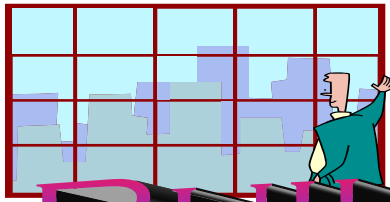


THURSDAY
TIME AIRED: 2:00 P.M.
LENGTH: 30 MINUTES



BUILDING BRIDGES



ISSUES INCLUDED BUT NOT LIMITED TO:

7/3/2008 14:00:00 0:30:00 Kxla-Building Bridges

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. Learn more about her by visiting her website 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.



BUILDING BRIDGES

TIME: 2:00 p.m.

LENGTH: 30 minutes

7/10/2008 14:00:00 0:30:00 Kxla-Building Bridges



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14:00:00 0:30:00 Kxla-Building Bridges

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

- 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.



BUILDING BRIDGES

TIME: 2:00 p.m.

LENGTH: 30 minutes

7/17/2008

14:00:00

0:30:00

Kxla-Building Bridges



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0:30:00

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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.



BUILDING BRIDGES

TIME: 2:00 p.m.

LENGTH: 30 minutes

7/24/2008

14:00:00

0:30:00

Kxla-Building Bridges



ISSUES INCLUDED BUT NOT LIMITED TO:

14:00:00

00:30:00

Kxla-Building Bridges

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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...

BUILDING BRIDGES

TIME: 2:00 p.m. LENGTH: 30 minutes
7/31/2008 14:00:00 0:29:45 Kxla-Building Bridges



ISSUES INCLUDED BUT NOT LIMITED TO:
14:00:00 00:30:00 Kxla-Building Bridges

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.

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.

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.

