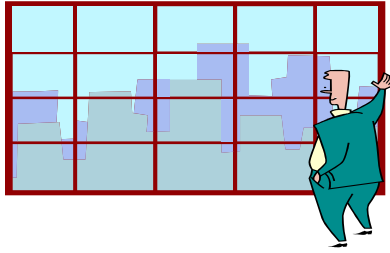


# BUILDING BRIDGES



**THURSDAY**  
**TIME AIRED: 2:00 P.M.**  
Length: 30 minutes



ISSUES INCLUDED BUT NOT LIMITED TO:

4/3/2008 14:00:00 IN3633 2 0:30:00 Kxla-Building Bridges  
Show #7 Surviving Against The Odds TIME: 2:00 p.m. LENGTH: 30 minutes



Wendy R. Gladney is an author, motivational speaker, event planner, and founder of Personal Services Plus (PSP). PSP is a company that offers a gamut of services to business professionals, corporations, government offices and companies of all sizes to augment productivity and improve profitability. Ms. Gladney is a graduate of U.C.L.A. and is currently active in a variety of professional organizations. Ms. Gladney can be contacted at [WendyGladn@aol.com](mailto:WendyGladn@aol.com). Learn more about her by visiting her website [www.wendysenterprises.com](http://www.wendysenterprises.com)

Hope is confident expectation. It is a power within that we all possess, a power we can use. Hope is a trust in the future plus a confidence in oneself. Hope is the act of surviving, given to us by the Creator to continue life's journey in the face of all obstacles. Hope can open up your heart and let good feelings burst into your consciousness.

People who keep hope alive, do indeed help themselves immeasurably to live. Norman Cousins, in his books, **The Anatomy of An Illness**, and **Head First: The Biology Of Hope**, documented findings that people who choose to exercise joyfulness along with faith, hope, a will to live, purpose and determination make a very significant difference in recovery from serious illness.

## **Our Creator Gives Us Hope**

There is a logic and reality contained in the often-repeated axiom "Where there is life there is hope." Many of us view God as the Creator and source of eternal, everlasting, and abundant life. Thus, hope is ever present because God is omnipresent.

*Suzanne Pelton*

# BUILDING BRIDGES



TIME: 2:00 p.m.

LENGTH: 30 minutes



ISSUES INCLUDED BUT NOT LIMITED TO:

4/10/2008 14:00:00 IN3635 2 0:30:00 Kxla-Building Bridges  
Show #8 Breaking the cycle

Domestic violence occurs in an estimated 4 million intimate relationships each year in the United States. We are now recognizing and dealing with the urgency and severity of domestic violence in cities from coast to coast. The statistics reveal that domestic violence is one of the most important public health problems in our country and it is time that we all address this issue. Consider the following findings:

- The Surgeon General of the United States reports that domestic violence causes more injury to adult women than cancers, heart attacks, or strokes.
- FBI statistics point out that a woman is battered every 15-18 seconds in the United States.
- More than three million children witness domestic violence, and more than four million women are battered to death by their husbands or boyfriends each year.
- Approximately one third of female murder victims in the United States are killed by their husband or boyfriend.

## What Is Domestic Violence?

Domestic violence, partner abuse, and battering refer to the physical, emotional, sexual, and psychological abuse, performed by one person against another. The abuser and the victim are involved in or have had an intimate or romantic relationship.

## A Painful Dilemma

Many Black women may find it harder to leave a battering relationship than White women. The reasons for this are unclear, but some possible explanations include the following: (1) African American women have fewer options in their search for a marital partner than do White women; (2) African American women on average, have a lower income level than that of most White women; (3) Black women are reluctant to call the police because they see the racial injustice in the criminal justice system; (4) community support systems including women's shelters and other service programs may be less available to them and they may view the shelter system movement as something mainly to benefit White women. Unfortunately, many Black women resort to "homicide" as an answer to the violence and battering they encounter.

### **What You Can Do If You (Or A Friend) Suffers Domestic Violence**

- e-height: normal; font-size-adjust: none; font-stretch: normal;"> Domestic violence is a Federal crime. Call 911 immediately. This will activate the criminal justice system in regards to your domestic violence abuse and injurious claims. Experts say that women are beaten about five times before they ever dial 911.
- Try to give police all available information and make certain that the police listen and write down your statements and their observations, and direct quotes of what your abuser said while attacking you.
- Never refuse medical evaluations and medical services! Never clean up the house or location after a domestic violence attack, so that critical evidence of harm or injury is not removed. Keep a Polaroid or some type of camera and film on hand to photograph your injuries and any damage to property, etc. Remember, "a picture is worth a thousand words," and is a good sign of evidence.
- Call domestic violence resource agencies in your community or call the National Domestic Violence hot line at (800) 799-SAFE. This hotline was initiated in 1996 with cooperation from the Justice Department. Through this hotline, a woman anywhere in the United States can be connected to resources to help her get away from her violent abuser.

### **Consider Obtaining A Protective Order Against Your Abuser**

A protective order can be issued by civil and criminal courts against anyone who is a threat to your safety. The 1994 Federal Violence Act against women specifies that protective orders are recognized and enforced from state to state and includes Indian Tribal Reservations. Call the various domestic violence organizations and agencies for information and advice about a protective order.

A handwritten signature in black ink, appearing to read "Lawrence P. Peltier". The signature is written in a cursive, flowing style with a large, prominent initial "L".

# BUILDING BRIDGES



TIME: 2:00 p.m.

LENGTH: 30 minutes



ISSUES INCLUDED BUT NOT LIMITED TO:

4/17/2008 14:00:00 IN3636 2 0:30:00 Kxla-Building Bridges  
Show #9 Fighting addiction on 2 Continents

Wendy R. Gladney is an author, motivational speaker, event planner, and founder of Personal Services Plus (PSP). PSP is a company that offers a gamut of services to business professionals, corporations, government offices and companies of all sizes to augment productivity and improve profitability. Ms. Gladney is a graduate of U.C.L.A. and is currently active in a variety of professional organizations. Ms. Gladney can be contacted at WendyGladn@aol.com. Learn more about her by visiting her website [www.wendysenterprises.com](http://www.wendysenterprises.com)

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.

A large, handwritten signature in black ink. The signature is written in a cursive style and reads "Lawrence P. Lewis". The letters are fluid and connected, with a prominent arch over the 'L' and 'P'.



# BUILDING BRIDGES

TIME: 2:00 p.m.

LENGTH: 30 minutes



ISSUES INCLUDED BUT NOT LIMITED TO:

4/24/2008 14:00:00 IN3637 2 0:30:00 Kxla-Building Bridges  
Show #10 Addicted & Homeless, But Not Full of Hopelessness

Wendy R. Gladney is an author, motivational speaker, event planner, and founder of Personal Services Plus (PSP). PSP is a company that offers a gamut of services to business professionals, corporations, government offices and companies of all sizes to augment productivity and improve profitability. Ms. Gladney is a graduate of U.C.L.A. and is currently active in a variety of professional organizations. Ms. Gladney can be contacted at [WendyGladn@aol.com](mailto:WendyGladn@aol.com). Learn more about her by visiting her website

[www.wendysenterprises.com](http://www.wendysenterprises.com)

Most of us would rather take a pill and opt for "the quick fix" than do what it really takes to maintain health and wellness. We all know what we should do - exercise regularly, eat right, avoid stress, drugs and alcohol - in honor of preserving our health. Yet, in our fast-paced lives and hectic schedules, we find the time to do almost everything, except lead a healthier lifestyle.

How do we find the time to take better care of ourselves? Is there a quick fix? The key is not in attempting to make drastic changes overnight, but in making small modifications each day, in ways we can maintain for the rest of our lives. Substitute bad habits with good choices that preserve our mental and physical vitality.

Eat one less cookie, and in exchange, take a walk, even if it's just around a block in your neighborhood. Skip the martini on your night out and hit the dance floor. Wrap up your evenings a few minutes earlier and relax with a book of poetry. Light a candle, reflect, breathe...

*Suzanne Pelissay*