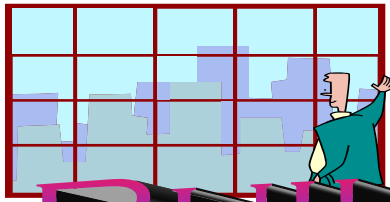


**THURSDAY**  
**TIME AIRED: 2:00 P.M.**  
**LENGTH: 30 MINUTES**



# BUILDING BRIDGES



TIME: 2:00 p.m.  
LENGTH: 30 minutes



ISSUES INCLUDED BUT NOT LIMITED TO:

9/4/2008

14:00:00

0:30:00

Kxla-Building Bridges

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)

In the months since my mothers' death, I've experienced every conceivable emotion. I can honestly say that there have been days when life hasn't seemed worth living--at times, getting out of bed has seemingly been as difficult as climbing Mount Everest. I have been taking a crash course that I call "Grief 101". Have you ever attended? Hopefully your answer is no...but you still might want to pay attention to this article. Unfortunately, grief due to the loss of a loved one is part of life, an inescapable experience that we will all go through.

Grief is a natural and normal process and reaction to loss. You and I need to go through grief in order to heal and ultimately experience spiritual and emotional growth. Dr. Elizabeth Kubler Ross, who has studied the subject of grief and loss, defines grief as a process encompassing several stages. These stages include denial and isolation, anger, bargaining, depression, and finally acceptance. According to Dr. Ross, we all experience these emotions following the death of a loved one. However, the order in which we experience these stages (and length of time we spend in each stage) varies from with each individual.

Grief is often associated with death, but in reality grief can follow many different kinds of losses (e.g., miscarriages, divorce or separation, learning you have a serious or even terminal disease, the demise of a life long dream etc.)

As stated earlier, everyone grieves differently and there is no tried and true right or wrong way to grieve. What I have found to be beneficial as I go through this process is to find coping strategies and techniques that ease the pain. Here are some of the strategies I use to cope on a daily basis:

- **Volunteer Your Time**--I've found that it is very difficult to feel sad when you're helping others. I have continued my mother's legacy of service to others, by tutoring individuals who are having their share of challenges in school. On Monday afternoons, you'll find me transporting two little girls (who lost their mother as well) to a grief recovery group for children. Spending time with these young girls greatly uplifts and rejuvenates my spirit. I feel like "going on" after I've have spent an afternoon talking and laughing with them.
- **Find a good friend with whom you can share.** The irony of this statement is that very often friends seem to disappear at the time when you need them the most. Your friends may be uncomfortable and unsure of what to say to you during this painful time. If you prefer to talk, find someone who will listen in a nonjudgmental manner and accept your thoughts no matter what.
- **Keep a journal**--A journal can be a healthy way to express your innermost thoughts and feeling. Although you may feel sad as you write, you may also gain some insight and a sense of relief. You may choose to write on a daily basis, or reserve your entries for the times that are most difficult. A journal can also be a means to put feelings of grief or regret into perspective.
- **Join a Grief Recovery Group**--On a weekly basis, I meet with a group of 10-12 individuals who are grieving as well. I've found that it's comforting to share with others who truly empathize with the statement--"I feel like I've been mowed down by a tractor trailer and I'm trying to get up". These people genuinely validate my feelings and share my pain. Oftentimes, the heartfelt hug or the gentle squeeze of the hand is a comforting salve for the pain.
- **Count Your Blessings**--As I spoke at my mother's funeral, I tried to put into words the many reasons that I was thankful that God had given us so many blessings. In the days since, I've become increasingly aware of the many things that I have to be thankful for-- things that I might ordinarily have taken for granted. Make a list of the lessons learned or the ways that your life has been enriched by the persons you have lost. Cherish those memories as you face the difficult days ahead.
- **Renew Your Faith**--The greatest comfort for me has come in the form of prayer. A friend who recently lost her father told me "God knows". Yes indeed God (or whomever you place your belief in) does know! During those nights when I am unable to sleep because the pain is so intense, he knows. During the times when the grief overcomes me all that I can do is cry...he knows. Psalms 30:5 promises us that "weeping may endure for a night, but joy comes in the morning". The loss of my mother has clearly been the greatest challenge I've have ever faced in life, but by faith I have found the strength to carry on.

# *Building Bridges*



TIME: 2:00 p.m.

LENGTH: 30 minutes

9/11/2008 14:00:00 0:30:00 Kxla-Building Bridges



ISSUES INCLUDED BUT NOT LIMITED TO:  
14:00:00 0:30:00 Kxla-Building Bridges

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 show #21 Single, Teen and Mom



ISSUES INCLUDED BUT NOT LIMITED TO:

14:00:00

00:30:00

Kxla-Building Bridges

9/18/2008

14:00:00

0:30:00

Kxla-Building Bridges

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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 by 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.

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

## *Building Bridges*



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)

TIME: 2:00 p.m.

LENGTH: 30 minutes

9/25/2008      14:00:00      0:30:00      Kxla-Building Bridges



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.

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!

A handwritten signature in cursive script that reads "Lawrence Pelway". The signature is written in black ink and is centered on the page.