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people, life, call, mental health, clinical depression, therapists, institute, jackie, person, referring, mood disorders, stress, jim, depressed, important, mental illness, women, ran, thinking, houston



00:06

The following program contains language or images of a frank or sensitive nature which may be considered objectionable by some listener discretion is it barn?



00:44

Oh yes, you've tuned into after hours queer radio with attitude right here on KPFT Houston 90.1 FM. The crew of after hours is ready to bring you news interviews, dialogue and music geared for gay, lesbian, bisexual and transgendered people and their friends. Hear it after hours. We may be diverse, but we have one thing in common. We are all out of the closet and urge everyone to come out of their closets. That means standing up for yourself taking responsibility for your own life and being proud of who you are. Realistically, we know not everyone can do that because of age job or frame of mind. That's okay, we're here for you too. So sit back, relax and enjoy this week's edition of after hours



02:09

Hello, Houston in College Station and welcome to the March 18 episode of after hours. I'm Jimmy your your producer for the evening. And a couple of things I want to do first Yeah. Sort of okay. No, that isn't it. I want to say hello to the tea man and to Ronald and to let's see some of my favorite people Gary the Gay Christian and Melody Melba and oh gosh and tonight we have jewel and Jim here in the studio. And they're just getting their headphones on. And and I can tell you about the music that I started out with. The first one I played was Marcus Hutchison from his new album right where I am and the name of that song was the promise that's brand new and just got it in this week and



03:26

a another one this one is up for a glamour award and that's going on right now.



03:32

All the glamour has I've been a judge for that. So that's kept me busy. That the group was called Sir and that cup was called my Marine. I thought that was kind of cool. And now Jim and jeweler here



03:51

lets me get into one yes you're on everybody's okay, we're on Okay, well got a full house tomorrow.



04:01

Are we ever ever do we ever



04:02

we always always enjoy people come down and visit with us? Yes, you bet. I've been okay I've been pretty good in my not having something something is amiss filling fill in fill in fill in right what was I saying? Something about well we have a full house and always full house there's a lot of electricity happens lot of things and interesting stuff happens so we all enjoy and we when we get phone calls we enjoy that too. We yeah we laugh and tear is going on in there I'm missing well, but



04:40

well no Bobby's here and with my weekly weekly missive from Buddha over a cafe a vino Buddha provides all the goodies out there. Oh,



04:52

you brought them while I was in here. That means last



04:57

I'm a gimpy delivery guy I can bring Did you know cookies whatever some more of those cinnamon hubcaps yes



05:10

I saw Jim out there have a fight with somebody over some big brown thing one night somebody said was a truffle it was as big as a softball and they were fighting over it. I want to know who's responsible for taking apart the chocolate covered Apple Well tell us where you bring us from



05:26

we have people who one likes the chocolate and the other likes the apple so



05:32

so so tell us where you bring those. Those Cafe a vino Cafe Cafe



05:38

Montrose next door to Phoenix cop comics right there near Fairview underneath rock



05:43

pile, right. Yes. And he makes every last one of those things himself.



05:47

Yes. Finally this week after months and months and months and I mean months and months and months. I finally met him.



05:54

Yeah, cool. They met. Okay, you got it. Now you got a friend who bakes he's cool. That's cool.



06:02

Okay, so So what have you been up to?



06:06

Well, you know, my big thing lately here you gotta love this since I haven't we have a guest in the studio studio here tonight we've got several several really but we have one that haven't seen in a long long time. And life has changed considerably since the last time I saw you. I bought a tractor



06:23

tractor to go along with trailer you



06:25

know I got all that lawn out there and you know and I was sitting there looking at you know, there's no way I'm pushing no more than an acre I think I got an acre and a half oh my god maybe an acre and a quarter but it's more than an acre and I'm just not pushing along. So and then I thought well why get just a small little rock lot more when I really want something I can work with in the garden when we get the garden going because that's something I've you know grew up with a garden and have always wanted to have another one but when you live you know in Montrose there's not a lot of room for garden now. There's a gardening club in town. Oh yeah. And we've done we've done many shows with them and past garden and



07:04

yard stuff in the ground like yesterday.



07:07

I wanted to this week but I didn't because I swore I was going to pour down rain and I didn't want me planting out and you know to feed him but I bought I bought a tractor and the tractor is something I can use with a lot of attachments. I bought a tiller so I can tell if the ground I'm really really intrigued. I'm gonna give me a straw hat I decided to give me a straw hat. Oh, right. But that's what I've done recently because you know that was you know, those things cost as much as a copper. Now that tells you how much I don't want to know that. Wow. Yeah, last week we were digging out posts because you know when we got to place it what used to be a farm so there's a fence line that goes right through our place and they left two thirds that fits in there. They cut the barbed wire off of the ends of it but they left it all there so we're digging the post up and cutting barbed wire making the kids you know whipping that snapping it with those kids carry that out. I just you know what I did I'm really upset with the company who came out and cleared land because they didn't take it away so yeah, I just drag it out to the next lot. Oh oh you mean clear that lot they'll feel that feeling behind it. Oh yeah, yeah.



08:21

Yeah, Joe is living proof that we are everywhere because you live like 40 miles outside of Houston



08:27

and we were Lobos tonight and bought two of those reflective strips and they're going on our mailbox post at front which I dug by myself Oh no, I'm in trouble now. Actually I had him and help us probably gonna be on his way in here to pick me up probably think she did most of it. Oh anyway, but we're gonna put them up on the so and as soon as we get set up a friend of mine that I used to work with gave me a huge five by three gay lesbian rainbow flag and as soon as I get set up where I'm comfortable on I've got security around my lot. I'm gonna raise I swear to God I'm gonna raise it out there people around the gun to know when you get the



09:09

razor wire up.



09:12

When I get my security



09:17

that's triggered by the killer emu crops



09:19

right man and at emu it was a female head baby. So now they're bugging us run around the dogs it was a man more than one email to do this. That's what I said somebody really wanted those emails. They're beautiful. And they're you know, they're pretty on the ground because the grounds are quite ugly actually. But that little ones are kind of sleeker and cooler. So it's pretty neat. So that's what I've been doing. Jim, what about you?



09:52

I haven't been doing much anything.



09:56

Really work in doing massage? Yeah,



09:59

doing it. It won't keep you busy out there. Oh, yeah arts door right. Oh,



10:05

yeah. Over it all sexes art.



10:07

I keep telling him to call me when he gets out there we have lunch. Plus



10:12

last season massage therapist. That's right. Damn good one.



10:15

It was lose up for that one time. You know I've thought about that 1000 times here. I know somebody's in love. Somebody adored somebody. As much as I love and adore and respect this man. I could never ever



10:32

I couldn't do it. I didn't. It's like it was like being naked with your brother. I couldn't.



10:41

That's right, because you and Jim have cruised women before you know we have



10:44

lost his wife. That was a long time. Everybody cruised her.



10:54

I know after we got divorced, everybody was after her. Oh my God. Is that the only reason they were talking to me?



11:08

Or thing.



11:09

Gosh, so we've got guests. Yes, we do. Sitting right there next to the Jackie's



11:15

Jackie Jackie square, right like Jim squares like Jim's Jackie Reynolds and Jackie Galera. Right. Exactly. Okay. Are with the keys of Hope Life Institute? You know, that's something I have not heard of before. Is it new? Or am I just in my ignorance again? No, you're not?



11:39

No, no, that's not the one.



11:42

Share? Give me a live one here,



11:44

baby. And the microphone



11:47

keys of Hope Life Institute that sounds like like, like the Jungian Institute. Is it something like that?



11:54

Well, we do. We started out in 98. And we decided to form this organization, because we had had problems with ourselves dealing with mental health, and getting help. A lot of the doors that we went to knock on were closed, you were either not indigent enough or too professional, to articulate. And so what we found is a need for getting some help for women, especially dealing with mood disorders, which is, you know, clinical depression and bipolar illness, and being a resource to help open some of the doors that are usually closed, or people are afraid to go and get help. So we deal a lot with the stigma as well. What



12:39

does mood disorder look like? If you have a friend? And good question I look like I mean, maybe I'm maybe I have one? I don't know.



12:47

There you go. That's one of the biggest questions, you can't look in a mirror and try and find it. Usually, what people associate with mental illness and mood disorders are someone who has killed themselves, or someone who's running around naked across the freeway or shooting people or blowing people up. These are the associations that we found really keep people from getting help, because, you know, mostly people don't want to go well, I'm not one of those people, you know, and I might be having problems. But you know, I don't really need that kind of help, because I'm not crazy.



12:47



13:22

Well, what would give someone the idea that they might have a mood disorder need to seek that kind of the keys of Hope Life Institute?



13:31

Well, if you're going through some tough times stress, just everyday lifestyles,



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we have stress every day, what is what would it be that they would be doing? How would they be responding differently than someone who wasn't having the mood disorder.



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Doing a lot of time, avoiding, such as not answering your phones, not answering your mail, don't have the energy to participate, doing the different things that you usually that you did, you'd like to have done before start withdrawing from exactly and you you only do the minimum that you can possibly do to get by you stop taking that great sense of life and appreciating the light. And you just start you really just don't have the energy to keep going forward in as energetic as you have been until you start noticing just tapering off from from the things you used to do and the caring if things start looking not as pretty as it used to.



14:39

So maybe might be more depressed than normal.



14:43

Yes, it is not something that somebody can say, Hey, come on, let's go to the movies. And then everything is wonderful. Again, it's alone in it stays on you. It's not something that just go away.



14:55

And so you guys recognize this in your personal lives or in lives. round you



15:00

exactly. And all the above. But especially personally, this was something that I had experienced with in the early 90s. And I had no idea what was going on my whole world just turned up. I was working for no law company, and, and I was going to work been working there for 14 years or so. And all of a sudden, this stuff started happening to me. And I had no idea what was going

on. I sought out help and stuff. And as was stated earlier, the doors just wouldn't open for me. People couldn't understand why I couldn't just get up and keep going on with the life I have been going on with all these



15:46

years, been given to understand that a lot of people see the people in this state. And they began to withdraw from those people because they appeared lazy, and like they're not doing it for themselves. And people tend to pull away from that. So it just compounds the problem.



16:01

Exactly. And what we try to tell people, it's not a character flaw that this happened. It's like any other disease, it is physical, it's emotional, it's biological. And it's not something that is just, you lazy, and you don't want to work. And a lot of times, even the professional people in the field would say those kinds of things. And it's not true. I think it's the last thing someone wants to do is lay up in bed all day, you know, an ache Exactly. And so it's not that and what we try to get people to do now what we're trying to do is get people to understand this is not true. And it's important for us to take care of ourselves, because we're trying to show that it's progressive. It's not something that just falls on us. And if we start noticing the dedication, exactly, we can really do something with it. And I asked her because



16:59

I was gonna Depression, depression, like this mood disorders and things like this needed medication for success.



17:07

Well, that's true, too. So some of you go when you get diagnosed, diagnosed, some of it calls for medication, and then sometimes you're not severe where you don't need it. But um, you want to have a professional to let you know if or if not,



17:32

yeah, mental health is where you start the top and then work your way down. Yeah, believe works in the mental health field. You start from the top and work your way out of that street first. What do you guys have put together? I have no idea and Institute could be an idea webpage or an actual building with people sitting in it. So what is it to you guys here? It's winging ways and hope Life Institute.



18:00

Well, we, we figured what we were doing was not only getting getting the word out and helping

people, but educating the community as well. So that's where we came up with the Institute part. Jackie was kind enough to turn half of her house and to the organization. We knew we were starting with something new, we knew we didn't want a lot of overhead, we didn't want to get into some of the other organizations that are already large and established because we have some different philosophies and those larger organizations and so our ethics were more important. So we kind of pooled our own funds together and utilize half of her home to get started. We do have a webpage, the addresses www. Keys of hope life in INS t.org. And that's we've been developing that as well. We're going to repeat that Sure. W W W. K EY, s, O F, H O P e



19:05

i n s t.or.to. Think about that. We get long. We call it colo for short. It makes it a lot



19:13

easier. When I ran into you at the parking lot. We were discussing this and one of the things we were brought up we brought up is that we both noticed that a lot of gay and lesbian people maybe get burnout and withdraw. And maybe this is this is part of it. Some clinical depression.



19:35

Exactly. Especially with with issues that we're dealing with, with our self esteem with discovering ourselves with trying to figure out that we are okay and this social element that's giving us all these other signals that we're not as we know, the suicide rate is very high for teenagers going through their sexual identity. And even you know, just trying to figure out that you know, you're not some kind condemnation from God or God's joke, you know, which was something that I went through myself. So it's



20:06

really important. Suppose I show up at Jackie's house and I say, I need some help, what what can I get? Jackie,



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we will handle that, right?



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We would sit down and we would talk, we have an intake, we would sit down and talk and see exactly what's going on and what you need. And from there, we will try to utilize any information and referrals that we have to help you, what we try to do is anything possible to

keep you on your feet from going down into this dark pit. And we must say just because someone is stressing out and stuff, it doesn't mean they have clinical depression, right thing, right? That's just



20:42

one mood disorders, many disorders, expression is just one



20:46

exactly. And the thing is, is that that will be made by a professional person, you don't just go and say I have this clinical depression, or I'm doing this and that. And so I'm clinically depressed, you know, that will be done by a professional person, and want to make sure that's clear. But anything you come in with, if it's for us to help refer you to a therapist or whatever, that's what we'll do, we'll find someone that we feel that will meet your needs and stuff. If you need some type of relaxation, we try to create some different things to help you do that, if you need a letter written because it's stressing you out to address those type issues, will do that for you. So whatever you need, what we're trying to do is get people to understand that their life, it's important, it's important, not only to them, but to us, I mean, because each person is a gift, and we want each other to appreciate. It's



21:47

like a peer support group. It could be with, with the information and referrals that you have on the new awful also offer, you know, support and other ways because writing a letter now, that's a lot of, you know, that's something when somebody is really in a bad way that they need somebody write a letter, and and to have to have it, you know, what do you do so having somebody there.



22:12

And the thing is, is that, from my personal experience, I was so alone, there was no one. And although I had family here in the city, they were not we were not close enough, or we didn't have that kind of connection that they would actually intervene. So I was so alone myself. And we came out with the idea that we don't want anyone else to be alone like that. We have had people that we know that. When they get like, when they get depressed or stressed out, or when they started to shut down. They don't reach out. And because they can't, they don't feel safe reaching out. And so so many different things happen, you end up losing your job, you lose your home, you lose everything, and then you're out on the street. And what we're saying is that, how can we prevent these things, although you might not be able to pay that bill or whatever, we can call those people we can connect with. And we can see what we can work out to let them know what's going on. But it's for us to start being more sensitive to what we're doing in this life, how we're doing it, and where we want to go. And the bottom line is for us to have a healthy life. And through that we go to the dentist, we go to the doctor, we must do our mental health,



23:30

we get such a stigma mental health, you know, people terrified of, you know, considering because you know, their picture of mental health problems is, you know, what's his name from psycho, you know, that somebody needs mental health problems. And it's not like that, you know, mental health problems don't mean that you're gonna be the next head bhakti it just means that, you know, you're having difficulty squaring all the information you have into. It's like when I tell people it's like defragging your computer, it rearranged you get when you get help you start rearranging things, so you better handled the situations. Exactly. Well.



24:02

My mother had mental illness all of her life. And at that time, we're talking about the 50s and the 60s. It wasn't it there were still people who like had relatives that they had up in the attic they



24:18

Oh yeah, that's not that's not a saying



24:23

that happened and their whole life yeah, she was in she was in several and



24:31

and so what we're hoping to do here is to have it so this don't happen anymore. And that if you need help, even what was so a way awakening for me, what was an awakening for me was to know that this one guy was going to therapy for his golf game. You know, I know it's like, wow, he can go for golf, but I probably need to go for something else. And it's like it's okay to do these things. When we thinking that we have to be crazy, and it's not true. You don't Have to be there's a



25:00

self awakening that happens when you get into a situation where you're learning more about the things inside you. And people tend to underrate that. But when it happens to you, there's such a light goes off in your head, you feel like a whole new person, and you and the world opens up in a different line than you saw before the dark and dreary this way. And suddenly it does look rosier. Yeah,



25:23

I think we do need to have hope. And as busy as we are today, we have to stop to think that

I think we do need to have hope. And as busy as we are today, we have to stop to think that we're more important to keep a check on what we're doing, and how we obtain one. I think it's so important for us to do that. And

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I was in therapy for a while. And

25:43

yes, you tell me that. Yeah.

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Well, you know, at one point, the the guy said, you know, I think you're sufficiently depressed. And I said, Well, you know, gee, thank you. But you know, I was on meds for a while. And I, you know, I just expected the next day that the grass would be greener, and the birds would sing sweeter, and all that. And it didn't, didn't happen. And so it was like this huge, it's like this brick on my chest constantly, just this weight, just just hangs there. And then no matter what, you know, and he just kept saying set small, achievable goals.

26:21

And your problem is that you needed a second opinion.

26:25

And it's like with every single effort, there, everything I did took three times more effort than it should. It's like even, you know, this small, achievable goal thing just seems impossible.

26:37

I'll remind everybody that the people that help people in these situations are just people, and you need to pay attention to who you're going to. And that's why this is a valuable service, because you guys know who you're referring them to. Because I've been around out there in the mental health field and seen some real nuts, running the party.

26:58

Real nuts that is.

27:01

So you need to be careful who you go to, because some of these people can do more harm than good. And so you guys got a list of suggestions in town. And,

27:11

exactly. And what we have to understand about medication and therapy is that they work good together in different instances. But nothing is a miracle, nothing is overnight. And that's what when we start thinking about the different medications. That's what we start thinking, like, if I just popped this Prozac pill, tomorrow, I'm gonna be happy. And that's not true, it really is. There's still different things and we have to live with and understand what's going on. If those stressors are still there, and we haven't dealt with them, those stresses are still there. And I don't care how many pills you take,

27:50

you know how many therapists you go to, if you don't do the work, you know, you can sit and listen to a therapist, I was gonna tell you didn't go long enough, you said for a short while. And if you didn't get the results you want, and you should have moved to another person. Because it's just like, you know, water burger doesn't do the same thing. And neither do therapists, and psychologists and people that help you have to really pay attention. That's why Places like this are, are invaluable, because you guys know who you're referring, and they, you know, you wouldn't be referring anyone who had was in it. And

28:22

I can't tell you exactly when this weight lifted. I know it did. At some point, I don't know, you know, I can't tell you an exact day. But you know, at some point, life did get much better. But boy, it was really awful. For me.

28:39

I think we all have those kinds of depressions during our periodically during life. It's just our learning the coping skills to deal with them through the end. And what we have with mood disorders is the mood disorder disrupts that coping skill so that you're not coping with it, which just makes it into this downward spiral from there. Exactly. Wow.

28:58

And that's one of the things that we really want people to be aware of with mental health is that it is a continuum. It you don't just wake up and not be able to move. There were a lot of little pebbles that led to the avalanche. And what we feel like is if we can really push prevention, if we can get people comfortable with taking care of their mental health, way before the traumatic incidents happen, we can cut off a lot of the need for strong medications

for long term intensive care, hospitalizations, losses of family of marriages or partnerships of lives. All these things can begin way before even the hospitalizations and if we just get friendly with embracing our mental health, that we could cut off a lot of personal and physical loss.



29:48

And we also encourage the people who are offering this service such as the therapists because they are only people to and so they need to be get in there. Mental health check on physicians and stuff are lawyers or doctors. There are a lot of us out here with mental illness, and who are professional people. And so we have to understand that and it's like, it's for all of us to be informed and educated enough to not just put someone on a hot horse and say, This person can't get there. Because we have the slogan, if you have a brain, you're at risk. And so none of us are so that it couldn't happen to us. And you never know. I mean, you never know. Just like, with cancer, whatever you don't know, tomorrow, you go to the doctor when he or she tells you that you have some type of cancer. It's the same thing with mental illness. I mean, you well, how



30:48

do you tell the difference between say, you know, depression, and just blah, you know, just don't feel demanding?



30:55

Because in a few days, or like I said, if a friend of so call you over and say, Hey, let's, let's go out, and let's go to the movies, you know, and you go, and you have fun, and you laugh and all that kind of stuff. And like, well, I feel better. Well, that was just being blah. But being depressed is like, you can't pull it personnel. They just don't I mean,



31:16

they probably won't even go to the movies. They won't go to the



31:20

answer didn't do or nor the phone calls or anything else. I mean, they really just started in a slow, but you see, it happens, it happens. It's a slow process, but it happens. And he started just withdrawing.



31:33

So how do people get a hold of you? And I've got a couple other questions. It's like, the name of your group, and makes it sound like there's some spirituality going on here.



31:45

Definitely, you know, we're very holistic in Art Education and talking to people because we're not one or two dimensional beings. I mean, we are we do consist of, of a multiple, multiple characteristics, you know, we're mind body and soul, everything has to function together. And so we do emphasize that people, you know, take care of their, their balance of their lives, and whatever that spiritual element may mean to them, it's, it's important to include it all. To get in touch with us our phone numbers, 713-738-2123. And we're there like, forever. We live there.



32:27

Okay, and, and if you're a business,



32:32

the hours are from 10 to four. Okay. And, and we do ask for appointments. That's how we pretty much schedule, we believe in the strictest of confidence, confidentiality. So we have people to to schedule by appointments. And that's, that's pretty much the way we



32:53

work. But then there's a charge for this.



32:57

There's a fee, but we don't that's one of our



33:05

major principles. Really.



33:06

I mean, we really stress it, because sometimes you're in a place that you don't have funds. And if you don't have it, don't hesitate not to come because you don't come we'll do what we have to do. Because we want people to be healthy, and want people to get their needs met. So don't don't let not having a dime bother you. I mean,



33:29

I was just thinking, What would people out there be thinking, you know, gosh, you got this business? And, you know, how much is it going to cost me? And what if I don't have money?

sliding scale? Right?



33:39

Exactly. And we have all that in the therapists and stuff in different places. And we're usually do stuff on sliding scales and stuff. But don't get help, because you don't have money. We somehow another work some stuff out,



33:55

you know, when I would think that in many, many cases that you would probably be enough just just for someone who reaches out and says, I need help. And that kind of opens the floodgates. I'll bet lots of times.



34:09

Yes, exactly. Exactly. We've had



34:13

a few people who just like to drop by to get their relaxation from the day, they'll call us up once a month or so and go Can I drop by for an hour. And what the reason why we emphasize the appointments is because we really take a lot of pride in paying a lot of attention to the person who comes in because we want this person to feel nurtured and taken care of we try and take the Disney approach on when you cross the threshold, you enter a new world, you know, and you leave everything outside good. And so it's it's really an experience that we try to give people so that when they go back out there, they're changed. They're different and to give them that hope. And that's part of where the name keys of Hope came from. because we wanted to give people hope, where they feel feel like they're losing it or have lost it.



35:07

Well, it says here that you work with women living with mood disorders and fighting stigma of mental illness. Are you strictly gearing for women? Or is this trying to reach gay women? Or just all women? Or one of us guys sitting out there tonight? He has no options, is he going to be able to call you I mean, is that burly voice?



35:28

No, the thing is, is that it is for women, that's our population. But in in our bylaws and articles, we did state that we would not turn anyone down. So we would ask the guy, what's going on what's needed, and we would try to refer him to so



35:51

basically, you've just pared down most of your references to things that are more in women oriented, like you will know, probably, you know, people who work with special women's issues. Now, lord knows that a lot of men out there listening, have no idea what those are. But there are special women issues. And so the people you work with or have an understanding that they're going to be working mostly with women.



36:17

That's That's true. But like in the instance that we've had men call in, we've made a point of finding male therapists that will accommodate their issue. So again, we never just, you know, do like what we've experienced with other places. Sorry, we don't serve you. Here's a list of numbers. Good luck. You know, we try and intervene with everyone who calls so if



36:40

so, do these people that you're working with? Are some of them part of the Montrose Counseling Center?



36:46

We have. Now that I don't I don't have we have anybody from the Counseling Center yet?



36:52

No, that's okay. That's okay. Because I think they're a bit anyway.



36:57

I would have referred some people, a couple of people there, but we we have referred a couple of people there. That's, that's about that. But



37:10

usually, it's individual therapy about reason I



37:12

was asking because, you know, if I went to see a therapist, I'd want somebody who would work with lesbians. Well, specifically, not just saying not by itself, that's the only thing but had specifically worked with lesbians, and was totally comfortable with that. And



37:26

that would be the thing if you came in and you said that then we were finding someone for that that



37:31

sector in our show



37:33

you guys do the research after you get the problem? Well, we've done



37:37

on our, on our referral network, whenever we meet therapists and come across people. We have a a, an information and interview form that they fill out. And one of the questions involves, are you comfortable working with diverse populations? Because we want to know exactly, you know where this person stands, you know, if they have, you know, any, anything that would make client uncovering? We don't even want to go there. So I Okay, thank you very much, you know, and because we do a lot of the legwork that



38:06

someone's gonna say that's the legwork I was talking about a while ago is if you're not getting success, give somewhere else you need to this way you would have done the legwork for Well, great. This is wonderful keys of Hope Life Institute, can you tell me the phone number again?



38:19

713-738-2123.



38:23

And let me try that www thing www.ke YSOFHOPELIFEIST dot o RG thank you so much. That's it. That's how you can get a hold of him? Well, we really appreciate you coming down and you know, don't make this the last time. You know, we're always you know, after hours is always you know, reaching out and trying to tell people that this would be a good place to, you know, talk about this stuff. I don't know, I tease people say you know, only 300 People listen, but I know there are a lot of 300 But you know, I know there are a lot more we reach a lot of people because I get to people listening Yeah, because I get to you know, people stopped me telling me that they were listening and you know, and I think they were they were listening to my pill that night. I mean, you know they hate



39:14

you more than eight now you start getting scared



39:19

Well, no, it's one of those things I ran into Jackie in the parking lot that Louis and she asked what she was doing she told me I said come on. Cool. Saturday night Come on the show. Welcome the



39:30

invitation. You bet



39:31

cool for sure. Well, don't don't appreciate it. Don't wait for an invitation next time just drop on by especially if you're going to be doing some outreach things where you want to let people know about it. I mean, I did note that you talked earlier about doing some publicity or something I don't remember maybe one publicity you said some kind of outreach you're talking about community what can you tell me what you know where we might see you or, or run you know, where else would someone hear about you? Well,



40:00

We have a few things coming up we have a vigil which we we've been having last year so that's a no