

DATE: 01 03 2008



Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes show #20



ISSUES INCLUDED BUT NOT LIMITED TO:

Mrs. Gladney's indelible spirit for community affairs has afforded her to work in the political arena for the late Congressman Julian C. Dixon and as well as being appointed a commissioner under Assembly member Mervyn Dymally. For many years, she has extended herself to the community through her local cable talk show, "Building Bridges with Wendy Gladney" which has helped others overcome personal issues in their lives. Wendy is also a featured weekly guest speaker on KJLH 102.3's Front Page with Dominique DiPrima, Friday mornings at 5:00am. Her dedication to the Los Angeles community is exhibited in all that she does, such as producing dynamic events supporting Los Angeles based businesses and venues, being the Event Essentials Editor for Save-the-Date magazine and a contributing writer for the Black Business Association Newspaper.

Wendy Gladney comments:

As I travel across the country and have the opportunity to meet and talk to people, one common denominator that we all share is a "story." We are all the culmination of what life has thrown our way. The question becomes how are you going to deal with the ups and downs of life. Are you going to just "go" through life or are you going to "grow" through life. The path you chose to walk will have a definite impact on your overall well being. All of us have had bad or negative experiences, but if you stop and think about it, there had to be some good or positives along the way as well. I believe that it is important to learn from the negatives and grow from the positives.

I have often been asked how I've been able to have such a spirit of love, joy and peace after all that I have been through in my life. For me the answer is quite simple. Although I have been through my share of troubles, I always think about how bad things could have been. Then I stop and count my blessings and try to have an attitude of gratitude for where I am versus where I could have ended up. I believe God doesn't bring us through our problems to sit around and become comfortable, but rather He comforts us so that we can comfort others.

I am a product of a white mother and a black father. This in itself is not uncommon or strange, but as a child I was left and abandoned by my mother. For many years I did not know or understand why my mother left me. I had heard rumors that she left because I was black and not accepted by her family. I heard also that she was unstable and couldn't take care of me. Whatever the reason, all I knew was that she left me and that I had no relationship with anyone on my mother's side of the family. During my childhood, my father lived a life of the streets. He was a pimp, gangster and a small time drug dealer. Because of the life he lived and the control it had over his mind, I became a victim of sexual abuse by my father. To experience sexual abuse and abandonment by the very two people that brought me into this world was devastating and destroyed my self-esteem. The scars from my early development carried over into my adult life.

A couple of years ago I went through a divorce after 15 years of marriage and I became a single mother. I also had to deal with the emotional state of my ex-husband remarrying a couple of weeks after our divorce and helping our children to understand and accept this new situation. During this time I was also diagnosed with the first stages of cancer and had to go through three procedures. Then a couple of months later my father passed away from heart failure. All of this happened the better part of a year. I had to make personal decisions on how I would handle everything and how it would control my mental and physical health. I have come to believe that God will never give us more than we can handle. We must all chose how we will handle the things that life throws into our paths. For me the choice was to let go of anger, bitterness, and hatred and to forgive. Happiness is a personal choice and I have decided to be happy. Don't let the circumstances of your life control your mind and destroy you mentally or physically. You can do it!



DATE: 01 /10/ 2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes show #21 Single, Teen and Mom



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Wendy Gladney comments:

Being a good parent is the goal of everyone blessed with children. Raising a child is without a doubt one of the most difficult jobs that a person can be responsible for. It is also the most important task for a society to engage in. Parents affect children’s emotional, social, and intellectual development in several ways. One way is by teaching their children how to behave in society through direct instruction and by rewarding them for positive social behaviors such as sharing, looking at other’s view points, and being polite. Parents model appropriate attitudes and behaviors. Children learn most about how to behave in social situations by observing adults whom they admire. Parents also influence children’s development by choosing their neighborhoods, schools and playmates.

Parenting and African Americans

Parenting for African American women requires unique considerations. African American women have come under unfounded hostile criticism in recent years from mainstream America as being overly punishing, as raising children in disorganized homes, and as being inept as single parents. Such fault finding, however, is unsupported. The problem in studying Black families is that the ideas of child rearing are based on White standards of child rearing, which are based on different cultural standards. Therefore, strengths for African Americans such as dependence on family, and spirituality have been viewed as deficiencies by “experts” on family mental health who neglect to understand African and African American values. Historically, women of African descent have produced highly functioning, optimally developed individuals for thousands of years. African American women are an icon of American society. One reason is their ability to bring up children in ways that instill self-control, self-love, respect, and intelligent problem solving. Many of these skills are learned as African American parents teach their children how to cope with racism and how to negotiate functioning in both African American lifestyles and mainstream White society.

Strengths of the African American Parent

- Raising children in a religious and spiritual environment. Spirituality is one of the healthiest protective factors in mental health.
- Utilizing the community through extended kinship in helping raise their children.
- Developing emotional competencies in children by allowing them to express their feelings, by teaching them to be sensitive to others emotions, and be showing them how to control their impulses.

Parenting Principles

Balancing Warmth and Discipline

Good parenting requires balancing warmth and nurture with firmness and control. African American women are excellent examples of the correct balance of these elements. Nurture is critical to encourage the young to explore, to learn, and to feel safe in their environments. Black women are especially adept at giving children the message that they are cared for, even when disciplining.

Firmness is also a necessary aspect of parenting. Despite their many protests about the restrictions and punishments in their lives, children need adults to control

them, not only from protection from harm, but to teach children the invaluable skill of self-discipline. Firmness and discipline also gives children a sense of safety in which they can grow emotionally.

Physical Punishment

Disciplining children requires punishment. African American women generally utilize physical punishment, spanking, as a common way to discipline. This is another area in which Black female parents have come under criticism by social scientists and by the media. Just the mention of "spanking" children can induce heated debates. The facts "pro and con" about spanking are these:

- 90% of American parents of all races say they believe that spanking is either appropriate, or that they have spanked their children.
- Spanking is effective in stopping a behavior immediately, though many may argue that the long-term effects are detrimental.
- Spanking can teach that aggression is a way to handle conflicts with others especially if the parents are seldom nurturing and always punishing.
- Abusive parents do rely on spanking and hitting as a main source of dealing with behavior problems.

What must be said about spanking is that it exists in cultural contexts. For example, scientific studies show that many White middle and upper class children who receive physical punishment regularly become aggressive as adolescents and as adults. The data for Black children, regardless of economic background, suggests the opposite- that not using physical punishment is associated with behavior problems. Further, some suggests that White middle class physical discipline suggests an out-of control authoritarian home while the lack of physical discipline among African American parents implies neglectful parenting (see Deater-Deckard, Bates, Dodge, & Pettit, 1996). Clearly culture is an important factor in how physical discipline is understood.

An important factor in the debate on different forms of punishment is the perception that Black children have regarding their punishment. When parents are viewed as caring and not simply angry, children tend to internalize the message that there is a consequence, good and bad, for their behaviors. This is where showing warmth while being controlling is absolutely necessary. Regardless, spanking is a decision that parents must make individually. The most important factor is balancing warmth and firmness.

Setting Limits

Parents must set up limits and restrict children from what parents judge to be harmful. For a healthy child to develop, parents must balance setting restrictions and giving freedom. Children first strive for independence around 2 years of age (sometimes called "the terrible twos"). This is the time most children become obstinate and demanding and expect a high degree of independence for themselves. Children are biologically wired to strive for independence, but at the same time complete independence hurts them because they cannot care for themselves or protect themselves from dangers that lie ahead.

Encouraging Good Behavior

Give your child plenty of reasons to comply with the expectations you put on him or her. Healthy, well-behaved children are those encouraged by adults to be well behaved, not those afraid of punishment. Giving lots of positive attention and positive comments about them and their behavior best does this. For every negative comment you make to the child, there should be 5 positive ones made as well. It is also important to use reasoning and explanation when giving rules. Don't rely on always saying, "because I said so." You are missing out on the opportunity to teach children how to think intellectually.

How to Manage Children's Misbehavior

- **Set limits and be prepared to deliver consequences for violating them.** Be consistent in drawing the same line for the same behavior.
- **Offer options for unacceptable behavior.** When setting limits, help the child come up with alternate choices of things they can do or have. This helps the child develop problem-solving skills and indicates that you have confidence in the child.
- **Validate the child's feelings.** Show that you understand and accept the child's feelings and needs. Do not simply say "No, you can't" but rather "I know you want to go play but, our rule is homework first."
- **Time-Out.** When children are disruptive it is because there is something in their environment reinforcing their behavior. Simply remove them from the reinforcer by taking them to a time out area (typically where there are not toys or people) and explain why. Time-outs do not work unless the parent is consistent every time in giving a time-out for the same behavior every time it occurs.
- **Love-Withdrawal.** Commonly parents will ignore the child when he/she misbehaves, implying that affection will not be restored until the child complies. Although this is effective in dealing with temper tantrums, be warned that children learn to avoid the cold parent who becomes a negative consequence for them.
- **Power Assertion.** This involves physical punishment and forceful commands. This also includes given children costs for their behavior such as the removal of objects and privileges. Apply the principle of balancing warmth and remember the possible negative consequences mentioned under physical punishment.

Empowerment Points

- Balance warmth and nurture with firmness and control.
- Balance giving freedom and autonomy with restriction and limits.
- Positively reinforce all positive behaviors.
- Use reasoning and explanation when trying to get the child to obey, and when giving punishment.
- Give children alternate options for behaviors instead of simply saying "No."
- Employ discipline consistently. Aggression is learned when parents back down or do not follow through on consequences.
- Set clear limits on even minor infractions.



DATE: 01/17/ 2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #22 With New Directions, A New Life



ISSUES INCLUDED BUT NOT LIMITED TO:

Wendy Gladney comments:

As I travel across the country and have the opportunity to meet and talk to people, one common denominator that we all share is a "story." We are all the culmination of what life has thrown our way. The question becomes how are you going to deal with the ups and downs of life. Are you going to just "go" through life or are you going to "grow" through life. The path you chose to walk will have a definite impact on your overall well being. All of us have had bad or negative experiences, but if you stop and think about it, there had to be some good or positives along the way as well. I believe that it is important to learn from the negatives and grow from the positives.

I have often been asked how I've been able to have such a spirit of love, joy and peace after all that I have been through in my life. For me the answer is quite simple. Although I have been through my share of troubles, I always think about how bad things could have been. Then I stop and count my blessings and try to have an attitude of gratitude for where I am versus where I could have ended up. I believe God doesn't bring us through our problems to sit around and become comfortable, but rather He comforts us so that we can comfort others.

I am a product of a white mother and a black father. This in itself is not uncommon or strange, but as a child I was left and abandoned by my mother. For many years I did not know or understand why my mother left me. I had heard rumors that she left because I was black and not accepted by her family. I heard also that she was unstable and couldn't take care of me. Whatever the reason, all I knew was that she left me and that I had no relationship with anyone on my mother's side of the family. During my childhood, my father lived a life of the streets. He was a pimp, gangster and a small time drug dealer. Because of the life he lived and the control it had over his mind, I became a victim of sexual abuse by my father. To experience sexual abuse and abandonment by the very two people that brought me into this world was devastating and destroyed my self-esteem. The scars from my early development carried over into my adult life.

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DATE: 01 -24- 2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes show #23 Writing Through the Hurt



ISSUES INCLUDED BUT NOT LIMITED TO:

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Wendy Gladney comments:

We all come into this world as blank canvases waiting for the various colors of life to be painted into our world. As children, our first knowledge of who we are comes from our parents. If our parents continue to feed us positive affirmations of our worth and value, we tend to grow with a positive self-esteem. However, if we are told over and over again that we are nothing and that we won't amount to much in life, we will begin to believe this is true. As a child I used to hear people say, "sticks and stones may break my bones, but words will never hurt me." This is not true. Even the bible tells us that the tongue can both cut and heal. We must be careful what we say to others, especially children.

Accepting Oneself

We live in a time when accepting who we are can be difficult. Most of us compare ourselves to unrealistic standards set by advertising agencies, movie stars and the lives of the rich and famous. What we fail to realize, is that oftentimes these standards are a facade like movie sets on the lot of a studio. They represent a "front" with no real substance, constantly having to be propped up because they can't stand on their own. I've had the opportunity many times to talk to people that others would often admire or envy. What I have discovered is, the very people we put on pedestals would love to trade places with people that could be classified as ordinary. I have learned that we must be careful what we desire because many times what we think we are running to, is often what we are running from.

Historically in the African American Community, the subject or discussion of "self esteem" has carried mixed emotions. When we look up the definition of self-esteem in the dictionary, we see that it means belief in oneself. We know that if we do not believe in ourselves and what we do, neither will anyone else. However, oftentimes people confuse "belief" in oneself with "vanity." If we look at success models over time, the ones that have truly made a difference were those who not only accepted who they were, but did so with pride. Many who have left their mark on history were those who had to stand-alone or convince others to see things their way. It is important for you to know 1) who you are, 2) understand where you have come from and 3) determine where you want to go, if you are ever going to accept who you are to be.

Knowing Who You Are

When I was a little girl my grandmother would often say, never let anyone tell you who you are. I have a friend who always says, "never let anyone call you out of your name." We have all heard the saying, "if you don't stand for something, you will fall for anything." I believe that it is very important to know what you stand for in life. When I speak at various functions around the country, I often share with people that it is important for you to know your meaning in life, so that you can prepare your message, in order to carry out your mission. When you know and understand your purpose and why you are here, it is much easier for you to accept who you are and the person that God has made you to be. We are all pieces of a puzzle that fit together to make a beautiful picture. If we are constantly trying to be someone else, we will not "fit" into the spot that has "our" name on it.

If you are currently struggling with who you are, what you look like or comparing yourself with others, I urge you to do the following three steps.

Empowerment Points:



Write down on a piece of paper, all of the positive things that have happened in your life over the past year. If you can't think of any let me give you a few suggestions. You have *your health, a roof over your head, a job, a sound mind, and people that care about you*. I heard a minister once say that if you count all your blessings, it will be hard to be depressed.



Make a list of all the positive things that people say about you. Once again, let me give you a few suggestions: *she really has a nice personality, she has really nice skin, she is so thoughtful, she's really a kind person. Maybe people comment on your discipline to work out, or your compassion for others*. Never underestimate the gifts that God has given you, to make you unique. Remember, one man's junk is another man's treasure. What you would easily throw away, others would take in a minute. I had a friend once tell me that she thought I had the gift of hospitality and encouragement. I thought to myself "what kind of gift is that?" Growing up in church, I wanted the gift of singing or playing the piano or something that the other girls had. Little did I know that the gifts of hospitality and encouragement would be the very way I would live my life and help others today.



Finally, make what I call a "wish" list. Write down the things that you would like to have or accomplish and then set a reasonable timetable to begin making them happen. The key here is to make sure you set realistic goals or expectations. Don't wish that you were 5'11 if you are 4'9. But if you've always wanted red hair and your hair is brown, dye it! If you want a better body, diet and exercise. Just make sure whatever standards you set, you are doing it for yourself and that it is what you want, not what others say you should be.

Remember that we are all little kids in adult bodies. We all get up in the morning and put our underwear on one leg at a time. We all have good days and bad days. The next time you look into the mirror, say to yourself that you are wonderfully and beautifully made just the way you are. God does not make junk!



DATE: 01 /31/ 2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #24 Life Coach, Lifes Work



ISSUES INCLUDED BUT NOT LIMITED TO:

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Wendy Gladney comments:

Self-esteem is the total of one's self-confidence, self-worth and self-respect. Webster's dictionary defines it as simply a "A confidence and satisfaction in oneself." However one chooses to define it, the fundamental nature of self-esteem is based on understanding, accepting and liking yourself. Self-esteem means feeling good about your beliefs, thoughts, feelings and desires. High self-esteem is important because it provides a foundation for you to deal with life's many challenges. Improving your self-esteem can give you the confidence, strength, and resiliency to face and overcome many obstacles.

Self-esteem and the African American Woman

African American women have a rich legacy of being spiritually strong, energetic, enterprising and self-reliant women who have successfully overcome many obstacles to make invaluable contributions to the betterment of humanity. As African Americans, we can be proud that our history is rich with examples of strong and supportive mothers, grandmothers, and wives who have continuously displayed great courage and determination in many aspects of life.

Despite this history, it is important to realize that there are times in many women's lives when **their confidence is shaken and their self-esteem is low**. Low self-esteem can cause you to have poor and dysfunctional relationships, can lead to depression and can create in your mind a very bleak and negative outlook on life. A variety of factors can contribute to low self-esteem, including (but certainly not limited to) poor relationships with parents or siblings, being the victim of a physically, sexually, or mentally abusive relationship, or experiencing racist or discriminatory practices in your personal or professional life. No matter what the reason, don't ever give up hope because your self-esteem can always be improved. You will be pleasantly amazed when you see how improved self-esteem can change your life!

How to Improve Your Self-Esteem

There have been and are many outstanding African American women who love and believe in themselves unconditionally. It is important to remember that high self-esteem evolves from viewing yourself as a unique, valuable, and worthwhile person, and is not dependent on how other people view you. You are your greatest asset and can start improving upon your self-esteem today by:

- Believing in yourself.
- Letting go of past hurts and forgiving others.
- Loving and accepting yourself unconditionally.
- Believing in your dreams and persisting to make your dreams become reality.
- Planning and setting attainable goals in life.
- Meditating and spending a few quiet moments by yourself each day.

- Visualize: See yourself achieving and prospering in life.
- Talk to yourself each day: Internalize positive affirmations that help you believe in yourself.
- Exercise at least three days each week.
- Pray daily.

Dr. Mary Mcleod Bethune, a great African American woman in our history, left the following message to Black people everywhere in her will:

I leave you love.

I leave you hope.

I leave you dignity.

She embodied and lived a life of high self-esteem. So can you!

DATE: 02/07/2008



Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #25 Second Chance at Life



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the saying, "if you don't stand for something, you will fall for anything." I believe that it is very important to know what you stand for in life. When I speak at various functions around the country, I often share with people that it is important for you to know your meaning in life, so that you can prepare your message, in order to carry out your mission. When you know and understand your purpose and why you are here, it is much easier for you to accept who you are and the person that God has made you to be. We are all pieces of a puzzle that fit together to make a beautiful picture. If we are constantly trying to be someone else, we will not "fit" into the spot that has "our" name on it.

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Make a list of all the positive things that people say about you. Once again, let me give you a few suggestions; *she really has a nice personality, she has really nice skin, she is so thoughtful, she's really a kind person. Maybe people comment on your discipline to work out, or your compassion for others*. Never underestimate the gifts that God has given you, to make you unique. Remember, one man's junk is another man's treasure. What you would easily throw away, others would take in a minute. I had a friend once tell me that she thought I had the gift of hospitality and encouragement. I thought to myself "what kind of gift is that?" Growing up in church, I wanted the gift of singing or playing the piano or something that the other girls had. Little did I know that the gifts of hospitality and encouragement would be the very way I would live my life and help others today.



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Wendy R. Gladney



DATE: 02-14-2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #26 Sexy Doesn't Have A Dress Size



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Wendy Gladney comments:

Unlike their male partners, women are emotional beings who show their affection by touching and also by verbal expression, and they like those same kinds of feelings affirmed and reciprocated. The media recognizes that women are visual and need reaffirmation, so as a result, they capitalize on their need and deceive many of them with shows that view women as being content and satisfied by fulfilling their need for intimacy with sexual intercourse. This depiction is far from the truth. Women want to feel connected to their partners emotionally and spiritually. Once they have established the oneness, the intimate act of sexual intercourse then becomes fulfilling, but without the intimacy, sex then becomes an act that brings both parties close physically, but not mentally. Which do you really desire?

The word intimacy comes from the root word intimate and is defined as being marked by close acquaintance, association or familiarity. The word intimate also means pertaining to or indicative of one's deepest nature; the formal definition could infer that establishing a friendship and or a close association with someone could result in obtaining a close acquaintance. Two individuals feeling comfortable enough to share their innermost thoughts and feelings would result in an established, rooted, trusting relationship which in most cases is what most women desire. Consequently, if we desire to have intimacy in our lives and/or our relationships, it is vital that one establish a foundation, become familiar with your partner by getting to really know, understand, trust and appreciate one another. Intimacy is then established.

On the other hand, having sexual intercourse does not require the emotional effort that it takes to establish an intimate relationship. The word sexual is defined as implying or symbolizing erotic desires or activity; pertaining to or designating reproduction involving the union of male and female. Intercourse is defined as an interchange between persons.

Based on this definition, it appears that to have sex does take effort, but ask yourself what kind? Yes, it does take physical effort, but the definition connotes an impersonal feeling because it talks about two bodies joining together to participate in an intimate (close) act, but mentions nothing about the individual's mental state, mind, relationship or history. Sexual intercourse is a very natural part of life and can be very fulfilling provided you've made the choice for the right reason. Is it an intimate relationship you desire or is it sex?

Women in the year of 2001 have made many strides towards excellence. They make six figure salaries, own their homes, have and drive more than one car, travel the world, pay cash for what they desire, but in their efforts to maintain who they are and where they're at professionally, it is important to identify what they really want in their personal lives. They can do that by remembering that sexual intercourse will not guarantee an intimate relationship with their partner, but may in fact satisfy their insatiable physical desires. Which do you prefer, sex or intimacy?

DATE: 02-21-2008



Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #01 Going In, Staying Out



ISSUES INCLUDED BUT NOT LIMITED TO:

Mrs. Gladney's indelible spirit for community affairs has afforded her to work in the political arena for the late Congressman Julian C. Dixon and as well as being appointed a commissioner under Assembly member Mervyn Dymally. For many years, she has extended herself to the community through her local cable talk show, "Building Bridges with Wendy Gladney" which has helped others overcome personal issues in their lives. Wendy is also a featured weekly guest speaker on KJLH 102.3's Front Page with Dominique DiPrima, Friday mornings at 5:00am. Her dedication to the Los Angeles community is exhibited in all that she does, such as producing dynamic events supporting Los Angeles based businesses and venues, being the Event Essentials Editor for Save-the-Date magazine and a contributing writer for the Black Business Association Newspaper.

DATE: 2-28-2008



Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #2 Home From Homeless



ISSUES INCLUDED BUT NOT LIMITED TO:

Mrs. Gladney's indelible spirit for community affairs has afforded her to work in the political arena for the late Congressman Julian C. Dixon and as well as being appointed a commissioner under Assembly member Mervyn Dymally. For many years, she has extended herself to the community through her local cable talk show, "Building Bridges with Wendy Gladney" which has helped others overcome personal issues in their lives. Wendy is also a featured weekly guest speaker on KJLH 102.3's Front Page with Dominique DiPrima, Friday mornings at 5:00am. Her dedication to the Los Angeles community is exhibited in all that she does, such as producing dynamic events supporting Los Angeles based businesses and venues, being the Event Essentials Editor for Save-the-Date magazine and a contributing writer for the Black Business Association Newspaper.

Wendy talks about the conditions and situations of many of the homeless people. She talks about faith, hope and love, while encouraging her viewers to keep going.

Wendy Gladney comments:

As I travel across the country and have the opportunity to meet and talk to people, one common denominator that we all share is a "story." We are all the culmination of what life has thrown our way. The question becomes how are you going to deal with the ups and downs of life. Are you going to just "go" through life or are you going to "grow" through life. The path you chose to walk will have a definite impact on your overall well being. All of us have had bad or negative experiences, but if you stop and think about it, there had to be some good or positives along the way as well. I believe that it is important to learn from the negatives and grow from the positives.

I have often been asked how I've been able to have such a spirit of love, joy and peace after all that I have been through in my life. For me the answer is quite simple. Although I have been through my share of troubles, I always think about how bad things could have been. Then I stop and count my blessings and try to have an attitude of gratitude for where I am versus where I could have ended up. I believe God doesn't bring us through our problems to sit around and become comfortable, but rather He comforts us so that we can comfort others.

I am a product of a white mother and a black father. This in itself is not uncommon or strange, but as a child I was left and abandoned by my mother. For many years I did not know or understand why my mother left me. I had heard rumors that she left because I was black and not accepted by her family. I heard also that she was unstable and couldn't take care of me. Whatever the reason, all I knew was that she left me and that I had no relationship with anyone on my mother's side of the family. During my childhood, my father lived a life of the streets. He was a pimp, gangster and a small time drug dealer. Because of the life he lived and the control it had over his mind, I became a victim of sexual abuse by my father. To experience sexual abuse and abandonment by the very two people that brought me into this world was devastating and destroyed my self-esteem. The scars from my early development carried over into my adult life.

A couple of years ago I went through a divorce after 15 years of marriage and I became a single mother. I also had to deal with the emotional state of my ex-husband remarrying a couple of weeks after our divorce and helping our children to understand and accept this new situation. During this time I was also diagnosed with the first stages of cancer and had to go through three procedures. Then a couple of months later my father passed away from heart failure. All of this happened the better part of a year. I had to make personal decisions on how I would handle everything and how it would control my mental and physical health. I have come to believe that God will never give us more than we can handle. We must all chose how we will handle the things that life throws into our paths. For me the choice was to let go of anger, bitterness, and hatred and to forgive. Happiness is a personal choice and I have decided to be happy. Don't let the circumstances of your life control your mind and destroy you mentally or physically. You can do it!



DATE: 3-6-2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #3 Understanding Islam



ISSUES INCLUDED BUT NOT LIMITED TO:

Mrs. Gladney's indelible spirit for community affairs has afforded her to work in the political arena for the late Congressman Julian C. Dixon and as well as being appointed a commissioner under Assembly member Mervyn Dymally. For many years, she has extended herself to the community through her local cable talk show, "Building Bridges with Wendy Gladney" which has helped others overcome personal issues in their lives. Wendy is also a featured weekly guest speaker on KJLH 102.3's Front Page with Dominique DiPrima, Friday mornings at 5:00am. Her dedication to the Los Angeles community is exhibited in all that she does, such as producing dynamic events supporting Los Angeles based businesses and venues, being the Event Essentials Editor for Save-the-Date magazine and a contributing writer for the Black Business Association Newspaper.

DATE: 3-13-2008



Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes Show #4



ISSUES INCLUDED BUT NOT LIMITED TO:

Mrs. Gladney's indelible spirit for community affairs has afforded her to work in the political arena for the late Congressman Julian C. Dixon and as well as being appointed a commissioner under Assembly member Mervyn Dymally. For many years, she has extended herself to the community through her local cable talk show, "Building Bridges with Wendy Gladney" which has helped others overcome personal issues in their lives. Wendy is also a featured weekly guest speaker on KJLH 102.3's Front Page with Dominique DiPrima, Friday mornings at 5:00am. Her dedication to the Los Angeles community is exhibited in all that she does, such as producing dynamic events supporting Los Angeles based businesses and venues, being the Event Essentials Editor for Save-the-Date magazine and a contributing writer for the Black Business Association Newspaper.

Becoming a foster parent involves reaching out to love a child.

Wendy Gladney comments:

Everyone wants to feel loved, forgiven, valued, and treated fairly. Love is characterized as being patient, and kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres (1 Corinthians 13, The New International Bible version).

Jesus Christ Teaches Love

Jesus Christ has a dynamic yet simple message of love, peace, and forgiveness for a world troubled with anger, distrust, and hostility. He tells us that God is love, universal love for all people (1 John 4:7-12). This God of love requires that all people should love one another (see: Mark 12:29-31).

Christ Jesus says that the kingdom of God is within you (Luke 17:20,21). God's kingdom is one of love, grace, and truth. It is a present spiritual experience in which human sin, jealousy, greed, violence and selfishness can be replaced by thoughts and acts of love, compassion, and forgiveness.

Make The Choice To Love

Love is a decision. You can choose to love. Love covers a multitude of sins. Love frees you and me from the bondage of self-hate, inferiority complex, and negative vibrations and impulses to our body, mind, and spirit. Love heals and blesses.

You can choose to love – and – not hate. Why don't you tell and show someone that you love them by your words and actions of love, care, compassion, forgiveness and kind deeds.

Empowerment Points

- God is love
- God loves you
- God forgives you of wrongs
- Ask God and his spirit to come into your heart and teach you how to love: Him, yourself, and others.
- Love is a decision
- You can choose and will yourself to love



DATE: 3-20-2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes show #5 America's New Immigrants



ISSUES INCLUDED BUT NOT LIMITED TO:

Mrs. Gladney's indelible spirit for community affairs has afforded her to work in the political arena for the late Congressman Julian C. Dixon and as well as being appointed a commissioner under Assembly member Mervyn Dymally. For many years, she has extended herself to the community through her local cable talk show, "Building Bridges with Wendy Gladney" which has helped others overcome personal issues in their lives. Wendy is also a featured weekly guest speaker on KJLH 102.3's Front Page with Dominique DiPrima, Friday mornings at 5:00am. Her dedication to the Los Angeles community is exhibited in all that she does, such as producing dynamic events supporting Los Angeles based businesses and venues, being the Event Essentials Editor for Save-the-Date magazine and a contributing writer for the Black Business Association Newspaper.

Wendy Gladney comments:

We all come into this world as blank canvases waiting for the various colors of life to be painted into our world. As children, our first knowledge of who we are comes from our parents. If our parents continue to feed us positive affirmations of our worth and value, we tend to grow with a positive self-esteem. However, if we are told over and over again that we are nothing and that we won't amount to much in life, we will begin to believe this is true. As a child I used to hear people say, "sticks and stones may break my bones, but words will never hurt me." This is not true. Even the bible tells us that the tongue can both cut and heal. We must be careful what we say to others, especially children.

Accepting Oneself

We live in a time when accepting who we are can be difficult. Most of us compare ourselves to unrealistic standards set by advertising agencies, movie stars and the lives of the rich and famous. What we fail to realize, is that oftentimes these standards are a facade like movie sets on the lot of a studio. They represent a "front" with no real substance, constantly having to be propped up because they can't stand on their own. I've had the opportunity many times to talk to people that others would often admire or envy. What I have discovered is, the very people we put on pedestals would love to trade places with people that could be classified as ordinary. I have learned that we must be careful what we desire because many times what we think we are running to, is often what we are running from.

Historically in the African American Community, the subject or discussion of "self esteem" has carried mixed emotions. When we look up the definition of self-esteem in the dictionary, we see that it means belief in oneself. We know that if we do not believe in ourselves and what we do, neither will anyone else. However, oftentimes people confuse "belief" in oneself with "vanity." If we look at success models over time, the ones that have truly made a difference were those who not only accepted who they were, but did so with pride. Many who have left their mark on history were those who had to stand-alone or convince others to see things their way. It is important for you to know 1) who you are, 2) understand where you have come from and 3) determine where you want to go, if you are ever going to accept who you are to be.

Knowing Who You Are

When I was a little girl my grandmother would often say, never let anyone tell you who you are. I have a friend who always says, "never let anyone call you out of your name." We have all heard the saying, "if you don't stand for something, you will fall for anything." I believe that it is very important to know what you stand for in life. When I speak at various functions around the country, I often share with people that it is important for you to know your meaning in life, so that you can prepare your message, in order to carry out your mission. When you know and understand your purpose and why you are here, it is much easier for you to accept who you are and the person that God has made you to be. We are all pieces of a puzzle that fit together to make a beautiful picture. If we are constantly trying to be someone else, we will not "fit" into the spot that has "our" name on it.

If you are currently struggling with who you are, what you look like or comparing yourself with others, I urge you to do the following three steps.

Empowerment Points:



Write down on a piece of paper, all of the positive things that have happened in your life over the past year. If you can't think of any let me give you a few suggestions. You have *your health, a roof over your head, a job, a sound mind, and people that care about you*. I heard a minister once say that if you count all your blessings, it will be hard to be depressed.



Make a list of all the positive things that people say about you. Once again, let me give you a few suggestions: *she really has a nice personality, she has really nice skin, she is so thoughtful, she's really a kind person. Maybe people comment on your discipline to work out, or your compassion for others*. Never underestimate the gifts that God has given you, to make you unique. Remember, one man's junk is another man's treasure. What you would easily throw away, others would take in a minute. I had a friend once tell me that she thought I had the gift of hospitality and encouragement. I thought to myself "what kind of gift is that?" Growing up in church, I wanted the gift of singing or playing the piano or something that the other girls had. Little did I know that the gifts of hospitality and encouragement would be the very way I would live my life and help others today.



Finally, make what I call a "wish" list. Write down the things that you would like to have or accomplish and then set a reasonable timetable to begin making them happen. The key here is to make sure you set realistic goals or expectations. Don't wish that you were 5'11 if you are 4'9. But if you've always wanted red hair and your hair is brown, dye it! If you want a better body, diet and exercise. Just make sure whatever standards you set, you are doing it for yourself and that it is what you want, not what others say you should be.

Remember that we are all little kids in adult bodies. We all get up in the morning and put our underwear on one leg at a time. We all have good days and bad days. The next time you look into the mirror, say to yourself that you are wonderfully and beautifully made just the way you are. God does not make junk!



DATE: 3-27-2008

Building Bridges

TIME: 2:00 p.m.

LENGTH: 30 minutes show #6 Fighting Cancer & AIDS



ISSUES INCLUDED BUT NOT LIMITED TO:

Mrs. Gladney’s indelible spirit for community affairs has afforded her to work in the political arena for the late Congressman Julian C. Dixon and as well as being appointed a commissioner under Assembly member Mervyn Dymally. For many years, she has extended herself to the community through her local cable talk show, “Building Bridges with Wendy Gladney” which has helped others overcome personal issues in their lives. Wendy is also a featured weekly guest speaker on KJLH 102.3’s Front Page with Dominique DiPrima, Friday mornings at 5:00am. Her dedication to the Los Angeles community is exhibited in all that she does, such as producing dynamic events supporting Los Angeles based businesses and venues, being the Event Essentials Editor for Save-the-Date magazine and a contributing writer for the Black Business Association Newspaper.

Wendy Gladney comments:

It’s Time To Take Care of Ourselves

This past weekend I met a lovely, dynamic, 45-year-old African American woman at a baby christening. She is a classic example of the mother, sister, wife, girlfriend, superwoman who is well known, respected and indeed, is the backbone of our community. This woman is very well educated, a conservatory trained vocalist and performer, and she is active in her church’s music ministry. She is a wife, mother of a teenage son, and a dedicated teacher in the public school system. Upon engaging this woman in conversation it quickly became apparent that this sister who does so much for so many was seriously neglecting her OWN health. She has not had a routine Pap smear in 5 years, nor has she ever had a screening mammogram. She is also overweight and suffers from sleep apnea as a consequence. Medically speaking, she is taking an extreme risk with her life.

Screening for Cervical Cancer Is Important

Major strides have been made in the area of cervical cancer screening, diagnoses and treatment. In short, no woman need ever die of cervical cancer. A simple yearly Pap smear can detect abnormalities in the cells of the cervix that can be easily treated long before they progress to cancer. The average amount of time it takes for abnormal cervical cells to progress to invasive cancer is approximately 5 years. By neglecting to have a Pap smear performed for five consecutive years my friend had clearly put herself at risk for developing advanced cervical cancer and eventually losing her uterus and cervix, or even her life. As gynecologists, we recommend that all women who are sexually active or who have reached 18 years of age should have a yearly Pap smear. If a woman has no history of abnormal Pap smears, and has had normal Pap smears for three consecutive years, she can discuss having less frequent testing with her gynecologist.

Mammograms Help Detect Breast Cancer

Likewise, a mammogram is a simple, painless, five-minute x-ray of the breasts that can in many cases detect breast cancer years before a lump can be felt. It is not sufficient that a woman merely does a monthly self-breast examination. All women should have a baseline screening mammogram between the ages of 35 and 40, followed by yearly mammograms after age 40. This screening process should begin earlier in patients with a family history of breast cancer. Though breast cancer is more common in Caucasian women, African-American women are much more likely to die from it than White women are. This is simply because in women of color, the cancer tends to be diagnosed after it has already spread and is no longer “curable”. Similarly African American women are over represented in the number of women who die of cervical, uterine and ovarian and colon cancer.

To further illustrate this point, my 63-year-old mother was diagnosed with early invasive breast cancer by a routine screening mammogram only 2 months ago. At that time, there was absolutely NO LUMP to be felt in her breast. She subsequently had surgery in which the cancerous area, along with some sample lymph nodes, was removed. Because the cancer was detected early, it had not yet spread beyond a small area of the breast or to the lymph nodes. Consequently, her breast was saved, she does not have to undergo chemotherapy, and her chances of a complete cure are great. Although she has no family history of breast cancer, my Mother religiously goes for her yearly mammograms. Last year’s mammogram results were completely normal, yet one year later she had developed invasive cancer! Had she been lax and missed her yearly mammogram, the chances are high the cancer would have spread throughout her body by year 2002, ultimately resulting in death.

Colon Cancer Screening

There is also the matter of colon cancer in women. The screening test for early detection of this potentially fatal disease consists of testing a woman's stool sample for blood on a yearly basis. At age 50 a baseline flexible sigmoidoscopy should be obtained. This is an exam that may be done in the doctor's office that consists of using a scope to look in the rectum and colon from below, in order to find abnormalities, polyps or other potentially cancerous growths. If this test is normal it should be repeated every three years.

Other Health Matters of Concern

There are numerous other areas where simple screening tests and modification of risk factors can dramatically improve the health status of African American women. Getting screened for high cholesterol, thyroid disease, high blood pressure, depression, diabetes and osteoporosis are simple interventions that may save lives. Likewise smoking cessation, a healthier diet, modest weight loss, regular exercise and routine prenatal care all stand to make a huge impact on the quality of life and overall health of sisters.

HEALTH INFORMATION:

FIGHTING CANCER AND OTHER DISEASE LIKE AIDS CAN BE HELPED BY IMPROVING OUR DIET.

We live in an era where unprecedented advancements in medical technology are unfolding right before our very eyes. As we enter the new millenium, the human genetic code has been literally "cracked". Many forms of cancer are now curable and human fetuses can have defects surgically corrected while still in the uterus. In such an era, why is it that we as people of color in general, specifically women of color still suffer disproportionately from diseases and conditions that have long since been deemed preventable, treatable and/or curable if diagnosed early by simple, widely available screening tests?

In general these treatable conditions are diagnosed at a latter stage in which the disease process is more advanced in women of color. By the time one has finally gone to a physician and been diagnosed, the condition has often progressed well beyond the point where it is easily treatable. As women of color and the keepers of future generations, it is crucial that we don't get so caught up in our roles as wives, mothers, community activists, career women etc., that we continue to neglect our health to the detriment of not only ourselves, but also our communities. If we don't take the time out to care for ourselves, who will?

I don't profess to have all the answers to the above problems and indeed that is not the purpose of this column. What I do hope to accomplish is to revisit some of the aforementioned issues in greater detail and tackle new issues. I also hope to establish an open dialog between the members of BlackWomensHealth.com and myself whereby the exchange of information and discussion about topics, vital to the health of women of color can take place. I welcome your suggestions and comments. Please feel free to email me at: andi@womenofcolorobgyn.com.

No single food or food substances can protect you against cancer. But scientists believe that the right combination of foods in a predominantly plant-based diet may. Evidence is mounting that the minerals, vitamins and phytochemicals in plant foods interact to provide extra cancer protection. This concept is called **synergy**.

In addition, vegetables, fruits, whole grains and beans are low-energy-dense, low calorie foods and probably protect against weight gain. According to the Second Expert Report, experts believe that weight gain – particularly obesity and overweight – are implicated in the development of cancer. Eating a predominantly plant based diet can [help prevent weight gain](#) and therefore protect against those cancers whose risk is convincingly increased by higher body fat (namely cancers of the colorectum, esophagus, endometrium, pancreas, kidney, and breast in postmenopausal women).

[At least 2/3 of your plate should be filled with vegetables, fruit, whole grains and beans.](#)

The majority of the *laboratory research* on diet and cancer suggests that eating vegetables, fruits, whole grains and beans will lower your risk of developing the disease. Scientists are trying to determine precisely how and why these foods may prevent or stop the development of tumors.

[Beans, Berries, Cruciferous Vegetables, Dark Green Leafy Vegetables, Flaxseed, Garlic, Grapes and Grape Juice, Green Tea, Soy, Tomatoes, Whole Grains](#) are all foods that protect your health.