession. DJ Doran

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expressed views and opinions of this speaker may not reflect the overall communicative views of the greater psychological and mental health community. He's a student of clinical psychology seeking to complete his doctorate and is a master's level clinician with five years experience working in the field as a student clinician. He has worked in community mental health, correctional systems and private practices across the Midwestern United States.

01:08

Welcome to another edition of the DJ Doran show. I am your host, DJ Doran. I'm in the studio with producer Nick and we have a special guest today, Kyle and Kyle, tell us a little bit about yourself.

01:20

Well, first off, thanks for inviting me. I really appreciate it. So I am a fourth year graduate student pursuing my doctorate in clinical psychology. I received my Masters here and Chicago about five years ago. currently working with a community mental health population attached to a Chicagoland area hospital and looking to launch my career in the next couple of years.

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That's awesome. One of the things Kyle that the reason why Nick had recommended you and I wanted to talk to you was obviously we can't even begin without mentioning the crisis, the crisis. Bit 19 crisis and the way people are reacting to it. But before we get into all of that, I have a little bit of a, of a corner here that I want to talk about some things and I just need to get this off my chest and it's sort of like, it's sort of like you know, when you're bottled up, and you just need to purge. So I want to purge. So over the last few days, we have seen Chicago have the Shelter in Place Order, right. And that started on Saturday at at 5pm. And, and I don't know if you noticed this, but I was on social media and I was watching all of these young people in California partying and in Florida partying because it's spring break without a care in the world, they could care less about the cobit 19. Why because anyone under 25 they don't give a shit about anyone but themselves mainly but the younger generation, I thought to myself, this is the younger This is who our future is we're fucking doomed. You know, this is a deadly disease. Now it may not affect them and they may have miniscule symptoms, but that doesn't mean that you can go out and be a carrier and infect somebody. It could be deadly to right. So I'm hoping that that gets tamped down. But I was pretty angry. And some of the people some of the kids that they interviewed in Florida especially just made my blood boil, I just wanted to reach through my computer and grab him by the scruff of the neck and try and talk some sense into him. But you can't even do that. Now. You know, you have to just have a stern talking and then they go to their crying room and have teddy bears because you triggered them on something. That's the world we live in. Like, you know, it's like, take some responsibility. So that kind of pissed me off. The other thing that I want to talk about is our fearless leaders in Washington. Now, I don't know about you, but have you been watching what they're doing with this Care Act?

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actively trying not to

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Okay, well, I've been watching them and and I just want to scream at the top of my lungs, right? Everybody blames Trump. We get it. You hate the fucking president. I totally get that you hate him. So you just you don't want him to succeed. But I use the analogy. If if you're flying in an airplane and you don't like the pilot, you still want him to fly the plane. You You still want him to land the plane. You know, you may not like him, but let him fly the plane and land the plane. You don't have to use them again, don't actively go out and try and and undermine the pilot till he crashes the plane because guess what? You'll die too. Right? You're along for the ride. Yeah, newsflash. So all of you wishing that the President fails are pointing out all the different things that he's doing wrong. Remember, he has never been faced with this either. None of us have. So he's figuring it out as he's doing it as well. So cut them a little bit of slack. And let's let's move away from this ideological partisanship and get something done because in the end, as you rich politicians go home to your mansion, we're here wondering how we're going to pay our rent in about a week or so. Right? Right. So the thing that kind of pissed me off is Nancy Pelosi flew back from San Francisco from her multimillion dollar house because she didn't like the care act as it was written by the Republicans, not because of what was in the bill, but because it was written by the Republicans. That is what pisses There's me off. So you come back in and you add all these ornaments to the bill. Hey, you know what we want to fund the kitchen sink, we want to fund this, we want to add that we want to add this because you want basically want to blackmail the president to get all your pork projects done. And if he doesn't do it, then of course, he is, you know, helping his rich friends, but he doesn't care about the little people. What I would like to see, and I'm over the anger that I had earlier, because I was so frustrated when I was reading this on the news, where I'm at now is I want people to just come together, think of others for a change, cannot politicians for once just put partisanship behind them and say we're going to do this for the benefit of the people not use it as an opportunity to get all the funding that you couldn't normally get through the legislative process. That's what I want to say. Let's just focus on the cobit 19 stimulus bill, not let's add everything else into it so that now it becomes a dog fight of who is going to accept why you follow what I'm saying. I

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mean, you would think that if there was anything that was going to cause someone to cross the aisle It would be a worldwide, you know, epidemic or pandemic, something of this gravity would kind of shake somebody loose and say, You know what, I may not agree with this person. I may not see things the same way. But it's the time for action. If there's no more delegation, there's no there's no argument to be had, right?

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I mean, I Truthfully, I don't understand it. I really don't. And I'm sure there are plenty of people that are trying to do the right thing. And, and they're thinking about the people first, but the people that get the news, people that get the coverage, the people that make the headlines, they're not acting in, I think the best interests of this country, they're acting in their own self interest. And that said, and if that continues down the road, we're in deep trouble. I said this earlier, I said, all of a sudden we have 1,000,000,000,006 in money somewhere, right? Which is printing paper. We're printing paper, right? So who is going to end up paying for that? How are we going to pay that there's two schools of thought here. If, if we don't have the money, we're fucked, because it's gonna come due at some point, right after this is over. And if we do have the money, I'm pissed, because that means we've been hoarding and sitting on a stockpile of money, but you've been telling everyone we're broke. Right? You know, either way it is it is horrible. And I personally, and then I'll get off my little soapbox is I would like to hear more about this cobit 19 crisis from the medical professionals and less from the politicians. Right? I really would. You know, a good friend of mine posted something on social media and said, Trump recommended this drug and I forget the name of the drug. And then he said, What is our president trying to kill us? And I said, Tell me the last time you actually took medication, because somebody on TV told you to do so. Where's that common sense? You know, that is just like this. People are so hyper partisan, that they're thinking that the President is out there Hawking drugs, and if the president says to do it, then we're obligated to do it. Where's the common sense? Right? So that's what this show is going to be about.

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So Kyle, are you a psychologist, or you're working towards a PhD working towards what is called a site ID?

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So how is it different from a PhD? In layman's terms, really, the site is going to focus more on clinical work, whereas a PhD is going to be grounded, much more in research, base work throughout your, your academic graduate experience. So I'm working towards my doctorate my site ID and clinical psychology.

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Okay, so this is what we're going to talk about today is one of the things that I've seen over the last couple of weeks is human beings behaving in ways that I haven't seen in my lifetime, ie hoarding toilet paper? That's a whole other subject and I think we addressed a lot of it in our last show. But I want to talk to you about what are your thoughts about people's behavior at the beginning of this crisis, this just this Shelter in Place Order just went in On Saturday. Now, not a lot of people are taking it seriously, if you look out the window of the studio, you can see the people in the park. Right there bicycling. It's just like another day. But I did I do notice that they're not like I was downtown earlier. There's no people. No people in the city. Right, right. No people on the streets. No people on sidewalks know, people that have news empty. Michigan Avenue is empty. It's great for driving. But no, there's no people. So I think a lot of people are taking the shelter in place seriously. And I think in the beginning, it's easy, because we'll say, Oh, hey, I got an unexpected few days to work from home. Sure, right. But we all know, we all know especially those of us that are married or in relationships that that if you are confined to a to a small space, or even a larger space, eventually you're going to get on each other's nerves. So tell me a little bit what can we expect if this extends beyond let's say APR seven? What do you think? What do you think will happen with it?

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Well, I think there's already a there's tons of anxiety circling, right. We're waiting for more information as it becomes available. We're watching this play out on a global scale, where, you know, we're watching China respond in the way that they are. We're watching Italy, struggling to respond in the way that they are. And so there's this fear of Okay, let's say this does last two weeks, or three weeks or four weeks, how much worse is it going to get? And if we have to remain and isolate Well, not necessarily isolation, but if social distancing, right and shelter in place and lockdown. Human beings are social creatures, right? Right. So the longer we go out with that meaningful social contact, I think you're going to see stress and anxiety levels increase beyond what they already are, and how that impacts behavior is. You think about it stress related fighter fight response, right? You're either going to retreat from the situation, you're going to further isolate, you're going to further back down, or you can try to fight it in the best way that you possibly can. And those fights come in a lot of different ways. You know, people lash out, people begin to figure out how to meet their needs or have access to resources in whatever way they possibly can,

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right? And what do we do? What do we do if it gravitates to that?

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Well, you know, if it gravitates towards that point, you know, it's going to be really on the individual, it's really going to be on the individual household, to maintain a sense of perspective. And, I mean, again, that becomes very, very challenging. But there's this idea that you don't have to adhere to everything that you see and everything that you hear. There is this idea that you can Self sooth, you can cope. Right? You can figure out ways of mitigating your own stress. So that what you see in what you hear outside of your apartment or your house or your living environment, does it affect or does it impact you so badly that it's going to exhaust your ability to deal with the stress that's going to come with extended amounts of isolation?

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Right? Well, listen, my, my big fear is not the virus. My big fear is the people and and so now we're competing people are I think politicians, doctors, news media, they're all competing for the attention of of their audience. And so they want to be first give you new information, so they put out maybe incomplete information and sometimes blatantly inaccurate information and people my sister, daughter is one of them. She reads it in news and You know, she gets worried and then she does her homework and then it alleviates that fear. But the initial reaction is what they want. They they don't count on most people doing any homework about the issue and so they they, I'll give you an example. So I got into a conversation with with someone and I they were talking about in Italy, the army trucks were taking coffins with dead bodies in them and spreading them out over Italy. Right. They're coming from this small town in the northern part of Italy, which is the epicenter of the Italian coronavirus outbreak. The headline says Italy moving dead bodies in coffins using army trucks, right. But when you read the story, what you find out is that the small town in northern Italy is small. Their cemetery is small, their crematorium is small. So they can't handle any anomaly in their normal death rate for that town. By the way. The average age the median average age of the occupants of that town, a small population is 70 Plus, right, right. So they eliminate all of these facts and they go with the salacious headline and then people panic because they're like, Oh my god, army trucks are taking dead bodies out in coffins all over Italy. And it is not the case. What's the case is that a small town is overrun by the number of deaths because they had limited resources to begin with. And so they have to spread them out to other cemeteries and crematoriums that can handle the the anomaly right that's what I I worry about his people are going to react to these salacious headlines and then panic there's going to be a run on food run on banks run on this, you know, and blah, blah, blah. Right now everybody's stocked up for two weeks, myself included, right, we went and we bought some food we whatever. I still don't understand the whole thing with toilet paper. But if that's it, that's it. If that's the hill, they want to die on. That's fine. But the point of it is, is that we have our normal provisions. And guess what I went to the grocery store today, there's plenty of food. Yeah. Right. Our supply chain is very deep. It's not like some of these underdeveloped countries. By the way, our medical supply chain is also very deep. So Italy had a had a challenge with respirators and breathing equipment, because normally they don't need those and their medical system is not as broad or deep as ours. We have thousands upon thousands. Now, I want to offer a little perspective here, and this is something that I want you to talk about is we've had what 300 plus deaths so far in the United States. Okay. We had according to the CDC website, we had 80,000 deaths from the flu last year. We've had 38,000 deaths from automobile accidents last year, right and I can go on and on and on. But why is this such a big deal in your opinion, coverage, coverage it media. What do you think it's media related?

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Yeah, you know, the media related coverage.

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There's a two fold effect, right, that there's this need that the media needs to facilitate in order to keep you informed. But there's also this, I think, this feeling that the media needs to keep you entertained as well. Right. And you made a really good point about how we get the initial impact of the information. But then we don't go the step further to verify or investigate the source, the context, the environment from which the information comes from the information that's given to us that becomes the easiest to get to us is generally the information that is going to be the least useful in a scenario like this. We're going to have to do homework, we're going to have to investigate we're going to have to dive in ourselves to sort out fact from fiction and in doing so, we get to pick and choose what we're actually going to be stressed out about what we're actually going to react to. And when you're informed in your reaction, you're informed in the solutions that you have available to you. So the reason why there's such a strong reason, let

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me ask you get interrupted. So that point strikes with me. So because I'm big on education and being informed, so is the level of panic that we're an anxiety that I think we are seeing right now. Do you think that stems from is it connected to our lack of credible information?

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I think it's, yeah, in part, it's tied to what we perceive to be credible, credible, right? The the systems that we have in place now to deliver information to us, even though we adhere to them, and we get our information from media outlets and such. We're still very distrustful as a nation of the sources from which we get information and that puts consumers of information that are very juxtaposition in the sense that I know that I have to go here in order to get this information. But what happens when I have to go to this place, and I know that I might be Miss served, I might be given something that's not factually or credible. And, and so then creates this another layer of stress of Okay, I have this information example, you know, I don't want to return to, if you cover the toilet paper phenomenon of 2020. I don't want to necessarily return to it. But you know, the idea that you go into a store, and you're going to go in there and you're going to get provisions, right. And you go into the store with the mindset of, Okay, I know exactly what I need to come in here and get right. And you when you go in there, you see maybe four or five people with their carts stocked full of things that you didn't come together. It strikes you as odd and you make a point of it and you say, Okay, I see what's going on there. But you don't quite understand why that's occurring. For some individuals, all right. That are even more mistrusting of the information that they receive or perhaps do not go the extra mile to verify the information. They're going to see that and they're going to think to themselves, those people know something I don't.

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Bingo, that is a point that I, I think it is worth broadening here. So when, and I'm gonna use myself and I am I am a great test subject because I am so unpredictable, right? In a lot of ways. So I have plenty. And I went to the grocery store on a Saturday, right? This this broke like a few days prior. So I said, You know, I get up at 4am almost every morning. I'm going to show up the grocery store at 6am when they open, nobody will be there to be fully stocked. I'll get what I need now be out. I get to the grocery store at 555 There's a line to go in. I'm like, Oh, this is not gonna be good, but there's only a few people. I'm telling you within five minutes, there was 50 people, the doors open, and I don't know where these people came from. They were like sea monkeys. They just came out of any anywhere. And now I'm looking around and everyone's buying toilet paper, and I have plenty of toilet paper. But for some unknown reason that I cannot explain. I felt the urge to buy toilet paper. Sure. Now I didn't. I didn't do it. But Sorry, I felt the urge. And that was fascinating to me. It's like intelligently. intellectually, I knew that I didn't need toilet paper, but something because of herd mentality. I think herd mentality triggered me to use that term which I hate using but but I'll use that term triggered me and I felt the emotion because everyone Everyone was buying toilet paper. I'm like, I better buy it before it runs out. And I almost did. And then my better part of me said no, you have 36 rolls of toilet paper already because of a senior moment where I overbought before the coronavirus broke. And we don't need toilet paper. I mean, how much pooping am I gonna do? I mean, do you know what I mean? And we have single ply, so it lasts forever.

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And I think what you just illustrated was the conscience, the conscious relationship between cognition and behavior.

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That's what I want. You talk about why are people? Why do people do that?

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Well, in the last about, I don't know, probably about two decades, we've had an expanding amount of research in the field of psychology going into what's called mirror neurons. And it's extremely fascinating work and if you go online and you do your due diligence to Take a look at some of this research, you're going to find it all over the world. And mirror neurons, very plainly put. There's simply neurons that we have in our brain that store information about actions that we do that is shared amongst actions that we see other people do kind of this monkey see monkey do type mentality, right? So, if I were to, you know, at the beginning, sitting here, if I were to cross my arms, we didn't have a computer in between us. And you were looking at me and you were in a different body posture than you are right now. You might be inclined unconsciously to cross your arms to match my body posture.

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Let me ask you about that because body language, some the limited knowledge that I have about that is crossing arms is a is a demonstration of aggressiveness right. So are you closed off, closed off? This would probably be better clothes off like I'm not I am. I'm stealing myself. to disagree with you,

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kind of right on rocking myself from the conversation. I'm, you know, closing myself,

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right I but what I'm more interested in is almost the subconscious act, right not the conscious act because like if I want to close myself off to you, I don't like what you're saying and I want to close myself up, I will sit here and just like I'm doing now cross my arms and and stare at you. Right?

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Right. And that's the conscious effort. But what about the subconscious?

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Like, why did I want to buy toilet paper? Well, when I didn't need it,

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the subconscious part of it, what makes it so difficult is the fact that it is subconscious is that you know, you might make a conscious effort to close off your arms when you and I are not in agreement, but you also do it subconsciously if I do it, if I'm talking to you, and for whatever reason, if you're heavily in tuned in what I'm saying, or vice versa if I'm heavily into into what you're saying, if I'm very engaged in the conversation. Before you know it, chances are careful planning aside, our body language, our body posture is going to match at pretty high frequency throughout the entire conversation. And it's because our body, our neurons light up in the same order when we see other people do a familiar act, right? So if someone were to pick up a cup of coffee, right? When I see someone do that the same neurons that light up in my brain, watching someone pick up the cup of coffee, are the same neurons that light up when I do it myself.

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Okay, so let's address that. That's human behavior. Right? Right. That's like, Okay, I'm picking up my coffee cup right now. Mm hmm. And I'm drinking my coffee with hazelnut creamer. And it is delicious. By the way. That was a dramatic pause as I took a sip of my coffee. Do you feel the urge to have coffee?

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Well, no, because it's a conscious conversation that we're having right now. I'm aware of the fact that when I look at you drink the cup of coffee, my neurons are picturing me drinking a cup of coffee, it's a conscious effort.

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Let me ask you can that be manipulated? Let's say I don't want to sound cynical or and you know where I'm going by the smirk on your face. Can that be manipulated by self serving interest, ie let's say media or politicians, where they say things that create a an environment where we feel threatened, and so and powerless. And as I was explaining earlier, we want to go and do something that makes us feel powerful and in control. So we, we say, listen, well, toilet paper is a basic necessity. If I have enough toilet paper, then at least my basic necessity is safe. Hundred percent. Right. So that brings back an interesting conversation and interesting analysis of human behavior is how are we how are we being fed information? And how is that information being disseminated by each of us into an action That makes us feel safer. And what does that say about the people delivering that information? Right. One of the I know that sounds like a mouthful, but one of the things that I I really want to talk about is, and when I'm watching myself is when something happens in the news when I see a headline on my screen, right, as I did earlier that says the senate fail to pass the Care Act, right. That's the headline, you have to read more about it. And then you, you, you learn all the details, right. But most people they see the headline, and like my friends say, the republicans and I want I have to caveat this by saying that I'm neither a Republican or a Democrat. I vote with Republicans more than I do the Democrats, but I have voted the democrat when I felt the candidate was better, right, or the issue was, was being addressed in a more substantial way. So so I'm not either or so I can say This way, but when I see that, that there's all of this person bickering. And as a, let's say, a layman, you see that on the news, when we don't have unity, doesn't that? Doesn't that create an environment of fear and uncertainty. And as a result of that fear and uncertainty, people are going to resort to what they feel they need to do in order to make them feel safe,

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right? Yeah. as a species, we're really uncomfortable with ambiguity, we, we see something that has a very limited understanding to us. And we have to fill in the gaps. So we're very quick to want to fill in the gaps. But then sometimes the resources that we need to fill in those gaps are very distal to us or they're not immediately accessible, like we have to spend some time digging to get the information to fill in those gaps. But, you know,

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let me ask you a question. I want to ask you something that in more practical terms, sure. For the people that are listening, and I'm going to use some friends of mine that are fearful right now and some family that are fearful What could you tell those people they can do to mitigate that fear when they're getting so much information, and not all of it is either trustworthy or credible,

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I would challenge them to not run from the fear and not necessarily pursue a line of interest that is going to necessarily mitigate it. Spend time with your fear. Fear is a natural and both healthy human response, but it can be manipulable. And it can be manipulated. So, you know, identify,

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what is it that you're actually afraid of? Are you worried about availability of resources? Are you worried about your financial situation? Those are those two things that you hit it right there. So let's stop there. And let's segue into that. These are two things, financial resources, right. And availability of food and the basic necessities right, I can go without having to lay money on, right. But if I can't get You know, milk or eggs, or, or bread or cheese or the basics? That's problem. Right, right. And then the second thing is, if, in order to control this in this new paradigm, I have to stop working, like not everybody can work from home. Right? I just talked to an ad agency, one of my companies as an ad agency, I talked to another ad agency, their whole campaigns for digital ads is on pause for 90 days. Now companies, some companies can handle that, right. So as a gay person, you may not know this, but as a gay person, pride is like the big deal. We make most of our money and during the pride season right now, so that's in June, typically, right? So between now and then we could probably survive if we have to in publishing, but if we lose that pride revenue, we're toast. publications are toast. So that's Just us, right? So some of us have a little bit of a nest egg or we have some alternative sources of income. But what about the people that work in restaurants where the whole industry is shut down or travel or hotels where they're laying off people left and right, or airlines are laying off people left and right. They're not laying them off with pay. Right, right. But I'm pretty sure most landlords are not going to say, Hey, no worries, you don't to pay rent this month. Right? Yeah. So how does that happen? How does that feed into that fear? And how do you how do you how do you overcome that's crippling? Yeah, that can be crippling, right? I can do with less I can do with less food. But if my home space is threatened, because I have no way to to pay for it, that's that I can't even imagine what that's like. And I'm already thinking of that. We have resources for a while, but they're not infinite. So if our industry doesn't come back, or people say, you know, I'm just not gonna pay you or we're not getting paid, so I can't pay you the ripple effect is crazy. So that's why we watching these politicians bicker over their partisan bullshit pisses me off, because the end result is they're gonna go to their million dollar homes with their million dollar 401 Ks and, and have plenty of food and resources and we're going to be choking, right? Because they'll be completely untouched from the fallout. Right? So how do people deal with that? And what do you think is the next step going forward from here? So there's on April 7, right? This the Shelter in Place Order is going to expire. So I'm sure you've heard the term flatten the curve. Right? Are you familiar with that? I am. Okay. So here's the issue that I have is I'm not afraid of the virus. I'm afraid the fact that it's unknown. We don't have a vaccine but you know, 300 deaths out of 327 million people. not scary, right. Now, of course, that's going to be greater and it could be I'm sure it's going to be a greater number. By the time this thing gets under control. Still not scary. Right. Now, my question is If after April 7, we have not flatten the curve. And we have to sequester or quarantine ourselves for more time than that people are gonna go crazy. Yeah. I mean, they're gonna go, first of all just gonna go crazy from not working and not doing their normal routine. But there. I was just saying this today that we have lots of outgo. But we have no income. So we have a lot of outgo. And right now, it's not so scary, but it's gonna be scary. Quickly. How does that affect people? In your opinion, how would it affect people that that don't have the resources to weather that? Right? What do you think is the psychic the psychological impact of that because now you have fear compounded by reality.

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Right? And so, the time to prepare for such an eventuality becomes the president. And you really have to spiderweb for lack of a better term. Your supports. So if you have social support, it's time to lean on him. If you have any resources that are going to make the struggle less difficult, less impactful, now is the time to lean on him. Social connectivity, reaching out to friends, reaching out to families, reaching out to whomever you can to express your dire circumstances and not isolating. Right, social distancing is completely different than social isolation. You know, isolating is going to only negatively impact functioning worse, it's going to increase stress. It's your, your relying solely on yourself at that point, to provide yourself with information. And without reaching out without connecting with others, you're going to leave yourself open to being more and more easily manipulated. So in the long run when it comes to financial stability, if people are really concerned about that, the First thing they need to do is explore that fear. Identify what your sustainability actually looks like how long can you go? Right? Identify the the facts, if you will, of the fear. Secondly, reach out. Reach out to family, friends, mental health providers. I know from experience a lot of mental health providers, we haven't abandoned services, we've simply transitioned to telecommunication, reach out to those mental health providers if you have if you're receiving services from them, do not socially isolate and also take breaks. take breaks from, you know, watching the news, take breaks from immersing yourself in this information and invest in things that are instantly edifying and gratifying like new hobbies, new interests. And I'm glad you mentioned something about scheduling. You know, Time management becomes a huge factor. When you're at home, yeah, for some people productivity goes up for at least for me, productivity goes down. I have a lot of distractions at home, I'm used to going into the office, you know, I'm used to going in and investing time, apart from the environment in which I live, time management becomes key. And the reason for that is, is you have to provide yourself with some sense of normalcy. When everything else around you is not normal. And how you do that is you get yourself into a routine. It's a routine that Yeah, you're just, you're putting the routine in a different context in a different environment and the outside world might be different. But the normalcy that you can provide yourself and a matter of two weeks or three weeks or four weeks, can be extremely profound in mitigating stress and mitigating the anxiety that comes with having to deal with this long term.

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Let's talk about fear. Okay, okay. What is fear because To me, this is what drives this is what's driving things right now the fear and here's my layman's interpretation of it fear of the unknown when you when you don't know what's gonna happen or what's happening, you fill in the blanks, if you will. And sometimes that's worse than the actual truth. I'm going to use the example that when I was younger, and I didn't have any money last week, that you know, I never wanted to balance my checkbook or reconcile my bank statement, because I never wanted to know how much money I didn't have. Sure, yeah. Have you ever been there? Oh, yeah. So But then one day, I remember I always remember that off, fuck it, I'm just gonna do it, no matter how bad it is. I'm gonna do it. And I sit there and I balance the checkbook and reconcile the bank statement and I was like, Oh, I actually have money and my bills are paid. I'm not gonna do this again. Of course I and then two months later, I'm in the same boat. But the the fear of the unknown was like, Oh my God. I'm not gonna have enough money or I'm not gonna have anything was was greater than the actual thing so what I feel like now is because there's so much fear of the unknown we don't know there's no we've never seen this virus before we don't our government is is flailing about basically throwing money that we don't have willy nilly and without any regard to good stewardship that's as the the fiscal conservative part of me is like, what the fuck yeah, makes you cringe makes me cringe. It's like I get it, you need to make take in it. But I want to know, I want to know that you thought it through and that you're making a good fiscal decision not just like, here, we're just gonna print money and whatever, damn the consequences, whatever they're going to be three years from now. Do you follow what I'm saying? That's what get makes me fearful. You know, I want to I want to have some leaders that are leading. So my, I guess my question to you is, when we don't have that, there's that's where there's a lot of fear right now. The first thing we want to do is make sure we need food parents. Toilet paper. And, and, and water. Right? Let's just say, this is what kills me. I saw, I saw somebody they had like 10 cases of water, right? The big 36 things of bottled water. And I was like, Huh, I'm pretty sure if you turn on the tap, there's water. So do you follow what I'm saying? Is that that unreasonable fear creates an environment where people act unreasonably? So how do we address that? How do you how do you? What does that fear? What does it emanate from? And how can we sort of identify and say, Whoa, I'm being crazy?

38:39

I think you have to be reasonable with one with yourself about what you're trying to do. Right? What's your goal, right and going to the store and buying 10 cases of water or buying 10 things of toilet paper? What's your motive? To feel safe to feel safe, right? And if that provides you with a sense of safety, okay, then ask yourself the next question. Why Why is that what provides you with safety? Is the power and control dynamic by, you know, engaging in our capitalistic market of being able to buy pretty much whatever you want via the internet or in the store. Does that provide you with some sort of euphoria?

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And some, like a release of dopamine?

39:18

Yeah, yeah, absolutely. There's been tons of studies that show that shopping releases and why we can become addicted to shopping or

39:25

retail. That's where the term retail therapy Yeah, emanated from. Mm hmm.

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And what what else is stemming from? Right? Because the toilet paper thing. It could also be the sense of, well, everything else in my apartment. I can replace. I can use for something else, right? The food. I've got other types of food, right entertainment. I've got other forms of entertainment. I have options. But then if I think about the things in my apartment that I don't have options for, what do I substitute out for toilet paper? Right when I'm out of paper towels when I'm out of things to wipe up Or to using the restroom? Where do I go then? Right? It's this idea of being uncomfortable with Mead, he, right? If I need something, and I need it badly, I've done something wrong. I've not prepared I've not I've not reached out as much as I could, I've failed somehow. And when then what happens next is on me.

40:31

That's fascinating approach to it.

40:35

I'm getting my arms around that I'm wrapping my arms around that but while I'm doing that I want to talk about another another thing as it relates to fear. Right. So one thing that I have sort of seen and I've sort of touched on a little bit is that the media has really whipped up our fear about the corona virus and and when I talked to some people in that and I don't want to use the the bell curve on this. But when I do talk to some people, right? It's clear that they're only reading headlines. Right? That they're only and they're reacting to the headline, right? So when you, when you look at that night think to myself, okay, let's let's dissect this a little bit, right. So the fear that the media is, is whipping up, I think is disproportionate to the actual event and it goes back to what I said to you earlier is that for most people, most people I'm gonna say 80%, because that's the number I've kind of seen on the CDC and the World Health Organization. Sure. And I like the World Health Organization, I support their work, but lately I've been sort of calling them the world hysteric hysterical organization because I think they're just whipping up people's emotions, but But I will tell you that, that the fear is if I get the corona virus, it's a death sentence. Right? So 80% or greater who people get infected with the corona virus get a bad flu, they get a headache, nausea, fever, blah, blah blah and after, let's say 14 days, it goes away if you have a normal, normally operating immune system for the people that have an immune deficiency, immune system deficiency or compromised or immune, I can never say this word but I mean, the mo compromised or whatever compromised immune system or you have an underlying precondition. That's a major medical condition like COPD or respiratory, upper respiratory heart disease, etc. Diabetes like myself, I have type two diabetes. Then we have to be extra careful because we can we can get the coronavirus and that can quickly transition to animal moaning which can be deadly, right? Okay. Isn't that the same procedure we use for the flu? Right. So if I start feeling sick, I called my doctor I said listen if I get the coronavirus, I start feeling sick. What should I do? Right? I was expecting him to give me some diagnosis things. He said go home, self quarantine, take Advil, get plenty of rest, make sure you're hydrated because dehydration is is a is a complication that can be completely managed. I said that's it. He said Yes, that's it. That's the treatment right now. If if you if it progresses to pneumonia, then that's a different story that may require a more aggressive approach with either you know, at a hospital stay or whatever. And then he said something that made me think about he goes, the best thing you can do is to prevent getting it. So self quarantine. Keep your your exposure to other people to a minimum Six feet distance I know we're not quite six feet but we're distant. And before you guys got here I, I literally cleaned the whole place in the studio and sanitized everything and I bought, you know, I had Lysol I sprayed everything. And then of course we provided the disinfectant wipes here so that you can clean your hands and we should do that. But the the point of it is what I'm saying is if you can prevent it, then there's really not much to worry about. But if you get it, you can, you can, you can address it quickly. Now, this is something he said that I don't think I've heard anywhere and I thought it was fascinating. Now he works. He's a doctor in infectious disease.

44:37

He works in the hospital in the University of Chicago, with a doctor in the infectious disease department. Right. And, and he said, You know, it starts in your throat, so you have to ingest it, right? It doesn't go through your skin, so it stays on your skin. And then if you touch your nose or your mouth, then it can go inside through there. But if it's on your skin, it's not like acid, right? So When you ingest it, the minute you feel it, it starts with a scratchy throat, gargle with Listerine or salt water and kill it in your throat before it migrates down to your chest. He knows that can work and that can help prevent it from getting into your, into your chest. So what I've done is I've just educated myself that I am cognizant of what how I feel. And so if I have a scratchy throat immediately, I'm going to start using Listerine or an antiseptic or saltwater and gargle. Because if I have anything in there, I don't want to migrate into my chest. Right. But the the point of my whole arc of this conversation is that when I talked to some people, they think as soon as if they're infected, it's a death sentence. And they're fearful as a result of it. They don't even want to get infected because they're so fearful that if they get infected, it's they're gonna die. Right. Right. And what I what I think the media has failed to do is to say that 80% plus will just Get small symptoms to medium skin symptoms, a little bit percentage will have aggressive symptoms and there'll be some deaths. Right? Right, because people already have issues over 70. Let's say they have medical issues, they have a compromised immune system. If they got the flu, the regular flu, they would still face these challenges and and probably face the same eventualities. So that's the fear. How do you how do you as a sane person, address that? How do you address that and try and explain to people that it you should have precautions and you should take precautions, but your fear is completely disproportionate to what the outcome? Most likely will be?

46:45

Yeah. Without being in invalidating and without belittling someone for not doing their own homework. You do nothing more or less than what you and I are doing here. You simply have a conversation, right? You get to know them. They're that being tuned based on their search history. Right? What are you reading? Right? Has the last 12 articles that you've read all had to do with something to do with death? Are you only looking at death rates? Are you looking at prevalence rates, incidence rates across, you know, the various countries that are, you know, in the news and struggling with it? Where are you spending your time?

47:23

Well, a lot of them are spending it on social media. And here's the thing that I think is funny. Never in my lifetime, and I brought this up and, and I think this is important, important point. We are literally getting a play by play of every individual that gets infected. Mm hmm. Now 80,000 people died from the flu last year, according to the CDC website. I'm just gonna say a million people were infected. Right? Because it's around 1%. Right. That's, I think that's where a cobit 19 is going to shake out. We don't have enough data. But I think when all the data comes in in the end it in the end the virus has dissipated. It'll shake out about between one and 1.5% I think. Right and most experts anticipate that as well. This episode of the DJ Doran show is brought to you by our friends at Joey's world featuring chef Joe Morales as he eats and drinks his way through life sharing recipes, dining experiences and cooking tips. Be sure to follow him at Joey's world calm and on his Facebook, Twitter and Instagram.

48:47

Now, I want you to imagine on my phone, every time this breaking news, I get an alert.

48:54

Now imagine I got a million alerts. Right.

48:58

Do you see the perspective I'm going with here? You turn it off, you turn it turn it off. I did turn it off, um, to a degree, but I do keep it on because I want because I'm in media and I want to have understanding, but I don't let it I don't I don't need the play by play like, like, I think I posted something. I want to go off on a tangent but I won't go to CNN. But I will tell you that they had a headline coronavirus, hits 100 deaths. That's the headline. I was like, okay, right. You know what? So my thought is, is their modeling is going to say that we could have a lot of people that die, maybe more so because there's no vaccine for this and I get that. I think that's why we I think that's why we're in shelter in place. I think the government is taking that seriously. But that's fear of, oh my god, I'm gonna get cobit 19 and I'm gonna die is I think, what is fueling the hoarding and I want to ask you about that. Why do people hoard

49:58

safety, comfort Self soothing. It's something that you can do something that's Mind you, as long as financial resources are available. It's something you can easily do. I can walk down the street and I can buy whatever the hell I need to make myself feel secure. Right. But the disillusion I'm glad you pointed that out. is are you are you educating yourself? Are you spending time on understanding what things to purchase during the shelter in place? Right? Because the first thing that came out was hand sanitizer. Right? Mm hmm. Stock up on hand sanitizer. I don't know if you saw an interesting article the other day of someone had 17,000 bottles, yes hand sanitizer in his garage. And he stuck with him. He got no he got roasted

50:53

right on social media and then he ended up having to donate them. here's a here's a classic example. This is also fascinating. Today, I was getting gassed my vehicle and went into the store. I will mention who but I went to the store and I was gonna get some coffee. As I'm walking down the aisle I looked down and there are two little cans. I'm gonna say they're six inches tall, like mini cans of Lysol spray. And there are two things of the Lysol wipes. Now we have some, but I thought, you know, this is an opportunity. Nobody's here. They're probably just sitting on so I'm just gonna buy them. Those four things was $31. And I wanted to scream at the girl behind the counter. They were 699 each for the little Lysol can, and 550 for the two things and then of course, my coffee and I bought some Fiji water. And I want to thank a shout out to my friend Jenna, who got me turned on to Fiji water because now it's the only bottled water that I drink because it doesn't taste slimy. But anyway, that's a whole different show. But my bill was $31 Wow. So it was Six 714 dollars for the Lysol, two little cans of Lysol and $12 for the Lysol wipes. Right? So that's $28 right there.

52:09

For your travels uphill.

52:12

Yeah. So I just want you to know, that me who I think is impervious to all of this. I am actually just like everybody else. I was impacted by that. And I saw the opportunity and I said, I don't need in my brain, I don't need to I don't think I've used two cans of Lysol in 20 years. Right? But now I have a lot of it. Right?

52:37

It's these opportunistic mentality of, I have the opportunity in the means, right? And that's also supported by what I'm seeing everyone else doing this mirroring idea that everyone else is buying this. And then on top of that, you know, what would happen if I were to run out?

52:58

Let me ask you a question. This is a little bit off subject, but I want it's a topic we're going to talk about in the future. I truly believe that this is why the government doesn't tell us about fucking aliens. Because

53:14

Because we can't even handle this

53:18

valid point. Yeah, I mean, the fear that it's funny because if you were to play that scenario in your head, right, the fear about something with which we know very little, but have so much information readily available to us, going CDC, right, go read what the coronavirus is what covert lightweightness.

53:37

Do we have hundreds of Corona viruses? Yeah. You know, this is not like this some, it's a new strain. Right. And it's mutated a couple of times. So I understand. intellectually, I understand the base of that fear. When we don't have a protection against the virus that clearly has demonstrated it has the ability to mutate. That's a fear right? But it hasn't mutated to a deadly disease. But if it mutates? If it did, I'm going to back up if we were acting this way with this, can you explain to me what the scenario would be if this mutated into a deadly virus? No. It'd be crazy.

54:20

I can't. You know, and I think that's, that's a concern that I heard someone beginning to address the other day is that we have this scenario where people not taking the social isolating, or the social, social isolation, there you go, again, social distancing, not taking that seriously. And the examples that you pointed out earlier in California in Florida, what happens when we do minimize, right, that curve or that impact or that bomb or whatever people want to call it? And we're on the other side of it, and we see the smallest ounce of progress. Right. We lift the social distancing, right? We go Back to the same way of doing things right? And we don't play it out. Right? To me this scenario sounds very similar to a doctor giving you a prescription for four months of a medication, right? Because you're sick and you feel better after two weeks so you stop taking it

55:18

huh? Have you been talking to my doctor?

55:22

No, I just give me your full for mine.

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You know so what generally are what has happened to me in the past is when I've done that now I go back to the doctor and the fourth week and I feel really bad and and he's asking me if I need a refill. Oh, no, I still have some leftover so well, okay. Now we have to have a different conversation about what happens when you don't take the prescription all the way through as a consequence when you don't follow all the way through. And that's where I see a little bit of the the fear response with people thinking okay, if everyone doesn't follow the rules, does this mean that in the fall Come August or September, we're gonna have some new mutated version.

56:04

Right? That is the fear. So you bring up a good point. So I want to be really clear about this flat. You've heard the term flatten the curve, right? So what is flatten the curve flatten the curve is that if we have a lot of people going to the hospital all at once for every symptom, let's say for coronavirus, then we don't have the facilities or the manpower to manage that, that spike in the use of our medical services. So by flattening that spike, we stay within the arc of what our current medical establishment can handle. And thereby everybody that wants treatment or seeks treatment gets treatment, right? You have a spike like that there could be people that want or need treatment, but they have no access to treatment. That's the fear, right, I get that. So that's why we're all social distancing. That's why we're sheltering in place right now. So that we can stop the stop the spread the fucking Spring Breakers in California and Florida. As a matter of fact, I don't even get me started about that. But they're not helping the situation. Right. And that's where you see the other response to fear. The blind separation. It can't happen to me

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It happened to me, which I know it fits with the young mentality, right? You're young, you're in college, it's spring break, you feel invincible, but also in all fairness.

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From a medical perspective, younger people have a stronger immune system and they're probably not going to die or be greatly impacted by contracting coronavirus. So they look at it and they say, Oh, you know, it's just gonna be if I get it, I don't care if I get it's just a call. They'll just knock me out for a couple of days. But I'm still good to go now. And they're willing to take that risk to themselves because of their their sense of injury visibility in what I think. Granted, I by no means am I an expert on infectious diseases. But I think what continually goes overlooked by a younger population is a virus needs a healthy host to mutate.

58:07

So it needs a carrier and young bodies are supplying the virus with carriers. And then they go someplace within proximity of someone who isn't a young body. Right. That's the issue. And that's, that's the concern. And so, and that's the spread. Right. And the whole idea of social distancing, and shelter in place and lock downs is the social is the idea that we're going to mitigate and slow the spread. Right. And, but again, to your point earlier, that's not the emphasis. The emphasis right now is, look at all these deaths. Look at the fallout in Italy. When's the last time you heard about the progress they're making in China? Right. Right. And When's the last time you heard good news? Granted, when's the last I would challenge people When's the last time you actively sought it out? Because it is out there, but it's not what's being actively promoted.

59:03

Right? We're in a, we're in a strange time. This is a strange time and nobody has a playbook by it. But, but I think that the thing that I really wanted to talk about on the show, and I think we've been talking about it, and I'm glad we sort of, I hope we have alleviated some people's fear. So you have to have perspective. You know, it's, it's having perspective about what we're facing is is key to mitigating part of that fear. If you think that this coronavirus is a death sentence, because that's what the media wants you to believe, then yeah, everyone's gonna be all you know everyone out for themselves and everyone's going to be crazy. But if you understand that this is just something that we as a nation need to come together and try and address so that we can minimize the number of deaths of the the most vulnerable part of our society the older and and people with other issues that that affect their immune system, we come together to do that. And we're willing to give up our spring break or, or go to work or go to our offices to prevent that from happening. That's what a enlightened a caring society does. And so I, I'm hoping that that's going to take effect, I think, I think there's a little bit of a curve, in my mind is people that first say, Oh, yeah, you know, it's fine, but they see other people doing things and they say, Oh, you know, it's not really affecting me. So I'm gonna go out and walk the dog, and I'm going to congregate. And by the way, I was in Lake Shore park here, right across from our building. And there was a whole congregation of young people with their dogs. And what what made me feel good is that a police car came up with their lights on and basically scolded them through their loudspeaker to say, hey, you need to be distant from each other. You cannot be congregating. You know that many people around so I think that there's an arc where at first we don't think it's going to affect us. I think that it's other people making the sacrifices and we're just going to continue to live our lives. But I think as time progresses, and it becomes more serious and the government's local, regional, state and federal start enforcing these, these social distancing rules, I think that people will start to take it seriously. Yeah, I personally don't know what the hell the governor of florida was thinking. Why he did not close the beaches.

61:21

Yeah, Miami money.

61:22

Well, I'm gonna give your could be profitable. And if you're gonna be profitable, I gotta tell you that during St. Patrick's Day,

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I was driving for Uber, which I sometimes do. It's a fun thing to do. And that's a whole other show. I can tell you about that. But, but I was driving for Uber and they canceled the St. Patrick's Day Parade. they canceled the dyeing of the river and everything yet on Saturday. That's the Saturday I went to the grocery store, by the way, but Saturday in the afternoon. People were lined up along Addison, I'm not Addison Clark. I'm waiting to go to the bar as in all their St Patrick's Day regalia. Yeah, and one of In the Lakeview community, Facebook groups really lambasted the aldermen and said, You canceled the parade you canceled the dying because we're worried about the spread of coronavirus, but you didn't close the bars. And all these young people were out there, you know, there weren't any people like me, but there were young people out there. And my thought was, that's why I didn't close beaches. He wanted the spring break money. I just told you earlier that for LGBT media, the pride season is where we make most of our money for advertising. So if we miss the pride season, we lose that revenue. So for St. Patrick's Day, that's big money for the bars and restaurants. If they lost that, you know, then that would be even worse. So now they have all of this negative publicity. Same thing with spring break in Florida and I guess in California, they were willing to say okay, let's, let's have social distancing, and you take it upon yourself to do the right thing, but they didn't They they didn't,

63:01

right. It's it's funny that we, we go after businesses, we go after establishments for not setting those regulations. You can remain open, that doesn't mean your patrons are going to attend.

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Like, that's right. You still have to think that. That's my point. The point is, but I also think that by remaining open, it is almost an implicit invitation. Sure, you know, it's like, it's okay. They wouldn't be open if it wasn't safe. Do you know what I mean? So I get that too. So I think it's incumbent upon our leaders to make those decisions and to sort of lead and say, Hey, we're doing this you need to stay home, we're canceling spring break, we're canceling the bars and whatever. But there's, you know, like a, like a producer Nick was saying it. It's money. And unfortunate. That's, that's what happened, but, but now we're in it. Right now we're in it. This is real, you know, the one thing I will tell you though, that has been really helpful is when I go to the grocery store and I see this full show I'm like, ah, I don't have to buy anything. You know, what's all this craziness about? I will tell you also, that I went into a grocery store and they still no toilet paper. Right, right. So, producer Nick could make fun of my 36 rolls in the pantry. But you know what, I don't have that stress. And for someone my age, that that's an important thing. Good one. Look. I'm gonna tell you though, um, for a, I wanted to drive for Uber this morning. I just wanted to really I just wanted it to be an excuse to drive around the city. So I take pictures of the city being vacant. Yeah, I picked up believenot I picked up like five or six people. And I took them around and one lady was coming out of a nursing home and she was so distraught. And I took her to Walmart on the south side. And because they had no toilet paper, yeah, in the nursing home, they couldn't get anywhere. And I almost thought if I had some in the car and I thought, you know, maybe I should keep them in the car and situation like that I can offer a roller to someone spares spare bears and the single ply. So, I mean, literally, but the point of it is is hurt distress, I think is exacerbated by people other people's hoarding. Yeah. I mean, she was a nurse from a nursing home being sent out to Walmart to try and find toilet paper and the stress on her face was evidence and I felt, you know, I felt horrible. And I want to on the last part of our show, I want to talk about something that that not too many people are talking about. I've seen it occasionally on on the news. There's been a fight, right? So Trump called it the Chinese virus, right? And everyone got all bent out of shape, right? Sure. called the de novo bug and everything. And I thought to myself, okay, let's just think about this in a practical sense for a moment. Did anybody get bent out of shape when they call that Russian collusion? Right. And does that mean I can't call Chinese food Or Mexican food? I mean, do you see what I mean?

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Yeah, I mean, the Spanish Flu didn't even originate in Spain. That's right. They tracked it back to a military facility in Kansas.

66:12

So let me ask you another question. So

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was it Zena phobic and racist for him to say that or was he just saying it's a, it's a virus that emanated from China? I am from the United States. So I'm an American, right? So, but then someone said, Well, this is one of my liberal, ultra liberal friends said, well, you emanated from your mother's vagina, but that doesn't mean you come, you know, that's not the label that you give yourself your DJ. Right. And I was like, sure, alright, I kind of get that but I don't think he was being xenophobic, right. I just think he was saying, in his mind, it comes from there. So I'm labeling it but somebody says if you label it, then it means the whole time. These people gave us the cobit 19. So I kind of see both sides of it. And I'm trying to figure it out. But I will tell you this, I did have an opportunity to see the impact of what our leaders statements can have in real time. I think I told you, right, that I picked up an old, older Chinese couple in Chinatown in my Uber, right, okay, this was at the beginning of everything. And they got in the car, and they were, you know, I don't I don't know how to say it politically correctly, but they were like, stereotypical old Chinese couple, they look like you'd seen the movie, right? So they get in the car. And I'm very personable. And I was like, oh, how are you? How's everything you know, I'm completely oblivious to the gravity of the situation at that time. And they started to cry. And I was like, okay, is everything okay? What's wrong? And what they told me was that number one, the there was no people in Chinatown. Nobody was eating at restaurants or or shopping there. So it was a ghost town, which was true. And number two is that he they had five Ubers that as soon as they saw where they were wouldn't come pick them up. And I until I picked him up. Now, I'm not saying I was oblivious to it, I was just picking up somebody. But what, what I think happens is when our leaders use terms that other people can use as weapons, the real impact whether you intended it or not, can hurt people. And that I think, I know, you're gonna be totally gonna be shocked. I don't like that. I don't like that. You know, I don't I am sensitive to that. Because Because I think leaders have a responsibility to be mindful and cognizant of everyone that they represent. So yes, maybe it did. The the virus emanated in China, but I don't agree that it should be called the Chinese virus. I think it needs to be called kovat 19 or the corona virus, what it is what it is not add a layer that someone else can use to be hateful to somebody else, like HIV was the gay disease. It hit our community the hardest, but it wasn't a gay disease, hemophiliacs and intravenous drug users and blah, blah, blah, blah, blah. Other people could, could spread it. I just bristle at that. And when I saw that my heart broke, I didn't even know what to do. I did not even know what to do. So something as simple as giving them a ride, renewed them and made me much more aware of what I'm doing. So like,

69:44

I just want our leaders to be to be leaders, right and leaders means you put your stuff aside and you lead and people look at you and they feel confident in your leadership. They look at you and they feel safe because they feel like you're looking out for their best interest. They look You and they feel comforted, because they know that you care genuinely. So when we have leaders that are bickering with each other and fighting with each other, and it becomes politicized, and it's become much I care, no, I care more, and I'm gonna throw money here. And the President is an orange Dorito not to read it, whether they call him a Cheeto, right? or this or that was, by the way, I really don't know why he does that. But that's, that's also another show. But, you know, the I just I hate that because in this time, we need to, like all coalesce, like a war, we need to coalesce behind our leaders and put our partisan disagreements aside and say, Okay, we got this, we got this for you, and you and you. And you see, I'm getting goosebumps, because that's how I really, I really feel and so what I was telling you earlier, is that sometimes I feel put in the position where I have to defend the president, not because I'm a supporter of the President, but because I think that it's so unreasonable, he has a tough job. He's trying to figure this out. We don't need to play politics and the democrats especially don't need to, to make it harder. Right. And so I, I'm, I'm disappointed in that. But I I'm, I'm optimistic that they will figure it out the, the concern I have is that they'll figure it out too late. And many, many people will be hurt, both financially and, and medically.

71:23

Yeah, I think what you're speaking to there is the struggle of walking a rational line.

71:29

What does that recognize? I haven't seen that in a while.

71:34

Uh, you know, not adhering to the black and white the night and day. The dichotomy of what a lot of times is presented to us as reality and it's really not. I have a question. Yeah.

71:52

All of this seems overwhelming. And I don't know about you, but sometimes I feel like I'm drowning. Like I'm in especially because I am a news addict and I want to keep up on things because I want to be armed with facts. There's so much of it. What do we do? What would you say? We could do individually in our own communities to make a difference in like in a situation like connect 100% Connect, but how can you connect if we have to stay six feet apart?

72:20

Well, and there's the challenge, right? utilizing technology in a way that it still allows you to connect outside of, of these small circles in this podcast is a great example of that, right? you're providing a service, you're bringing people in to reach out to other people in the same way that you reach out to them yourselves to say, Hey, listen, you don't have to adhere to absolutely everything you hear. You don't have to buy into the fear to the to the hatred, you don't have to adhere to the bickering to bro bytes support into connect in ways that you pi, you know, any way that you possibly can a phone call, you know, it started an email thread error chain. I don't know if email chains are still I'm not.

73:14

I don't know, I'm looking at a millennial over here. He's shaking his SEO No, I don't think

73:17

so. That's not cool. So

73:18

I that let me let me tag on to that I have a supplemental question to that is. And what I'm trying to do is I'm trying to ask practical questions that people want to know the answers to without getting too heavy into the cycle analysis part. So, so like, here's a practical question. What do I do if I'm confined in a closed space with my husband or wife or partner or friend or whatever? first couple of days are great. We're playing games were watching Netflix and chilling. Wait, I can't say that. I can't say that because I just realized that there's a connotation for Netflix and chilling that I'm unaware of because I'm oblivious. But I just discovered the Other day because my friend Jenna pointed out to me and you're smirking so you know what I'm talking about. But people my age, we don't know that I thought Netflix and chill was like you're watching a movie have a bowl of popcorn and you're chilling, chilling out. No. There's a whole other thing. Do you know? Yeah. Oh, you know, yeah. Okay, well, see, I'm oblivious to that. I just found out and I feel like,

74:21

I mean, I initially thought what you did as well as like, okay, Netflix and chill. It's fine. You know? And then someone was like, You can't do that

74:28

man. No, you can't say that. Because when I say I say Netflix and chill. I'm thinking movie and popcorn. Yeah. Anyway, so what my point was is, what do you tell people? What can they do when they're in a confined space, and the honeymoon wears off, and now all of a sudden, you're stuck. You're like in our apartment. We have a nice a beautiful apartment, but it's two people and now a dog. Right.

74:59

Gotta get creative. You got to create space. And that's another thing with a time management comes back in. You know, I share my apartment with my relationship partner and she and I are in the same profession. And we're both in grad school. So we both need isolation for confidentiality purposes. We both need to use the computer, sometimes at competing times. So we have to schedule time that we didn't think that we would necessarily have to schedule in terms of just getting space from one another. Again, this is social distancing. This is not so social isolation. If you want to go outside, you want to go for a walk, go for a walk. Create distance for yourself. Good point. That's another thing. Do you know I have the studio and I was telling you that our studio is in our apartment and we're on right on the lake so I can sit in my overstuffed leather chair and watch the sunrise. It's beautiful. Have coffee, I can close the door with my isolation.

75:56

Beyond that, you know, it's not we're not quarantined. So I can go outside and walk in Lake Shore Park and I do that early in the morning when there's not very many people, I think that's important is don't be a hermit. Now, social distancing means keeping some distance, but don't be a hermit by what you need. If you have the

76:16

stability, if you have the opportunity go for a drive. You know, like, like you pointed out this morning, you want to see how bacon, you know, downtown is and perhaps, you know, it draws the attention of the detail parts of the cities that you didn't notice, because there were so many people go out and find a different appreciation for the environment, even in the context that we're currently in because it's not gonna last. And there's still a perspective like you pointed out earlier to be head.

76:41

Yes, I 100%. Agree. I want to I want to talk about the last segment of the show and that is I want people to to, to take away from this is number one, don't hoard. There are people that hoarding has an impact on other people that you don't even see. Yeah, that's the first buy what you need. The supply chain in the United States is very deep. So if the shelves are empty now there'll be replenished. But if you buy five cases of toilet paper, they can't replenish that fast enough. I am happy to see that Costco and some of these other big box stores are now saying for all those people that hoard it all that shit, no pun intended, that they will not be able to return it. Because I think there needs to be a consequence if you want to be a selfish narcissistic. hoarder, then, okay, the consequences you're gonna have toilet paper for the next three years and I'm sure you'll use it. But But the downside of that is like I told you today I took that lady to Walmart and she was stressed out for the her nursing home because she couldn't they were running low on toilet paper and she was trying to find it anywhere she could.

77:44

Right right. Nothing has changed beyond what you how you normally function,

77:48

right? Right. You're not going to go to the bathroom more simply because you know, Cova NINETEEN'S out there. Right. So supply and keep up on things as frequently as you normally do. That's right, perhaps even less frequent even less. The second thing I want to say is Be kind. It doesn't cost anything. And I didn't experiment. I posted this the other day, that when I took the dog for a walk, every person that I met, I said, Good morning, every single person. And I was fascinated because at first, I thought no one's gonna, you know, they're gonna mean social distancing. distancing means closed off. Sure. Almost every person, not every person. There were a couple people that looked at me like I was crazy, but, but most everyone said, Good morning, and then they smiled awesome. And I thought to myself, that's one thing that we can do is be kind where you are, you know, it doesn't have to be that stressful and some people really need that reassurance. Right. That's a reassurance of normalcy. And the other The last thing I want to say is, is be supportive of your neighbors, right. So and on our floor, we have other neighbors and some of them are elderly. If like if I'm going to the store, I'll knock on the door and say, Do you need anything? Sure, I'm happy to get it for you. So you don't have to go out and and if you have those people around you, it makes no effort. If you're already at the store and you have to get a few extra things, get a few extra things that your neighbors would appreciate that. Start locally, start where you live and do what you can. And the last thing is educate, educate, educate, educate yourself on what this is, educate yourself on what the what the your options are. Be prepared, you know, try and look out beyond today to the horizon, say, Okay, what I was telling you, Kyle is this is where we are today. And right now everybody's doing pretty much what they are supposed to be doing. But what happens next week, right? And what happens when the real economic impact starts hitting. People can't pay their rent, they can't pay their car payment or phone, God forbid, their cell phone bill or their internet provider or what have you. And then they become less connected, they become more isolated. Right? So, you know, that's, that's a scenario that I don't really want to think about I my gut hope is that they're going to, first of all, they're going to flatten the curve, they're going to come out and say we've peaked at the number of infections, and we have the facilities to treat everyone who needs it. Right? That'll that'll, if they don't play politics with that, that will alleviate a lot of fear. The second thing is, is statistically, if you educate yourself, you know that viruses peak in the winter and they die off in the spring because they don't like the heat. So we're really only a couple of months away from it being managed, anyway, unless it mutates that in lie therein lies the second fear. What if it mutates and it extends beyond normal flu cycle and that and they've done modeling about that? That's scary. That's scary. Because if we now go into multiple month, there's no way that the economy We can withstand that there's no way that that we anybody can listen, we can't withstand it. Right? Right. We are the economy. We are the economy. And so, you know, someone said that the stock market went up and down, you know, all these points, I could give two shits. I really could not translate out here. It doesn't translate to whether I can buy milk or bread right now when I retire. If I ever retire, then maybe it'll have an impact on my 401k. But right now, it's not like I'm living on my 401k Sure. So stop watching your 401k. Right. The second part of that also that I think is, is a is a is also interesting is that if we don't have the ability to earn money, there are going to be repercussions that are going to be immediate, and they're going to be long lasting. And that's what that is. That is what scares me. That is what scares me. I mean, what happens if I can have Nick come over and feed him because I don't have any extra money? He'll look about the same. Yeah, he'll truthfully I want to just point out and this is my focus on Nick moment. I have never in my adult life seen a human being eat so much food and still stay as skinny as he is. I swear to god give us that movie with Eddie Murphy, where they have the little aliens inside the guy's head and he's controlling the body. Yeah, that's what I think is happening here. So, you know me, I look at a donut, I look at the sprinkles and it's like, wow, I just gained four pounds and I didn't even do anything. Right. I digress. But there's some people like that, but it'd be nice to be able to once tuck my shirt in and not, you know, feel like someone's gonna harpoon me.

82:40

Every year is the same as like, Oh, I'm gonna get a six pack but all I get is a keg. Right? That's my butt. That's my life, but I'm okay. You know? kind of almost sounded like Rodney Dangerfield there. Do you even know who that is? You do but he doesn't know. Oh my god. I swear to God, I've underwear older than him. Some No, I don't really Don't really. All right. Well, listen, I'm Kyle. It was such a pleasure to have you on the show. I don't even know we're an hour and 23 minutes went it went by pretty quick. And we talked about so many different things. And I hope you'll come back. And I'm hoping that this is coronavirus. And we could start talking about some other things like what it's like to be a moderate in your political beliefs in such a liberal city. That would be an interesting

83:25

subject.

83:26

Yeah. So that'd be that'd be fine. And by the way, how the how the Congress and how the president handled this, this is good. This is This is crazy. This is this is gonna be crazy. And I hope that they come together and and, and do what's right for the country for all of us. So listen, you Bob, you've been listening to the DJ Doran show. This has been a good one. You can find this on iHeartRadio Pandora, Apple podcast, Google podcast, Stitcher, everywhere else you can find your podcast and I hope you'll subscribe and follow us for cool shows in the future. Until then, stay safe. Self, eyes. What does that self

84:05

isolate this

84:07

socially distant, wash your hands you sanitizer, be responsible, be thoughtful of others, even if you're not in the high risk group, be thoughtful of the people that you can encounter that you might, you might pass this along to. We can all do this if we all do the right thing together. Thank you again. Take care and good night.

84:27

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