

[THEME MUSIC]

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- "The Good Homosexual" by James Carroll Pickett. The good homosexual accommodates himself, checks fantasies, behaves properly, purchases good taste, practices impeccable hygiene, begs respect from oppressors.

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

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

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

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

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

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

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

- That's right, ma, you had it easy. You lost your husband in a nice clean hospital. You know how I lost mine? I lost mine on the street. That's right. They killed him on the street! 27-years-old laying dead on a street, killed by a bunch of kids with baseball bats. That's right, ma, killed by children. Children taught by people like you because everybody knows that queers don't matter, queers don't love. And those that do deserve what they get!

[MUSIC PLAYING]

- Gay rights.
- When do we want it?
- Now.

- What do we want?
- Gay rights.
- When do we want it?
- Now.
- What do we want?
- Gay rights.
- When do we want it?
- Now.
- What do we want?
- Gay rights.
- When do we want it?
- Now.
- What do we want?
- Gay rights.
- When do we want it?
- Now.
- What do we want?
- Gay rights.

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

[CHATTER]

- When do we want it?
- Now.
- What do we want?
- Gay rights.
- When do we want it?
- Now.
- Good afternoon, and welcome to the National March on Washington DC for gay and lesbian rights and choral reciting.

[APPLAUSE]

Let's hear it out there.

[CHEERING]

I'm Lea DeLaria.

- I'm Bruce Hopkins.

- I'm a dyke.

- I'm a faggot.

- And we're best friends.

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

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

- 500,000 strong.

[CHEERING]

Look at you. 500,000 strong.

[CHEERING]

500,000 strong.

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

- One of the largest marches in United States history.

[CHEERING]

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

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

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

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

- Yes.

- Come on out. Join us. Bring your friends. What do you think about the turnout so far?

- Well, it's never enough, never enough. Never enough.

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

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

[CHEERING]

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

[CHEERING]

- What do we want?

- Gay rights.

[CHEERING]

- What do we want?

- Gay rights.

- When do we want it?

[CHEERING]

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

[CHEERING]

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

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- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

- When do we want it?

- Now.

- What do we want?

- Gay rights.

- When do we want it?

- Now.

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

[CHEERING]

[MUSIC PLAYING]

- OK.

- Hello.

- Hello, darling.

- How are you?

- Oh, let's get this over with so I can go home.

- Why?

- Because next week I'm not going to be here.

- I heard a rumor about that.

- So the sooner we get through this, the sooner I can get the hell out of here.

- And that doesn't make sense--

- I'm taking a weekend off.

- --you still have a week to work and stuff like that.

- Oh, you mean at the police department--

- Yeah.

- --that's not work, that's entertainment. No.

[LAUGHTER]

- She's the company queer down at HPD.

- Yeah, well, we don't want to talk about that.

- Oh, OK. I don't want to talk about marathon either.

- Well, it's over and we're glad for all those people who did pledge. And please send in those pledge payments.

- It's very important that you understand that we operate on money from people like you, and we need it every day. So just because marathon's over, I guess you could still call and make the pledge.

- Oh yeah.

- Could you?

- Sure.

- Because we take cash donations and we'll be taking them for the next, well--

- 100 years.

- God, I hope I don't have to come here for 100 Saturday nights. This is *After Hours* going into our fifth count on 1, 2, 3 4, our fourth anniversary. So now we're into our fifth year of radio celebrating live from the heart of Montrose. If that's it, why am I so tired then?

- You were born that way, darling.

- Oh, that's-- hello is-- no I'm not going to say. That's not nice.

- I know. I take that back.

- Anyway, it's going to be fun. We've got some great stuff for you because we're going to continue celebrating our anniversary in the month of September. And we're going to be putting together those *After Hours* packages that we're going to be giving away to you. We've got a big box. A big box stuffed with things like Harvey Milk videos and CDs and cassettes and books, and all kinds of things.

- Gosh.

- Yeah. And movie tickets. All kinds of wonderful things that we're going to be giving away next year as part of our anniversary celebration.

- Hey, hey, hey.

- And if you stay tuned, we'll tell you how to win. Also in the next year, we're going to have great guests as we've always had, including--

- Unbelievable guests, yes indeed. Like we have tonight. Queer Nation is going to be on in a couple of weeks. As a matter of fact, HATCH is-- isn't this great news? HATCH is reforming.

- Uh-oh.

- Houston Area Teen Coalition on Homosexuality.

- Yes, indeed, they're coming back. And I've also got a call from a young man who is interested in forming a new group--

- It's all right, you can turn that off.

- --for teens. That's OK.

- Yeah, a new group for who?

- For teens, gay and lesbian teens.

- Mm-hmm. Well, there are no gay and lesbian teenagers.

- Why?

- If there were, HISD would like educate them so that they wouldn't have to grow up--

- Oh that's right, yeah.

- --grow up and spend hours in therapy. If you'd like to spend hours in therapy, though--

- We've got the people for you, yes indeed.

- No, I'm just kidding. I'm not kidding. The Montrose Counseling Center is going to be here this morning to talk to us about-- I don't know what, but we'll figure it out in a minute.

And *This Way Out* with Greg Gordon and Lucia Chappelle will return this morning since we don't have the-- what was that? Marathon.

- We had marathon, so pick up, yeah.

- But instead of listening to *This Way Out* like now, we're going to put it back on in the original time slot that we had it on before we moved it. That doesn't make any sense, does it? Which is at 1:30.

- Well, yes.

- So from 1:30 until the bar is closed, you can listen to *This Way Out*.

- And we may just kind of move it around from week to week just to fool you!

- Just to fool you, kids!
- Ha, ha. So you have to listen to all 4 hours.
- Anyway, what are you going to do next week because I'm going to go out of town?
- Well, Mike Leone is going to be here to help engineer. Well, actually do all the engineering, and I know you're glad about that.
- I just want to make sure that he checks all the records you play.
- Oh. Yes. Yes, yes. No. Well--
- Is there going to be any like superstars or?
- We were having James McKinney.
- Who's that?
- He is a board member of the Montrose Activity Center, and he's going to talk-- there's some board openings coming up and they're going to have a--
- Well, maybe they're glad I'm going to be out of town.
- Yes. Well, you see, the old president seems to be stepping down, so.
- Oh really? Who's that?
- Whoever the old president was.
- Oh you don't-- I don't know either, sorry.
- So.
- Well, the Montrose Activity Center has been struggling to try to get money for a building because there is no building. And they do a lot of wonderful things like umbrella groups--
- You bet.
- --such as the Gay and Lesbian Pride Week festivities, they umbrella the NAMES Project, and help us get all that stuff going. And they help a lot of new groups get started, so.
- In fact, that's how James got involved because he was a guest a year or so ago for the NAMES Project.
- Oh really?
- Yes.
- Well, we need to get them a building because we need to have a Montrose Activity Center that we can get into.
- Yes. In fact, I'm going to probably put him on the carpet next week because we have a library that-- did you know that? We have a library in Houston, Gay and Lesbian library?
- No. Down in Montrose?

- Like 10,000 volumes. No, not that one. That's the public library.
- Oh you mean the gay and lesbian library.
- Gay and lesbian library.
- Which is now being housed at the MCC somewhere?
- Right. And there's a great fear that they may soon be without a home. So I may put James on the carpet about does Mark intend on taking--
- Well let's play a song.
- --those people aboard.
- And then we'll be back with the Montrose Counseling Center in just a minute. Here's what I wanted to say. What?
- There's so much exciting stuff at the Counseling Center, I was--
- Well, we'll talk about later.
- --talking to our guests earlier.
- Yeah. Be quiet, Mary so that we can--
- No, I can't be quiet, you know me.
- --get on with this show.
- Oh.
- Here's our line.
- Where?
- We're queer.

[MUSIC PLAYING]

- *After Hours*, every Saturday night at midnight right here on KPFT Houston, 90.1 FM.

[MUSIC PLAYING]

- And Louise?
- Yes.
- If all the tunes that are in that promo, that's what's going to get you the basket full of goodies.
- Oh. All of those, that Harvey Milk tapes and cassettes and books and stuff that we're going to be giving away every month next year?

- Yep. So that's all you got to do is figure those out. And we'll play them all between now and the end of the year, so.
- So you got to know the tunes and who sings them and--
- What we're going to do is ask you to send us a list of the songs on a postcard.
- Yeah.
- Or a letter.
- Three about 5 postcard.
- Yeah, with the order of the song, the artist that sings them, the title of each one.
- Oh OK.
- And they have to be in the correct order. And all the ones that come in that are in the correct order, we'll put them in a big pot. And each Saturday just before we go on the air, we'll let Richard or somebody out there in the lobby pick a winner.
- Oh OK.
- So your chances of winning are just as good as anyone else.
- Sure. All you have to do--
- We were going to do that or we were going to ask people to write us and tell us why they thought they should be the winner.
- Oh I know but that's so subjective.
- I know. And we can't get these queens to do much of anything, so just sending in their name and address. We'll make them work for this though. Because listening to this show, kids, is like being on a roller coaster.
- Is it ever.

[MUSIC PLAYING]

- Oops.
- What?
- This song has got two things that I like in it, Romanovsky and Phillips and Mickey Mouse.
- Mickey Mouse?
- Yeah, and after this we'll talk to the Counseling Center, you'll figure out why.
- OK.
- Listen. You ready?
- Yeah.

[MUSIC PLAYING]

- Oh yes. Romanovsky and Phillips, and they're coming to Houston sometime soon. I don't know when but they'll be here.

- Really?

- Yeah, next year sometime. Surely they will be, won't they?

- Oh I thought you knew something I didn't.

- No, I don't know anything you don't, girl. That's the problem.

[MUSIC PLAYING]

Bum, bum, bum, bum. Hang on a minute, we'll be back in a minute. *After Hours* on KPFT. We're here.

- And we're queer.

- Yeah.

[THEME MUSIC]

[MUSIC PLAYING]

- This is music from my old show, *Tranquility Base*.

- Oh, I remember that show. That was great, I liked it.

- Mark Swaniker. Thank god, I don't have to do that anymore.

- Oh it was fun.

- Radio is always fun but it's not any fun when you don't get paid, when you have to be here like week after week. Girl, it's like too much and you got to be here on Saturdays, and then be here on Monday night, something had to give up.

- I hope you--

- And you wouldn't let me give up this.

- No, and I never will.

- Anyway, I like this particular album and I play it a lot because it's got a pretty man on the cover--

- Sure, it does.

- --that's got a pretty picture. But the name of the CD is called *Perfectly Human*. And you get so much music here that so many record companies send us stuff and say play this play, that play this.

- Oh yeah.

- You see this and you go *Perfectly Human*, hmm, maybe that's going to be good, and it is good. Because that's exactly what we are. And every once in a while, you need help getting through what this thing is called life, is that right?

- Oh you bet.

- And people handle things different ways. And unfortunately for a lot of us as gay and lesbian people, we're not given role models and we're not given textbooks in high schools and junior high schools that tell you that it's OK to be gay.

- And sometimes even with our own peers, we don't get a lot of support.

- So we don't get a lot of support most of the times, well, not all the time. Some parents are very supportive but parents like mine--

- Or mine.

- --are not. And so we get tossed out by them, and then we get tossed out by the church. And all this tossing out does a lot of emotional damage, and you wind up doing an *After Hours* show.

[LAUGHTER]

- Or worse.

- It's real funny. Last week Jay Lee said the show really feeds off your depression. And I guess it does because this show is just like what's going on in our lives, I guess, as we go through the gay and lesbian community. How that affects us.

- It's a microcosm I think of our emotions on a weekly basis because we laugh and we camp and we get serious and we cry all in 4 hours.

- And we get angry about things that we don't understand.

- Yeah.

- And we'll be talking about a lot of things we don't understand later on in the show. But right now we want to talk about, how do you deal with feelings when you get so wound up, I guess, that there's no other place to go? And sometimes you have to go someplace and ask for help, right?

- If you call the Gay and Lesbian Switchboard and said, gosh, I don't know what to do and I really need somebody to talk to and more than we could do, our first response would be, have you tried the Montrose Counseling Center?

- Oh, speaking of the Counseling Center--

- And they would say, well, why? And I'd say, well, it's a bunch of professionals and they deal with gay and lesbian clients.

- And someone from the Counseling Center is with us this morning who happens to be an old friend of the show.

- Sure.

- You've been here for other things, right?

- Yeah.

- What have you been here for?

- I have been here once before for the Counseling Center.

- Oh really?

- I've been here for the Switchboard, for the Gay and Lesbian Switchboard.
- See that's how my brain dead, I can't remember the last four weeks, let alone the last four years. Anyway--
- And we have--
- Ken, what do you do for the Switchboard?
- I'm a staff--
- Oh for the Counseling Center, I'm sorry.
- For the Counseling Center.
- That was last week, the Switchboard.
- Yeah, yeah.
- I see.
- Yeah, this week Counseling Center. I'm a staff therapist there. I've been on staff there since January. I've been working there. I was there as a student intern for nine months before that.
- Can you give us any idea of the history of the Counseling Center without putting you on the spot? Do you know anything about how long it's been around or?
- I can tell you it's been around since about '78. So it's been around a good 12, 13 years now.
- Gosh, I didn't know that.
- Been around a long time.
- It's been around a long time.
- Uh-huh.
- And they have-- I'm sorry, go ahead.
- I'm just going to say it was founded in a huge part by a man by the name of Bill Scott who's still real active in our community. And I couldn't tell you whole lot more about it except that it's ever-growing, ever expanding.
- And it also-- what's unique about the Counseling Center is that a lot of the clients, a lot of the people who use the center are people who don't have a lot of money coming in. And it operates on a sliding scale.
- Absolutely. One of our real firm mission statements is that were out there for people who maybe can't afford any other place. And that's really an important part of what we do. So we do have a sliding scale based on income.
- That sounds good.
- Mm-hmm, it is good.
- So why would anybody want to go to the Counseling Center?

- Why would anyone want to go to the Counseling Center?

- If you've been listening to the last shows for the last four years, you don't want to know. What do we need help? Why do we need help sometimes?

- I think a lot of times we go through life and end up dealing with a lot of problems sometimes because of homophobia in society, which may be comes out from our parents or our coworkers or peers like y'all were saying before.

So a lot of people have found they've been through real abusive situations growing up or in relationships they're in now or they're having problems with alcohol or drugs, and all those things are really good reasons to come to the Counseling Center.

- Well, that's right. What I hear from gay and lesbian people is, oh, I want to be in love and have a lover, and that would make me happy and that's the end of the world. But sometimes these people get into not so good relationships with abusive--

- Wait a minute, don't say these people, say we because it's us, Mary.

- Well, we, yes. In abusive relationships or other types of things. So just running out and finding a lover may not be the answer.

- And I think being able to come to a place that is real gay and lesbian positive and affirmative of them.

- That's very important too because it's not just gay people who are mentally like screwed up, the whole world is like-- if you don't believe me, just look at the White House. I mean, they have got some serious mental problems in there or the Congress or the Supreme Court.

But seriously, as gay and lesbian people, I don't think we have a chance to nurture ourselves as children because we're taught to hide our feelings. Just as gay men, as a man, you're not supposed to cry, you're not supposed to feel this. So we've got all of society's usual stuff plus the fears of growing up gay piled on top of us.

- Right. Right, I mean, the word you use, child, I think is really good when a lot of times we do a lot of work that's called inner child work where all of us still have that little boy inside of us or that little girl inside of us. And we're still dealing with the way that little boy didn't get the affirmation and the love about being gay or whatever stuff they were going through that we all need. And if we didn't get those needs met back then, we're going to have to meet them now somehow.

- OK, so the Montrose Counseling Center is you go there and you talk to a person one-on-one?

- Uh-huh. Yeah, it's--

- Is that all?

- Actually, there's a bunch of different ways. We have several different programs that I'm here to talk about tonight. What I thought I'd talk about mostly is the Men's programming since I'm a man and I happen to be here and I work there, and it seemed to all fit somehow.

One of the things that if someone just sort of wants to get their feet wet and just look over things, there is a group we have that's called the Men's Network that meets the first and third Wednesdays-- I thought I'd get that one right-- of the month from 7:00 to 8:30. It's not a therapy group, it's an alternative meeting place for gay and bisexual men.

It's a social group, a networking group where we bring in speakers who come on and talk about anything from dating and relationships to wellness to documenting relationships within the law. We've had lawyers come and talk about that. We've had them come and talk about all sorts of different issues.

Coming up in October, we're going to have one come and talk about gay male survivors of sexual abuse. So the topics really range. And they can just come in and listen and meet some other gay men and bisexual men.

- What's that topic again?

- Which topic?

- The one that's coming up in October?

- The one that's coming up is going to be on-- if I could find the right cheat here, it's going to be on October 2. It's going to be on Gay Male Survivors of Sexual Abuse.

- Gosh. Well, you don't hear a lot about male sexual abuse as opposed to the female talk.

- You talk about being in a closet and there's a whole other issue that's really closeted. I mean, as men you hear about men being the aggressors or the perpetrators but you don't hear about men being the survivors and the victims. And that's something we need to be able to talk about.

- Well, you bet.

- Yeah. Very, very strongly.

- OK, there's another Men's Network in town.

- Yeah.

- What's the difference?

- And I can't speak an awful lot about that group because I'm not connected with them.

- That's the one that Baring, right?

- Yeah. And that's a social group run by peers as a social group for men. Our difference is this is an official arm and outreach of the Montrose Counseling Center facilitated by myself and John Louis Almond, another staff therapist.

- So you come to this meeting and you get familiar with being there, and you get the idea that everybody's not going to look at you twice and go, hmm. So then what about when you really get to the point where you say, I need help?

- Right.

- That's a scary thing. I know because I've been there.

- Yeah.

- So how do you encourage people to come on in, and what do you do after you get there? Where do we go?

- Sometimes I think that's one of the toughest steps, and one of the most important ones to me is just to say, hey, I need to try this out and see if it can help. All anybody has to do who wants to consider counseling is call up and set themselves up for an intake where they'll come in and for about an hour talk to a therapist about what they're wanting, what they think they need help with.

And we get to hear a little bit about their story and what they want. And then we take the information and we match them up with a therapist, and they get going.

- What if they don't like their therapist?

- If they don't like their therapist, they're free to have informed consent and choose a different therapist.

- Oh OK.

- Yeah.

- What about groups?

- Thanks, that's another good thing. We have a couple of different groups for the gay and bisexual male community. I'm a facilitator of our Gay Men's Group, which is ongoing right now on Tuesday mornings. And that's going to be coming open for new members in October.

We're also starting a new group, a specific topic for gay and bisexual male survivors of sexual abuse. A group specifically devoted to that topic this October or late October or so.

- That's pretty scary.

- It is scary, girl.

- And as scary as it is, it's important to talk about it.

- Dealing with life is scary.

- Yes, it is.

- Yeah, it is.

- And it's like people listen to us and they call up and go, what's the clue? And I'm telling you, we don't have a clue. All the answers are within yourself. And a lot of times, it's hard to reach back there and pull those answers out.

- You need help to unlock them.

- Yeah, it's very important. It's very important.

- How about groups for dealing with AIDS?

- Yeah, because AIDS-- that's what I was going to ask you, AIDS has really touched our community in a big way, more so than straight--

- A lot of people have asked me-- because I'm HIV positive and I have been so for years. And known that I have been. And people have asked me, how do you deal with it? How do you go on? And when I first found out, I didn't really know about the Montrose Counseling Center. I didn't know there were groups. And I did deal with it on my own but I wouldn't want to wish that on anybody.

- Right. Well, I'm glad you brought that up. We've got a couple of different groups around that. We've got a group for those people dealing with HIV issues, HIV positive and AIDS. We've also got a group for friends and lovers and significant others of those dealing with that.

- So it's just about for anybody?

- Yeah, it is. We try and really hit the full spectrum for everybody wanting those services. As well as, again, individual therapy too. And for those people, again, who have a real low income, we do have some grants available for individual counseling if they want individual as well as the group.

- OK, so individuals and the groups have some sort of fee?

- Yes.

- Sliding scale depending on-- OK.

- Now the HIV issue group is just dropping. You can just come in, you don't have to commit to any number of groups. And it's just donation.

- Oh. OK. And what about the Men's Network then?

- The Men's Network is also just donation. We ask for \$3, \$4 or \$5. And if you can't afford that, that's fine. That's fine.

- That's good to know.

- Yeah, it's the counseling one-on-one that comes in to either a sliding scale or grant.

- OK.

- There are a lot of people that listen that in the back of their mind they're going, yeah, this sounds good and maybe I'll call but they maybe haven't found the courage yet to say I need help. What do you say? Do you hear those people call us at the Switchboard?

- Absolutely, all the time.

- They call us at the station. I'm sure they call the Counseling Center, and maybe that's the first time they call to reach out. How do you say that it's OK to hurt and it's OK to say, it's not my fault that my mother's all screwed up, or it's not my fault that the world's all screwed up? How do you say, come on kid, it's OK. Come on over here.

- I say find that piece of you that you know is good, that you love, and love yourself enough just to come in. Even when it doesn't seem like you can, even when it seems like it's real tough to love yourself because we get people that are just in some really, really bad tough situations, real painful. Just find that piece that you care about and make that call.

- Part of counseling too is reprogramming your mind, right?

- Sure.

- Can you talk a little bit about that?

- Yeah, we talk about old tapes sometimes that we play over and over in our heads of that really if you listen, it's probably your mom or your dad or someone who said you're worthless, you're not worth anything. You're not worth anything, you're not worth anything.

- Men don't cry, men don't cry. You don't have feelings, you're not--

- Men can't feel.

- So a lot of growing out of that is reprogramming yourself saying that I am a good person and life does count.

- I am worthwhile, the abuse wasn't my fault, all that kind of stuff. Yeah.

- Ken.

- For those people out there who still may be a little scared about doing this, can you give me a step by step of what's going to happen first time I walk in the front door to the Montrose Counseling Center?

- Sure. To start it out, first, you can either walk in the door or you can make a phone call and set up to have your first initial meeting that we call an intake. And then--

- What's going to happen during this?

- You'll walk in, you'll meet a therapist who will take you to a room. And they'll ask you some questions about what kind of services you want, what kind of issues and problems you think you're dealing with. A little bit of life history, so we get a picture of who you are and what you're wanting.

- OK. What if I'm afraid to say what my problem is? What if I can't even--

- If you can come in the door then we can help you out and we'll work with you.

- Just bring your teddy bear and come on down.

- Oh, we've got teddy bears in some of the rooms.

[LAUGHTER]

No joke, we do.

- I know. I know, I've been there. Yeah. Listen, the holidays are going to be coming up, and the first couple of years we had somebody come, maybe we should talk to you guys later about doing something between Thanksgiving and Christmas.

- Sure.

- Because holiday depression is like, oh child.

- A lot of people don't realize that some holidays have real, real bad memories for them, and those can be real tough times.

- So give us the address and the phone number and all that good stuff so we can get started right away.

[INTERPOSING VOICES]

- We got to do that then. Well, first off, the phone number of the Montrose Counseling Center is 529-0037. That's 529-0037.

- And you can always get that number at the Gay and Lesbian Switchboard.

- Or you can call here later on.

- Yeah, call us here.

- Uh-huh, look it up, it's all around. Our address is 900, Lovett. And we're at suite 203.

- Well, it sounds good.
- Right at the top of the stairs.
- There you go, right there.
- It is.
- Yeah, in fact, we even got a new suite now, we're expanding.
- No kidding.
- Absolutely. Absolutely.
- Oh I'm glad to hear that.
- Uh-huh. We've got some United Way money actually we're using.
- Oh. I've always liked the offices. I don't know, it's very comforting and cozy, and I just always felt good going there.
- Well, we try and make it that way.
- I guess the key then is you can listen to all the radio shows you want to and read all the books you want to and buy all the subliminal tapes you want to, but until you make that first step, you're just going to be stuck in that same old rut.
- Yeah.
- It's important to make that first step and get out and not to lose your emotions and not to just give up.
- Right. Right. And not to cheat you on what you all do, because I think what you all do is fantastic. And I think it goes--
- Oh, we're going to feed off our emotions every week.
- Oh, I'm so depressed.
- This is our therapy.
- No, I think the validation that you all do is great, I really do. And that's really what I feel. But I also think sometimes that that extra step is sometimes needed.
- It is needed.
- And when you do, we're there for it.
- And I guess I would like you to understand that it's not wrong to say help because a lot of times there is no help for us as gay and lesbian people.
- And it's nice to know that when you go into a situation like the Counseling Center, that these are brothers and sisters who are gay and lesbian and it's not so hard to talk about things like parents and boyfriends and girlfriends and sex and all those things that trouble us just as human beings.
- Yeah.

- Right?
 - Yeah.
 - Can I ask you if all the therapists are gay and lesbian?
 - All the therapists are either gay or lesbian or they are real affirmative and sensitive to gay and lesbian issues.
 - Oh OK.
 - So it is a mix of gay and lesbian and straight. But they're all real gay and lesbian affirmative and real familiar with the community.
 - That's what we need to hear.
 - Absolutely.
 - It sounds good.
 - They are there--
 - I'm sorry.
 - Just going to say they're there because they know about gay and lesbian people. They know about us, and we're all there to help.
 - And they really care.
 - Yeah.
 - The Montrose Counseling Center number is 529-0037.
 - That's the one.
 - Right?
 - Yup, 529-0037.
 - So maybe you can talk these guys in coming to see us during the holidays?
 - I'd like to do that because there's all problems that go along with holiday stress and that's very depressing.
 - All right. Well, I'd love to come back for--
 - Good.
- [INTERPOSING VOICES]
- --there.
 - Well, thanks, Ken.
 - Well you're very much welcome.

- We'll see you soon.

- OK, great.

- Hang on, we'll be back in just a little bit. Here's Romanovsky and Phillips. And one of my favorite little tunes.

- Oh yeah.

- It's called, "Lost Emotions." Don't lose them, kids, the Montrose Counseling Center is there to help people like you and me. Did you get that? You and me, we all need help so don't be afraid to reach out and get it, OK?

[MUSIC - ROMANOVSKY & PHILLIPS, "LOST EMOTIONS"]