

[MUSIC - MICHAEL HOLLAND]

JIMMY CARPER: Woo! Who was that?

MAN: Michael Holland.

JIMMY CARPER: What?

[MUSIC - MICHAEL HOLLAND]

(SINGING) Ooh, goo, doo.

Why did you do that?

MAN: Michael Holland, from his latest CD called *Darkness Falls*. It's his third CD. He's very talented.

JIMMY CARPER: Yes? Third CD, huh?

MAN: Uh-huh.

JIMMY CARPER: And it's called "Joey Stefano's Dead."

[SNORING]

MAN: But it sounds so neat, though.

JIMMY CARPER: He was like, oh, my God, how can we play a song like that? And, of course, Joey Stefano being the most celebrated bottom in male adult films.

MAN: If you say so.

JIMMY CARPER: Oh, yes. Yes. He changed things in male adult films because it was always about the top, the guy who did the inserting. But Joey Stefano became a star as a bottom. Very few very few actors did that. And he had a very long career, until, of course, he died of a drug overdose.

[INTERPOSING VOICES] [LAUGHS]

JIMMY CARPER: [SIGHS] But that was some demons he had been fighting for a long time, drug abuse. And, unfortunately, he lost that fight. Chris, I know you know Joey Stefano very well.

CHRIS: I have one tape of him. All right? It was a compilation video, actually.

[LAUGHTER]

One [? side ?] that I do remember, back when Crossroads was in its original place, over on West Alabama, going through there. And I don't know what book it was, that the cover of it ripped off. And, supposedly, it was because it was a Joey "Ste-fe-an-o"--

MAN: Joey Stefano thing?

CHRIS: --a Joey Stefano book, so that somebody had taken off the cover because they wanted a souvenir picture of him.

JIMMY CARPER: Oh, no.

MAN: Please.

CHRIS: I mean, that was-- that's a while ago, when Crossroads-- before they decided to take on Starbucks and--

JIMMY CARPER: Yes.

CHRIS: --chill Brazilian water.

[LAUGHTER]

You know? I would have said, Colombian, but people would been thinking of a totally different product.

MAN: All I go-- all I got to say about that is I go there for the company of friends. There's not a-- because there's not an iceberg's chance in hell of me drinking the coffee.

[LAUGHTER]

MAN: Ooh. Ouch.

JIMMY CARPER: Well, I do prefer Lobo.

MAN: I get the hot chocolate.

JIMMY CARPER: I just like the atmosphere better at Lobo. I think it's just more friendly. It's more intergenerational. You have older people talking to younger people, without any problem.

MAN: Without any drama.

JIMMY CARPER: Yes, without any drama and no pickup type of thing involved. It's just-- I've just walked into that coffee bar and talked to perfect strangers. They're just sitting there, having a conversation, and bring you into it.

MAN: Chris [? stole it ?].

JIMMY CARPER: It's just a fun, fun place.

MAN: One of the things that gets me is that-- however, in defense-- [LAUGHS] here I go, defending Crossroads. Yes, that happens a lot, not. But people-- one of the things that gets me is that, every so often, you hear somebody older complaining about the teen queens that go.

JIMMY CARPER: Teen queens, you mean--

MAN: Yes, the under 21-year-old young gay type.

JIMMY CARPER: Yes.

MAN: OK. My problem is this. They got to go somewhere--

MAN: I know.

MAN: --to meet that's not always a bar.

MAN: Especially that's not a bar.

JIMMY CARPER: Because, I mean, even that, when you consider--

MAN: They have to meet somewhere.

MAN: --places where you can hang out, even when it comes to bars in the gay community, you've got Rich's, two nights a week, and, unofficially, EJs.

JIMMY CARPER: There's a lot of gay people who are under 18, and so-- especially in Hatch. And I understand that Crossroads is a great place for Hatch groups to hang out because they can.

MAN: Although, I do still think that they should erect a little sign in front of Crossroads that--

JIMMY CARPER: Yes.

MAN: --like the zoo exhibits that say "Homosexualis Americanas" or something because people stare when they're at that light. And I'm like, what are we, a zoo exhibit?

[LAUGHTER]

Hey, Martha, I think those are homosexuals.

[LAUGHTER]

MAN: Look at that one there.

MAN: Hey, it could be worse. I have seen people drive through the Montrose area with a video camera.

JIMMY CARPER: You're kidding me.

MAN: No.

JIMMY CARPER: Please, I've been stopped by people with cameras.

[INTERPOSING VOICES]

MAN: Well, yes, I can see you but--

[LAUGHTER]

MAN: Yes.

MAN: Wow.

JIMMY CARPER: For those of you in radio land who may not know Bobby--

[LAUGHTER]

MAN: Mm.

MAN: Just drive if here about any other-- when it comes to seeing someone going down the street in Montrose, there are three markers that will tell you you're in the Montrose, Bobby and his cane, Roy in his yellow shorts--

MAN: Oh, God.

MAN: [LAUGHS] Ew.

MAN: Oh, why did you give me that visual?

MAN: Ew.

JIMMY CARPER: Yuck!

MAN: I could have gone all night without that. Love you, Roy.

MAN: And the one guy, who's in a wheelchair, who I heard at another radio station was talking about one time, that they were proudly promoting this guy, carries a lot of money on him. He doesn't go to banks.

JIMMY CARPER: What?

CHRIS: Yeah.

JIMMY CARPER: Oh, thanks a lot.

CHRIS: Yeah, they were discussing him. And I've seen him get harassed and tried to get jacked a couple of times, once or twice out here.

PARTICIPANT 2: They'll roll over your ass with those.

CHRIS: Oh, yeah, he took this--

JIMMY CARPER: Yeah.

CHRIS: I saw that there was two guys hassling him one time. It was back at the Westheimer Street Festival in Exile. He had taken off the leg support on his wheelchair. And he was holding them two guys off--

JIMMY CARPER: Good for him.

CHRIS: --for as best as he could.

JIMMY CARPER: Good for him. No, but I've seen-- I think since JJ has been so visual and Bobby has been so visual, I see a lot more wheelchairs in the Montrose going places, going down the street, going down the sidewalk, anywhere.

PARTICIPANT 2: It's like, hey, disabled people are members of the human race, too.

JIMMY CARPER: That's right.

PARTICIPANT 2: And we are members of the queer community, too.

JIMMY CARPER: And the third Saturday in March.

PARTICIPANT 2: Oh.

JIMMY CARPER: Boy, he knows how to slip in a segue, doesn't he?

PARTICIPANT 2: Oh, but it's sneaking that up on me.

JIMMY CARPER: There you go.

PARTICIPANT 2: Yeah, I guess I'm doing my segment next month, huh?

JIMMY CARPER: You're doing a segment next month.

PARTICIPANT 2: I'm doing a segment next month. Yes, I am on the gay and-- well, the queer and disabled community.

JIMMY CARPER: Yeah.

PARTICIPANT 2: Take your pick as to-- well, that all depends on who shows up that night, doesn't it?

JIMMY CARPER: That's right. Yeah, if Joey shows up--

PARTICIPANT 2: It could be an interesting night.

JIMMY CARPER: He's not exactly queer, but he certainly is queer-friendly, and he is in a wheelchair. That works, too.

CHRIS: Oh, that's why you're asking where you could get chock blocks for wheels.

JIMMY CARPER: Hey, hey, hey.

[LAUGHTER]

CHRIS: Hey, I remember when we helped him down the stairs here at the studio.

JIMMY CARPER: It was the booth.

CHRIS: You took the front end of the wheelchair there and made sure that he didn't fall forward.

PARTICIPANT 2: We should always invite Harlan here. You remember Harlan?

JIMMY CARPER: What do we have next coming up in music?

PARTICIPANT 1: We have some music rather than the conversation no one cares about anyhow.

[LAUGHTER]

JIMMY CARPER: Yes, what do we have? What do we have?

PARTICIPANT 1: We have Tom McCormick.

JIMMY CARPER: Yes, a name I haven't heard in a long time.

PARTICIPANT 1: And I'm going to be featuring him on my show a week from Monday. I'm not going to play this song, though but this is a good song called "I Want To Go To LA." This is brand new. This is newer than any of his CDs. This is like a special release he sent out. It was produced by Michael Holland, who we just heard.

JIMMY CARPER: Oh, OK.

PARTICIPANT 1: So you might hear some of Michael Holland's kind of style--

JIMMY CARPER: Got you.

PARTICIPANT 1:--in the song.

JIMMY CARPER: OK.

That was pretty music.

PARTICIPANT 1: I like a lot of versions of that song.

JIMMY CARPER: Yes.

PARTICIPANT 1: John Bucchino wrote that song. And one of my favorite versions is by Elliot Pilshaw, who was in The Flirtations.

JIMMY CARPER: Yeah, no.

PARTICIPANT 1: He was one of the early members of The Flirtations, not on any albums.

JIMMY CARPER: I thought he was Sons & Lovers.

PARTICIPANT 1: That's later.

JIMMY CARPER: Oh.

PARTICIPANT 1: Mm-hmm.

JIMMY CARPER: Oh.

PARTICIPANT 1: And now, he's in a group called Mystery Dance.

JIMMY CARPER: Mystery Dance.

CHRIS: You dare to challenge your music authority?

JIMMY CARPER: I know. I know. I know.

PARTICIPANT 1: He lost his head.

JIMMY CARPER: Well, I will.

CHRIS: Yes, girl.

PARTICIPANT 1: But who we have just heard-- her name is Susan Abod.

JIMMY CARPER: A-B-O-D.

PARTICIPANT 1: Uh-huh.

JIMMY CARPER: Yes.

PARTICIPANT 1: And she goes way back. One of the first earliest women's music albums was by the New Haven Women's Rock Band.

JIMMY CARPER: Wow.

PARTICIPANT 1: Like 1972.

JIMMY CARPER: Mm-hmm.

PARTICIPANT 1: And it wasn't out-- lyrically, it wasn't like a lesbian album, but that's who they were.

JIMMY CARPER: Yeah.

PARTICIPANT 1: And this was like before Olivia.

JIMMY CARPER: Wow.

PARTICIPANT 1: And so she was one of the movers and shakers back in those days. And she's still doing it.

JIMMY CARPER: Oh.

PARTICIPANT 2: I saw something in the life about women's music from--

PARTICIPANT 1: Yes, they did a feature on Olivia on their last episode.

JIMMY CARPER: Yes, they did. It was very good.

PARTICIPANT 2: I saw that.

JIMMY CARPER: It was very, very nice. We do need to give tribute to Olivia Records because they did really start a movement for queer music.

PARTICIPANT 1: It was a movement.

JIMMY CARPER: Indeed. Yes, and it started-- it was the women's movement of course, but it got men going, too.

PARTICIPANT 1: I'm jealous of the women, though.

JIMMY CARPER: Yes.

PARTICIPANT 1: They were very organized.

JIMMY CARPER: They're organized, and they have an outlet. And they still do actually through Ladyslipper catalog and--

PARTICIPANT 1: And Goldenrod also.

JIMMY CARPER: And Goldenrod also. And it's kind of a network thing going that they can get into. The men don't have that.

PARTICIPANT 1: No.

JIMMY CARPER: Unfortunately. It's a little bit tougher for the guys. But it's also a little bit tougher for the guys when they're playing live because gay men are like, yeah, I'll go to the concert if I don't have a date or I'm not having sex at the time.

PARTICIPANT 2:Yeah.

JIMMY CARPER: It's that type of thing. It just drives me crazy. And there's immense talent out there in the queer community.

PARTICIPANT 1:That woman I saw at the coffee house in Engle--

JIMMY CARPER: In Engle.

PARTICIPANT 1:I had a great time.

PARTICIPANT 2:OK, so--

PARTICIPANT 1:She was so good.

JIMMY CARPER: Mm-hmm.

PARTICIPANT 2:The women think with their hearts. Men think with their hormones.

JIMMY CARPER: Of course, but how many people knew about that?

PARTICIPANT 1:Nobody.

JIMMY CARPER: That's it.

PARTICIPANT 1:No, so they didn't publicize it.

JIMMY CARPER: No, not at all, so that was a little tough. You mentioned it to me before the last show, I believe. So I talked about it last week here. I mentioned it because I didn't know much about it. And that was nice music. This was nice music.

How many people-- well, I don't want to put you on the spot, but this song "Feels Like Home" is really a pretty, pretty song. And a lot of different people have done it, haven't they? I recognize the Elliot Pilshaw--

PARTICIPANT 1:Yeah.

JIMMY CARPER: --because that was the first one, and that was quite a while ago. Now, John Buccino-- did he do it? Because he recorded for a while.

PARTICIPANT 1:Well, he wrote it. And I think he does have a release of his own compositions.

JIMMY CARPER: Uh-huh.

PARTICIPANT 1:So I think it's on that.

JIMMY CARPER: And then Elliot and--

PARTICIPANT 1:And there's a couple more and their names are escaping me.

JIMMY CARPER: OK, but it's a very nice, very pretty song, yeah, a nice message to it. It's coming up on the 2 o'clock hour. And you're listening to *After Hours*, Queer Radio With Attitude on KEOS College Station and KPFT Houston, the voice of the many who have no voice.

PARTICIPANT 2:I love that.

PARTICIPANT 1:I'll be glad when I get a voice.

JIMMY CARPER: Yeah, well, I like that little phrase.

PARTICIPANT 2:I love that phrase.

JIMMY CARPER: I think that may be that kind of-- to me--

PARTICIPANT 2:I love that phrase.

JIMMY CARPER: --it says what the new KPFT is all about.

PARTICIPANT 2:Yes, yes.

JIMMY CARPER: Do you want to hang out for a while?

PARTICIPANT 1:Sure.

JIMMY CARPER: I know Chris has got some stuff and--

PARTICIPANT 2:Chris has got, like, a stacks of paper--

JIMMY CARPER: Yeah, I know.

PARTICIPANT 2:--to play with.

PARTICIPANT 1:All right, then I guess that was my farewell song.

[LAUGHTER]

JIMMY CARPER: Oh, you have--

PARTICIPANT 1:I'm fine.

JIMMY CARPER: There's more. There's more.

CHRIS: I have a whole hour. And all we're going to be discussing is Mormon masturbation techniques.

JIMMY CARPER: And speaking of which, I have a kind of intro song for that.

PARTICIPANT 2:Oh, that should be good.

JIMMY CARPER: That will do right now. It's by our good friends Pansy Division.

PARTICIPANT 2:How did I know?

PARTICIPANT 1:That'll pick it up.

JIMMY CARPER: Yeah, it's pretty out there.

CHRIS: You have rock and roll songs in one show.

JIMMY CARPER: Hey.

PARTICIPANT 1: You're trying to give me gimmes.

JIMMY CARPER: Yeah, I'm going to have to hurt you.

CHRIS: Promises, promises.

JIMMY CARPER: Yeah, OK, we'll be right back.

Well, how's that as a segue, Chris?

CHRIS: I think that we should be played on the show right before the BBC News. Let's put it on a cart and mislabel it.

JIMMY CARPER: Well, it's only a minute 35, so, I mean, yeah, they can pack a lot into a minute 35.

CHRIS: The only problem is that-- I mean, that'd be great publicity for it.

JIMMY CARPER: Excuse me?

CHRIS: That'd be great publicity for it because there'll be accidents all over the city going, what the hell as they drive off the road.

JIMMY CARPER: Yeah, we need to play this about 6:00 in the morning.

CHRIS: Oh yeah.

JIMMY CARPER: Monday through Friday.

CHRIS: Well, since there is a rotating schedule--

JIMMY CARPER: Yes.

CHRIS: --I mean, what you need to do is stay up a couple of hours later, and you can just come in the morning.

JIMMY CARPER: That's either that or I can just loan it to Elkie. Elkie, yes, Elkie, who KPFT DJ here from the past, and she's done a couple of morning slots. She also DJs over at Club Insomnia--

PARTICIPANT 1: [INAUDIBLE] out here?

JIMMY CARPER: --from 2:00 until 6:00. No, no, but she probably will.

CHRIS: I love how they say in their advertising as seen on TV for Club Insomnia.

JIMMY CARPER: Yes.

CHRIS: And I'm not sure which way it is because I've actually seen some commercials for Club Insomnia.

JIMMY CARPER: Access Houston.

CHRIS: Well, not just Access Houston, on just some of the regular cable stations out. My parents have Time Warner and I saw it on there. And before I saw the commercial, I thought it was because one of the television news stations was talking about all the neighbors who are complaining about Club Insomnia--

JIMMY CARPER: Oh.

CHRIS: --because Club Insomnia is trying to get a liquor license and--

JIMMY CARPER: For 2:00 to 6:00? Oh, as a private club?

CHRIS: It was before it, and all that.

JIMMY CARPER: Oh, so they can be open before 2:00.

CHRIS: Yeah, and so what they're--

JIMMY CARPER: Got you.

CHRIS: And so all the neighbors are complaining. It's already too noisy, and there's too many illicit activities going on around the place as it is.

JIMMY CARPER: Ooh, where is it?

[LAUGHTER]

CHRIS: And not the illicit you're thinking of, the other--

JIMMY CARPER: Oh, the other illicit.

CHRIS: The other illicit.

JIMMY CARPER: Well, I've heard stories, too. But anyway, Club Insomnia-- I mean, there are not too many places to go from 2:00 until 6:00 if you still want to party and dance, and that's one of them.

CHRIS: 2:00 to 6:00 and it all benefits of the AIDS Housing Coalition Houston.

JIMMY CARPER: That's right. That's right. That kind of gets forgotten sometimes, but it's a nonprofit organization.

CHRIS: So disco till you drop for a good cause. It's charity work.

JIMMY CARPER: There you go. Shake your booty for charity. There you go. Yes, indeedy.

CHRIS: So is giving a you-know-what job--

JIMMY CARPER: There you go.

CHRIS: --to Jesse Helms. That's charity work, too.

JIMMY CARPER: Hey, so speaking of masturbation--

CHRIS: Oh, OK. Well, because it is the Olympics and--

[LAUGHTER]

Hey, that is--

PARTICIPANT 1: In Utah.

CHRIS: Hey, now you tell me this. OK, they're saying they've got great ratings, but if they put masturbation out there as an Olympic sport--

JIMMY CARPER: Ooh.

CHRIS: Now, besides-- well--

JIMMY CARPER: Can you think--

CHRIS: I'll confess I'm going for the gold.

JIMMY CARPER: OK, can you imagine the techniques? I mean, the double Axel and--

PARTICIPANT 2: Well, a latch.

JIMMY CARPER: Yeah, yeah, woo.

CHRIS: Hey, just watching some of the speed skaters a couple of nights ago--

JIMMY CARPER: Apolo, Apolo.

CHRIS: What was before--

JIMMY CARPER: One word, Apolo.

CHRIS: Before Apolo. I didn't get to see him skate, but the ones before that--

JIMMY CARPER: After you see him skate, you won't care about--

CHRIS: Oh, yeah, he was cute, but watching these guys, I don't know if they had a codpiece or the ballet stuffing.

JIMMY CARPER: Yeah, the dancer's belt or something.

CHRIS: Yeah, of course, whatever it is because these boys were spouting a huge package. And it's like it's a cold room, and they're still--

JIMMY CARPER: Yeah, it's still there. Yeah, that's why I like the speed skaters with that the spray-on outfits.

CHRIS: Oh, yeah, so yes, the Olympics are for eye candy.

JIMMY CARPER: I'm telling you.

PARTICIPANT 2: Spandex can be such a wonderful thing in there to--

JIMMY CARPER: No.

CHRIS: In the right hands.

JIMMY CARPER: In the right hands, so to speak, yeah.

CHRIS: Yeah, that's why we keep Roy away from the liquid latex.

[LAUGHTER]

PARTICIPANT 2:Or those any other kinds of device.

JIMMY CARPER: Yes.

CHRIS: Anyhow, I found this on the internet. It's on a website called phallic.org.

JIMMY CARPER: Well.

PARTICIPANT 1:They have org?

JIMMY CARPER: What would you expect.

CHRIS: Org for organization or orgasm.

PARTICIPANT 2:Organ.

CHRIS: Now, this is supposedly a friend of theirs found as a-- he's been a Mormon missionary who came across this quote unquote, "guide" from circa 1970 on a tattered photocopy.

JIMMY CARPER: Oh.

CHRIS: And the pages were stuck together.

[LAUGHTER]

PARTICIPANT 2:Oh, that was not cute.

CHRIS: And it is called steps in overcoming masturbation by Mark E. Petersen, counsel of the Twelve Apostles, which is The Church of Jesus Christ of Latter-day Saints.

JIMMY CARPER: Why would you want to overcome it?

PARTICIPANT 1:It's something about marking your peter, son.

[LAUGHTER]

CHRIS: You know, now that you-- Mark E. Petersen, OK, yeah. Overcoming masturbation-- that's when you got to wipe the flow off.

JIMMY CARPER: Oh, OK.

CHRIS: So let's see.

[LAUGHTER]

Now, they have a guide to self-control, and we're going to do the suggestions.

JIMMY CARPER: Suggestions.

CHRIS: Suggestions to keep you from this.

JIMMY CARPER: OK.

PARTICIPANT 1:No visual aids, please.

JIMMY CARPER: Thank you very much.

CHRIS: Oh, some of this is very good. Number 1, pray daily. Ask for the gifts of the spirit that will strengthen you against temptation.

JIMMY CARPER: Oh, give me that spirit.

CHRIS: Pray fervently and out loud when the temptations are the strongest.

JIMMY CARPER: I moan. Yeah, I'm very vocal.

CHRIS: Yeah, and then there's that whole screaming, oh God.

JIMMY CARPER: Oh God. Oh God. Oh God. Yes, it is a religious experience.

CHRIS: Crow!

[LAUGHTER]

PARTICIPANT 2:That's a prayer to St. Peter.

JIMMY CARPER: Yeah, yeah.

[LAUGHTER]

CHRIS: Follow a program of vigorous daily exercise. The exercises reduce emotional tension and depression and are absolutely basic to the solution of this problem. Double your physical activity when you feel stress increasing. Number 3-- when the temptation to masturbate is strong--

JIMMY CARPER: Is that when I see guys going and trying to lift cars, I know what their problem is?

CHRIS: So that's what all they're doing down when they're pumping the weights at the gym?

JIMMY CARPER: Yeah.

CHRIS: When the temptation to masturbate is strong, yell stop to those thoughts as loudly as you can in your mind and recite a pre-chosen scripture or sing an inspirational hymn. It is important you turn your thoughts away from the selfish need to indulge.

PARTICIPANT 2:As long as that-- as long as the song isn't don't come out, come on me, man.

JIMMY CARPER: Yeah, there you go.

CHRIS: Anyhow, number 4-- set goals of abstinence. Begin with a day, then a week, a month, a year and finally commit to never doing it again.

JIMMY CARPER: What?

CHRIS: Until you commit yourself to never again, you will always be open to temptation.

PARTICIPANT 1:That's like a George Bush's program.

CHRIS: Yeah, I thought that sounded familiar.

JIMMY CARPER: Are they out of their minds?

CHRIS: Oh this is the number 5. Change in behavior and attitude is most easily achieved through changed self-image. Spend time each day imagining yourself strong and in control, easily overcoming tempting situations. Well, if you're managing yourself strong and you're in control of something, then you're back to masturbating.

JIMMY CARPER: Imagine yourself repressed.

CHRIS: Yeah, begin to work daily on a self-improvement program. Relate this plan to improving your church service, to improving your relationships with your family God and others. Strive to enhance your strengths and talents.

7-- be friendly and outgoing. Force yourself to be with others and learn to enjoy working and talking to them. Use principles of developing friendships found in books. Such as *How to Win Friends and Influence People* by Dale Carnegie. It's probably available at their bookstore.

JIMMY CARPER: I bet.

CHRIS: Be aware of situations that can depress you or cause you to feel lonely, bored, frustrated, or discouraged. These emotional states can trigger the desire to masturbate as a way to escape. Plan in advance to counter these low periods--

JIMMY CARPER: I know.

CHRIS: --through various activities, such as reading a book, visiting a friend, doing something athletic.

JIMMY CARPER: Now is this for men or women?

CHRIS: It's supposedly for both.

JIMMY CARPER: Oh, OK.

PARTICIPANT 2: Visiting a friend, so both-- no, never mind.

JIMMY CARPER: Really?

CHRIS: In the field of psychotherapy, there's been an effective technique called aversion therapy.

JIMMY CARPER: Oh, yes.

CHRIS: When we associate or think of something very distasteful with something which has been pleasurable but undesirable, the distasteful thought and feeling will begin to cancel out that, which is pleasurable.

JIMMY CARPER: It's the aversion therapy. That's where they attach--

PARTICIPANT 2: Flash pictures.

JIMMY CARPER: --the electric diodes to your nuts, isn't it?

PARTICIPANT 2: Yeah, that and flash, naked pictures of Strom Thurmond.

JIMMY CARPER: Whoa, that's--

CHRIS: Anyhow.

JIMMY CARPER: Ooh, boy, that will make it shrink up to a button.

CHRIS: I'm telling you. If you associate something with distasteful with your loss of self-control, it'll help you to stop the act. For example, if you're attempting to masturbate, think of having to bathe in a tub of worms and eat several of them as you do the act.

[LAUGHTER]

PARTICIPANT 2: I know Klingons who get a turn on by that, at least, anyhow.

CHRIS: During your toileting and shower activities, leave the bathroom door or shower curtain partially open to discourage being alone in total privacy. Take cool, brief shower.

[LAUGHTER]

They're including another part of this about that when you bathe, do not admire yourself in a mirror. Never stay in the bath for more than five or six minutes, just long enough to bathe and draw and dress. And then get out of the bathroom into a room where you'll have some member of your family present.

PARTICIPANT 1: Lead us not in front of the mirror.

[LAUGHTER]

CHRIS: Arise immediately in the mornings. Do not lie in bed awake. No matter what time of day it is, get up and do something. Start each day with an enthusiastic activity.

PARTICIPANT 2: OK, wait a minute, arise early in the morning, wouldn't that bring on the whole thing?

JIMMY CARPER: Yeah.

CHRIS: Well, it's arise, not get "arised."

JIMMY CARPER: Ooh.

CHRIS: Now, here are some of the weirder ones.

JIMMY CARPER: OK.

CHRIS: Keep your bladder empty.

JIMMY CARPER: What?

CHRIS: Refrain from drinking large amounts of fluids before retiring.

JIMMY CARPER: What's that about?

CHRIS: I don't know. That one doesn't make sense. Get ready for this. Reduce the amount of spices and condiments in your food. Eat as lightly as possible at night.

JIMMY CARPER: Is that trying to equate spicy food with like aphrodisiacs or something?

CHRIS: The only thing I can think of is if you drink a lot of fluids and you eat some spices-- I mean, if you drink a lot of fluids, you have to go to the bathroom all the time.

JIMMY CARPER: Yeah, the problem with that is--

CHRIS: So it'll be in your hand. And I guess the spicy foods-- I don't know. It causes a rumbling down there. You feel it in your stomach. And that's why they call it the pleasure path. I don't know.

PARTICIPANT 2: All that spicy foods do to me is do the flaming sword dance through my colon.

JIMMY CARPER: No.

PARTICIPANT 2: Well, you know what I mean.

CHRIS: Well, some people may get a high off of that. Wear pajamas that are difficult to open, yet loose and not binding.

JIMMY CARPER: Pajamas? People wear those things?

CHRIS: I still have mine with a little fuzzy feet.

JIMMY CARPER: How nice. Are they framed?

[LAUGHTER]

CHRIS: I'm modeling next week.

JIMMY CARPER: And thank you. Oh, thank you for--

PARTICIPANT 1: I guess do it next week.

[LAUGHTER]

JIMMY CARPER: Ouch, ouch, good one. Oh, you just thought he was sleeping, didn't you?

CHRIS: Woo! Something in me thinking I had a fan. Avoid people's situation, pictures, or reading materials that might cause sexual excitement.

PARTICIPANT 2: Don't read the Sunday ads.

JIMMY CARPER: You got to live in a cave around.

PARTICIPANT 2: Don't read the Sunday ads, and don't go near billboards.

CHRIS: Well, when you consider Utah also has-- the only state to have what is called a porn czar. Basically it's like the drug czar. And in Utah, if you have something that you feel is obscene, you report it to her and they do stuff about it. There's been several complaints filed against the Victoria's Secret in the malls--

JIMMY CARPER: You're kidding.

CHRIS: --because of the suggestive posters they put in the windows to advertise.

JIMMY CARPER: Wow.

CHRIS: And actually, if you haven't--

JIMMY CARPER: That's more squeaky clean than I ever was.

PARTICIPANT 2: All I got to say is it really must be hard for some of these people to see with their heads that far up their own butts.

JIMMY CARPER: Yeah.

CHRIS: In fact, I found some of the complaints that people have written on that at thesmokinggun.com. They talked about it. One's really good here. In very severe cases, it might be necessary to tie a hand to the bed frame with a tie in order that the habit of masturbating in a semi-sleep condition can be broken.

JIMMY CARPER: Oh my God.

PARTICIPANT 1: Oh, I thought you were going somewhere else.

JIMMY CARPER: Yeah, I did too. Yeah.

CHRIS: This can also be--

PARTICIPANT 1: I'll be waking up again.

JIMMY CARPER: Yeah, hello.

[LAUGHTER]

Yeah, hello.

CHRIS: This can also be--

PARTICIPANT 2: That leads into Louis weekends in a whole another way, but anyhow--

JIMMY CARPER: It certainly does.

CHRIS: This can also be accomplished by wearing several layers of clothing, which may be difficult to remove while half asleep.

JIMMY CARPER: How the hell do you sleep with all of these layers of clothing?

CHRIS: Well, it's Utah. It's cold. It's sometimes helpful to have a physical object to use in overcoming the problem

JIMMY CARPER: Like a dildo?

[LAUGHTER]

CHRIS: A *Book of Mormon* firmly held in hand even in bed at night has been proven helpful in extreme cases.

[LAUGHTER]

JIMMY CARPER: Yeah, that'll shirk your hard-on.

CHRIS: Yeah, that gold edging, the gold gilding on there will give you one hell of a paper cut down there.

JIMMY CARPER: Woo!

CHRIS: Set up a reward system. It doesn't have to be a big reward, a quarter in a receptacle for every time you overcome or reach a goal. So basically rather than saving it for marriage, you're building a nest for--

PARTICIPANT 1: That's like if you could pinch an inch.

CHRIS: Yes. For not pinching an inch and a quarter.

JIMMY CARPER: There must be a lot of repressed people there. I mean, really uptight.

PARTICIPANT 1: This was 1970?

CHRIS: This was supposedly written back in 1970.

JIMMY CARPER: Oh tight-assed folks up there, I guess.

CHRIS: I mean, it was interesting coming across this like-- and this is where we brought the Olympics, which is they were a little upset because they were going to give out condoms in the village.

JIMMY CARPER: Yes, yes, yes.

CHRIS: And it's like, oh, we can't do that. It's not about sex.

JIMMY CARPER: Are you kidding? Have you seen these people who are in these Olympics?

CHRIS: Oh, there are some cuties there. Besides--

JIMMY CARPER: I mean to tell you.

CHRIS: I mean, not as much in the Winter Olympics, but they said a lot of the condoms were taken back during the Summer Olympics from a lot of the African countries--

JIMMY CARPER: Well, I bet, yeah.

CHRIS: --who don't have access to the condoms. And that's where the greatest spread of AIDS in--

JIMMY CARPER: These are not only that, but the best condoms in the world are American.