

Tim Bowring: Hello, and welcome to Zero Hour on 97.3 FM. My name is Tim Bowring. This show is about interesting people. They can and often are involved in almost anything. We all know them. They are passionate about something, and devote themselves completely to it. They know what they want, and are brave enough to go after it. They try new things. They don't hide their quirks. They avoid the bandwagon, and are often intent on forging their own paths. They are also learning, and they share what they discover. Finally, they don't worry about what others think of them. Interesting people are true to themselves wherever they are, whomever they're with, and whatever they're doing.

Today's guest is Anne Moss Rogers, who is the founder of emotionally naked, a website that reached a quarter of a million people in its first 18 months. She is also the President of Beacon Tree Foundation, an organization that advocates for youth mental health, as well as being a writer and public speaker on topics of suicide, addiction, mental illness, and grief. She lost her son, Charles, 20, to suicide on June 5th, 2015. Prior to that, she was a marketing professional for years, and a co-owner of a digital marketing firm.

Anne Moss, welcome to Zero Hour.

Anne Moss Rogers: Well, thank you so much for having me, Tim.

Tim Bowring: Yup, absolutely. Well, you've done something that very few people do when they're faced with tragedy. You decided to dedicate your life to trying to make a difference in suicide and in drugs and the area of depression. What caused you to take an entire career and make that kind of change?

Anne Moss Rogers: Well, it was after the death of my son by suicide, and of course, those days and weeks and months afterwards are like ... It's like walking through quicksand, and you're in a daze, and you can't even remember that first year. I kept thinking, I'm going to get passionate again about my digital market firm, and I'm going to get back into it, and I'm going to love it again, and it just never happened.

Then, it was at a point where my co-owner and I realized that I just ... The passion wasn't coming back.

Tim Bowring: Right.

Anne Moss Rogers: We actually realized it at the exact same time-

Tim Bowring: Really?

Anne Moss Rogers: ... which was very convenient, and we got together and he goes, "What do you want to do?" Then we just made the decision that we would merge with another company and they would buy out my partnership.

I just had so much passion for this new thing, and I felt it was my calling. I felt like-

Tim Bowring: This new thing ...

Anne Moss
Rogers: Yeah, the suicide prevention, talking about mental illness, addiction, because nobody was talking about these things.

Tim Bowring: No.

Anne Moss
Rogers: And it was bothering me. I think I might have recognized some of the signs, if people were talking about it, so-

Tim Bowring: This was in 2015.

Anne Moss
Rogers: Yeah.

Tim Bowring: What did you find?

Anne Moss
Rogers: I found all these statistics, like Virginia ranks 46th for youth mental health overall.

Tim Bowring: Really?

Anne Moss
Rogers: And 49th for major depression, and-

Tim Bowring: As far as treatment?

Anne Moss
Rogers: As far as treatment.

Tim Bowring: Or whatever you want to call it.

Anne Moss
Rogers: The 49th is providing services for children suffering from major depression, and we rank 49th, and I thought, I've got to move that needle. I've got to be part of something that moves that needle, and improves that situation, because our family lived that statistic, and my son died from it, and I have some anger, too, so I had to work through all that as well, and my writing had-

Tim Bowring: But you obviously reached out for help.

Anne Moss
Rogers: I joined a support group at Full Circle Grief. I go to one-

Tim Bowring: No, I mean, as far as dealing with your son's depression when he was still alive.

Anne Moss
Rogers: Oh, yes. We tried everything. We ultimately had to send him outside of Virginia. We ran into so much prejudice in the mental health community.

Tim Bowring: What do you mean by that?

Anne Moss: Well, they kind of shamed us, particularly for-

Rogers:
Tim Bowring: A lot of stigma.

Anne Moss ... the drug abuse, like, "We can't treat you because you're doing this," and they
Rogers: would shame him, and not recognize that he was suffering, and that-

Tim Bowring: Well, he was self-medicating.

Anne Moss Right. Exactly.
Rogers:
Tim Bowring: "Now, this is your choice, and you can stop doing this, and when you stop doing this, we'll help you with your depression."

Anne Moss Exactly.
Rogers:
Tim Bowring: I mean, I sound a little flip, but-

Anne Moss No, that's exactly it.
Rogers:
Tim Bowring: ... I know what you're talking about, so yeah.

Anne Moss It's like two separate silos.
Rogers:
Tim Bowring: Yes.

Anne Moss Your brain doesn't separate your physical health and your mental health.
Rogers:
Tim Bowring: Right, exactly.

Anne Moss But culture, we have addiction over here, we have mental illness over here, and we
Rogers: have physical ... but they all affect each other.

Tim Bowring: Yes, absolutely. Yeah. You sold your business, and you moved on. What was the first thing that you did in that process?

Anne Moss I was already President of Beacon Tree Foundation. They-
Rogers:
Tim Bowring: Okay, so you had founded that yourself?

Anne Moss No-
Rogers:
Tim Bowring: No?

Anne Moss ... Tom and Diana Leahy started Beacon Tree Foundation in 2008.
Rogers:
Tim Bowring: And who is he?

Anne Moss Rogers: He lives in Midlothian with his wife and he has four children, and three of the girls suffered from mental health issues.

Tim Bowring: Okay.

Anne Moss Rogers: So he went through a lot of the same thing I did, except that fortunately, it didn't end in a completed suicide. Those children are thriving now.

Tim Bowring: Right, but he went out to try and get help, and ...

Anne Moss Rogers: And couldn't find it.

Tim Bowring: How did you get involved with that, with him?

Anne Moss Rogers: Well, I wasn't getting very much emotional support, so as my son was suffering from mental illness, and as he was abusing drugs and alcohol, so really, what I got a lot of was judgment. Nobody was reaching out to me, so I basically just didn't have anybody to talk to. What bothered me is that I wasn't getting the same emotional support as like a mom who had a child with cancer.

Tim Bowring: Right.

Anne Moss Rogers: People were bringing over casseroles, cards, they were reaching out, and for a long time, I was jealous and resentful of that, which I'm kind of embarrassed about now.

Tim Bowring: But that's understandable.

Anne Moss Rogers: Yeah. It was five or six years where I just felt so isolated and so alone, and I said, "That's got to stop." I went public after he died. I just went public with everything, and the first thing I did was I wrote a newspaper article for Richmond Times-Dispatch that absolutely took off.

Tim Bowring: Really?

Anne Moss Rogers: I mean, it was the number one article for 2016.

Tim Bowring: Okay. Yeah.

Anne Moss Rogers: That's when I realized that writing was helping me. Yeah. I mean, I had somebody comment, "Well, you're not going to put that on Facebook," or "You're not going to write that in the obituary, are you," and-

Tim Bowring: Right. So did you?

Anne Moss Rogers: In the obituary, I allude to it, so it's a very different obituary, but it didn't come out and say the word suicide, and I do regret that. I wish that I had-

Tim Bowring: Well, but you've done so much since then.

Anne Moss
Rogers: I have. I have, and I mean, I was still in a daze. It was three days after he died that I actually wrote it.

Tim Bowring: So, after the article ... really?

Anne Moss
Rogers: The obituary.

Tim Bowring: Really?

Anne Moss
Rogers: Yeah.

Tim Bowring: Well, I guess so, yeah. What happened after you wrote the article and started ... Were you able to get support?

Anne Moss
Rogers: Yes. All of a sudden, other people who were suffering from the same thing.

Tim Bowring: From kids with depression? And drugs?

Anne Moss
Rogers: Kids with depression, some people that suffered from depression themselves, there were a lot of people who'd lost a father, a son, a mother from suicide. A lot of people had lost a child from overdose or suicide. All of a sudden, we had this big grassroots effort, and people ... This was what I can't believe is once I started the blog, emotionally naked, people shared those posts on their Facebook pages.

Tim Bowring: Right.

Anne Moss
Rogers: That's what shocked me is that I never thought that would happen, and to date, there have been hundreds of thousands of shares of these articles on Facebook, and as a result, I now rank on Google.

Tim Bowring: Which ... the articles you've written?

Anne Moss
Rogers: Yes.

Tim Bowring: So you've obviously written more than one?

Anne Moss
Rogers: Oh, I've written close to 900.

Tim Bowring: Oh, really?

Anne Moss
Rogers: Yeah.

Tim Bowring: Yeah, okay.

Anne Moss: This is a tough journey, and I basically wrote my way through it.

Rogers:
Tim Bowring: Okay. So if someone's listening, and they go, "Whoa, I thought I was alone. How do I find this person?" Do they just, Anne Moss?

Anne Moss
Rogers: I'm pretty easy to ... Anne Moss. Well, a lot of people look up Anne Moss Naked, because they're too lazy to write the word emotionally.

Tim Bowring: Well, I think there's something else going on there too, but anyway.

Anne Moss
Rogers: At first that's what I thought. I thought, "Yay, I'm 55, and they're looking me up naked," and then I saw a pattern, and I'm like, "No, it's not."

Tim Bowring: No, that's not it.

Anne Moss
Rogers: They're too lazy to write the word emotionally.

Tim Bowring: Ah, well.

Anne Moss
Rogers: So, certain kids will be, and people will be, looking up ways to die on Google, and they land on my site, because I-

Tim Bowring: Wow.

Anne Moss
Rogers: ... I can do that. I know how to do the search engine optimization, because I owned a digital marketing firm.

Tim Bowring: Okay.

Anne Moss
Rogers: I rank on the first page of Google worldwide, for several ways to kill yourself.

Tim Bowring: So you'll come up?

Anne Moss
Rogers: I'll come up, and they'll come to my site, and they, of course, I don't tell them how to do it.

Tim Bowring: Right, yeah.

Anne Moss
Rogers: When you get to those pages, you can read through the comments, and what that has helped me do is understand the mindset of somebody who is in active suicidal ideation at that moment.

Tim Bowring: What is that mindset?

Anne Moss
Rogers: That they're irrational, they have tunnel vision, they are suffering deep, emotional, and intense pain, and they think the only option is to end that emotional pain, is to kill themselves, so their brain is basically betraying them.

Tim Bowring: Right.

Anne Moss Rogers: It's cyclical, usually, so they'll ... I've noticed a lot of times there are certain people who'll log in at 9 a.m., again at 11 a.m., again at 2 p.m., which that ... That blows my mind, that it looks like-

Tim Bowring: Those are times where they're struggling.

Anne Moss Rogers: Yeah.

Tim Bowring: 9, 11, 2.

Anne Moss Rogers: Then other times, they'll come once. They'll come a few days later. The ones that post comments, I'll answer every single one of them.

Tim Bowring: This is on your blog?

Anne Moss Rogers: This is on my blog.

Tim Bowring: The blog is ...

Anne Moss Rogers: And I talk about other things.

Tim Bowring: What's the address?

Anne Moss Rogers: Emotionallynaked.com.

Tim Bowring: Oh, okay. All right. All right. I didn't want to get it confused with your name, because there's also that website, right?

Anne Moss Rogers: Well, I've got ... It has two URLs, so it's Anne Moss.com, and emotionallynaked.com, will take you to the same place.

Tim Bowring: Okay. Take you to the same place. All right, so if someone's struggling with that, that's a place that they can go.

Anne Moss Rogers: Right. I've put up a lot of resources, particularly for the Richmond, Virginia area, and then I have national resources. Sometimes ... I had somebody from Egypt ask me for resources, so that took a little time to figure out. I don't know their culture as well.

Tim Bowring: Yeah. Do you find differences in how people around the world cope with these kinds of things?

Anne Moss Rogers: I find the one common thread is connection, that people want connection, whether it is pulling together and doing something together, talking about it, but they're looking for connection, and they're looking to talk to somebody, so you can actually

prevent a suicide simply by listening to somebody.

Tim Bowring: Right.

Anne Moss Rogers: You should ask the question, "Are you thinking of suicide," and you've got to ask it very directly.

Tim Bowring: So if someone has a child, a teenager, who is struggling with this kind of thing, what do you say to them?

Anne Moss Rogers: That is very complicated. I actually wrote a blog post today on that, ten things, so if you look up "ten things" on that search box-

Tim Bowring: Yeah, I saw that.

Anne Moss Rogers: ... and I think it's a whole ... We need to create more of a culture where kids learn to problem solve, because they're choosing this as ... It's not an option, really, but they're thinking it's an option simply because they don't have any coping strategies. Because of technology and a number of things and less connection with each other, they're getting fewer opportunities to try those things out, any kind of coping strategies.

That's one thing I do in schools, is when I go in there, I tell my story and I am emotionally naked with those kids, and they are meeting Charles through me, so I play his rap music, everything is tied into that story.

Tim Bowring: Right. Mm-hmm (affirmative).

Anne Moss Rogers: Then the next exercise we do, we talk about the things that they're dealing with, and I have them put up Post-it Notes with those problems that they're ... and they're so real. That's what hit me at first. I'm thinking it's bad grades and a dead dog-

Tim Bowring: Right.

Anne Moss Rogers: ... and these kids are dealing with a parent that killed themselves, two parents that suffer from substance use disorder. One of them has a stuttering problem, and has been bullied his entire life. These kids have some real adult problems, and they've not been given any strategies.

Tim Bowring: They have no idea what to do.

Anne Moss Rogers: Then we talk about healthy coping strategies, and we talk about identifying unhealthy coping strategies. Then I start to ask them questions so they can start to make some connections on their own, because then it's their idea, and not my idea.

Tim Bowring: Right. Exactly. Does that define a teenager?

Anne Moss Rogers: Right. They will start to link behavior with something that's going on in that person's life, and I can say, "Well, if you have a girlfriend that was maybe angry with you, and you kind of took it personally, maybe it wasn't personal. Would you say that's true?" And you can see that they're making those connections.

Tim Bowring: Right.

Anne Moss Rogers: When I've done this, and I've only done it twice this time-

Tim Bowring: Twice, done, you mean going into schools and talked about it this way?

Anne Moss Rogers: Well, I've done it going into schools and the YMCAs a lot, but that particular exercise is new, and the kids' reaction was pretty amazing, which said, "Okay, this is a winner. I'm going to keep doing this." They went to the leaders and they said, "Nobody's ever asked us that. Nobody's ever discussed that with us," and at first, we didn't want to do it, and then it was hard for all of us to leave, because we were so into it. I swear we could have stayed there another hour.

Tim Bowring: Yeah, yeah. Well, let me just take a quick break. You're listening to Zero Hour on WRIR, 97.3, and today, we are talking with Anne Moss Rogers, who is the founder of emotionally naked, a website that reached a quarter of a million people in its first 18 months. She's also the President of Beacon Tree Foundation, an organization that advocates for youth mental health, as well as being a writer and a public speaker on topics of suicide, addiction, and mental illness, and grief. She lost her youngest son, Charles, he was 20, to suicide, June 5th, 2015. Prior to that, she was a marketing professional for years, and co-owned a digital marketing firm.

Now back to our discussion with Anne Moss Rogers.

Are you dealing with adults around this issue at all, or is your focus mainly ...

Anne Moss Rogers: On the blog, I am, and I also do some volunteering for American Foundation of Suicide Prevention, so I've been down to Fort Lee and some military bases, so-

Tim Bowring: Yeah, that's a whole 'nother ...

Anne Moss Rogers: Yeah, that's a whole 'nother population. Anybody I can get in front of to talk about this subject, it's got to be dragged into the spotlight, because it is the number two leading cause of death for 18 to 35 year olds, and it's the number ... it's very high for 55 year old men and up.

The African American population, it's taken a really sharp rise.

Tim Bowring: Really?

Anne Moss Rogers: Previously, it wasn't high in that community, and of course, the LGBTQ community,

Rogers: it's always been high as well, so there are certain populations where it is more of a danger, and more high risk.

Tim Bowring: What do you do differently with adults than you do with teenagers, in terms of how you approach this? Is there much of a difference?

Anne Moss
Rogers: I think with everybody, you have to connect with the pain first. I've noticed that teenagers are okay with texting back and forth. They don't always necessarily need to sit down and talk to you. Then, right now, I'm talking with a girl from China, and so she emails me back and forth. She found one of my YouTube videos.

Tim Bowring: Wow.

Anne Moss
Rogers: She's been wanting to kill herself, I'm just trying to kind of keep a conversation and let her talk.

Tim Bowring: Is she in a large Chinese city? Is she? She must be.

Anne Moss
Rogers: She is in a large Chinese city-

Tim Bowring: Yeah, I thought so.

Anne Moss
Rogers: ... and apparently, she has some learning disabilities, and she feels like she's not as bright as her cousins and siblings.

Tim Bowring: Right. That's a huge pressure in China.

Anne Moss
Rogers: It is a huge pressure, and they're shaming her for it.

Tim Bowring: Right.

Anne Moss
Rogers: I think she's actually quite bright.

Tim Bowring: So, you're writing a book.

Anne Moss
Rogers: Yes, I am.

Tim Bowring: In your spare time.

Anne Moss
Rogers: In my spare time, yeah.

Tim Bowring: Holy cow.

Anne Moss
Rogers: I know. I finished the first draft.

Tim Bowring: By the way, we're running down the sidewalk as I'm having this interview with her, because she's on her way to another appointment, so I'm just ... I'm just kidding,

but it could be.

Anne Moss I [inaudible 00:18:43] books anthology.

Rogers:

Tim Bowring: Yeah, really, [inaudible 00:18:43] books, yeah.

Anne Moss I'm very obsessive, but yeah, and my co-author is my son, Charles, because he left
Rogers: what I call a rap diary of lyrics-

Tim Bowring: This was the son who committed suicide, okay.

Anne Moss Actually died by suicide.

Rogers:

Tim Bowring: Okay.

Anne Moss We don't use the word commit-

Rogers:

Tim Bowring: Commit. Okay. That's good to know.

Anne Moss ... with suicide, because that implies crime.

Rogers:

Tim Bowring: Right, okay.

Anne Moss So, dies by suicide. Yes. He wrote a lot of rap music lyrics, and it gave me an inside
Rogers: view of what he was thinking and how he suffered, and the sheer volume of it alone sort of made me feel like, okay, I can't really blame myself here. This child suffered, and I did the best I could with the resources I had.

Tim Bowring: Right.

Anne Moss He never told me, which is typical of young males in particular, and I thought, we
Rogers: need to see inside the mind of somebody that suffered from addiction and depression and thoughts of suicide, and I think it will help other people understand if they've ... have a loved one that has suffered with any one of those diseases, or felt suicidal at any time in their life.

Tim Bowring: Is there a way to break that barrier? I mean, do you think ... I mean, I think it's enormously healthy that you said you did everything you could with what you had to work with, but I guess a lot of people don't feel that way. They feel, why didn't I see this? Why didn't I see this coming? Torture themselves over that?

Anne Moss I think that suicide is preventable. After you have a child that completes a suicide,
Rogers: you go back over, and you beat yourself up.

Tim Bowring: Right. Right.

Anne Moss That is part of the process, and after a while, you just have to forgive yourself. At

Rogers: the beginning of that could've, would've, should've, I said, "One day, I'm going to forgive myself," and just believed that I would, so that's half the battle. You've just got to work through that. There's some-

Tim Bowring: Do you work with parents whose children have died by suicide?

Anne Moss I have. I have. They'll call me.

Rogers:

Tim Bowring: Yes.

Anne Moss I meet them for coffee, on a pretty regular basis, yeah.

Rogers:

Tim Bowring: Yeah.

Anne Moss I need to connect with them too, so it's not just to help them, it's to help me too.

Rogers:

Tim Bowring: Right, right. Yeah. I mean, sometimes, I'm sure you walk away from it feeling much better yourself.

Anne Moss Right. I'm connecting with somebody else who understands this loss, because it is
Rogers: ... It's very different from other kinds of loss. I'm not going to say, "It hurts more."
That's not fair.

Tim Bowring: No, and who knows how much people hurt over things.

Anne Moss Exactly. But I can say it's a very complex grief journey.

Rogers:

Tim Bowring: Well, and it's one that you, as we were just talking about, you can so easily say, "Why didn't I catch this? It's my fault. I should have seen this coming."

Anne Moss Exactly. You think, I'm the worst parent in the world. You really suffer with that for
Rogers: a long time.

Tim Bowring: Right. Okay. You're on the first draft of this book?

Anne Moss I'm on the first draft. I'm working on the second draft.

Rogers:

Tim Bowring: Great. When do you think it'll come out?

Anne Moss I don't know. I don't have a publisher yet, so I got to get to a point where I'm kind
Rogers: of handing it off for people to read it, but I'm having-

Tim Bowring: Right. As we were talking before, there's probably not a whole lot out there on this.
Are you able to find ...

Anne Moss I'm not. I mean, I've seen a lot on grief, and this isn't a book about grief.
Rogers:

Tim Bowring: No.

Anne Moss Rogers: It includes that. It's the inside of somebody's mind. I have not ... And the title is a title of one of my son's songs, so it's his title.

Tim Bowring: What is the title again?

Anne Moss Rogers: Title of ... Diary of a Broken Mind.

Tim Bowring: Diary of a Broken Mind. Yeah.

Anne Moss Rogers: Because that's kind of ... He's got stacks and stacks of books where he wrote.

Tim Bowring: Right. Was there anything that you can think of that prolonged his life that you were able to do?

Anne Moss Rogers: Yes, I think sending him away prolonged his life. I mean, that child-

Tim Bowring: Sending him away?

Anne Moss Rogers: Taking him-

Tim Bowring: You sent him to a program that was Wilderness program?

Anne Moss Rogers: I did, and then he went to therapeutic boarding school, and then he went to a regular boarding school, and then he finally graduated, so he was probably gone a little less than two years.

Tim Bowring: Right. Now this is a tough question.

Anne Moss Rogers: Go for it.

Tim Bowring: What else could you have done? Was there any way to avoid this? I mean, it sounds almost inevitable, which is a little depressing.

Anne Moss Rogers: Right. I think in that last phone call, he was calling out of desperation, and had I known anything about suicide, or if it had been on my radar at all, I would have picked it up, because my gut was screaming at me, and I just didn't understand. The whole heroin thing came on the last 30 days. I'd only known for 30 days when he died about the heroin addiction, so I didn't have enough time to really wrap my brain around, "Should he be on Suboxone? Should he not be on ..." The earlier [crosstalk 00:23:48]

Tim Bowring: Do you think, maybe, had you had the information that you have now, a lot of other people have access to, that would have been a significant help to you in terms of dealing with this issue? Part of your problem was ignorance.

Anne Moss Rogers: Part of the problem's ignorance. I wanted a psychological evaluation, but I didn't know it was called a psychological evaluation. They kept testing him, but I'm not getting a diagnosis-

Tim Bowring: Really?

Anne Moss Rogers: ... and they kept giving him medication, I don't have a diagnosis, I'm like, "We're just throwing it against the wall to see what sticks."

Tim Bowring: Right.

Anne Moss Rogers: That upsets me that I kept asking for a diagnosis and all they had to say was, "Well, we need to do a psychological evaluation."

Tim Bowring: But they did finally ... Someone was finally able to give you a diagnosis?

Anne Moss Rogers: They did that in Wilderness, for 35 grand.

Tim Bowring: Right. Oh.

Anne Moss Rogers: Something that's typically covered by insurance, and it wasn't. I mean, the Wilderness program was great, don't get me wrong, but I could have gotten that locally, and I tried early, for early intervention, and just kept running against brick walls.

Tim Bowring: What about medication? Was that helpful to him?

Anne Moss Rogers: I saw that one was working, and we were in a school one day, and we were sitting there, and one of the counselors asked me, "Was he on a particular medication," and I said, "Yes, I think we found one that was working," and she asked me what it was, and I told her, and she gets this shocked look on her face and she goes, "Have you seen the side effects?" My son heard that, and when we walked out, he said, "I am never taking another anti-depressant ever again."

Tim Bowring: Yeah.

Anne Moss Rogers: And he kept his word. I mean, I feel like she nailed the first nail in his coffin. I'm like, "I'm finally seeing something that works"-

Tim Bowring: Something happened, yeah.

Anne Moss Rogers: The side effects that she was referring to were 10 times the dose he was at, and we were just kind of seeing what category might help it.

Tim Bowring: Right, right.

Anne Moss Rogers: I finally saw something working, and I felt like the rug was jerked out from under

Rogers: me.

Tim Bowring: Oh, so sad. Any last thoughts about this? I mean, what a journey. What an amazing thing you've done with this. What a memorial to your son.

Anne Moss
Rogers: I have really not a clear idea where it's going, and for the first time in my life, I'm okay with that.

Tim Bowring: Yeah. Yeah.

Anne Moss
Rogers: I'm letting it take me where it needs to go. Yeah.

Tim Bowring: Wherever it goes. Yeah. Right.

Anne Moss
Rogers: But I do have to start making more of a living at it.

Tim Bowring: Well, that sounds like there's an opportunity there. Well, we are about out of time, if you can believe that. It just ... it zooms by.

Anne Moss
Rogers: Flew by. I know.

Tim Bowring: I know it does. I should turn this into an hour. I want to thank our guest, Anne Moss Rogers, for speaking with us today. Since you have now been officially recognized as an interesting person-

Anne Moss
Rogers: Oh, yay!

Tim Bowring: ... yes, I am giving you a certificate that says, "Certified Interesting Person Award," and you can display that as you like.

Anne Moss
Rogers: On my blog. You know it'll be on my blog.

Tim Bowring: Some people crumple it up, throw it in a corner, display it that way. Others have it framed in gold frames, but anyway, thank you, Anne Moss Rogers, for coming in and talking about this incredibly difficult topic that still has incredible stigma, and for having the courage to move out front and say, "Okay, I'm going to be emotionally naked," and turn around, and half the world's buck naked right behind you. What a surprise.

Anne Moss
Rogers: What a surprise.

Tim Bowring: Yeah, really. All right. This is Tim Bowring, and thank you for tuning in to the Social Enterprise on WRIR, 97.3 FM. We hope to see you again on the radio in two weeks, on Friday at 11:30. Have a wonderful weekend.