

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# Silly Who? ~ The Newsletter

## WHERE AM I GOING FROM HERE?

BY LAKEISHA MCCLENDON

Silly Women – The Conference has forced me to use my preparation to walk into my destiny. Do I know what my destiny is? NOPE! But what I do know is the way I feel when I speak to women and let them know that they are not alone. Being part of the Silly Women Team has allowed me to meet some very special women and use my voice as a testimony to others. I have been busy traveling to Los Angeles and working on the Baltimore conferences. At the same time, I am developing Silly Women ~ The Conference 2009 strategic plan which will include the Historically Black College and University tour and an 18-city tour. ... I am not tired!! This is because I am walking into my destiny. I am using my preparation to multi-task and make the best use of my time. For example, I am writing this article while sitting in a chair getting my hair braided.

This is how Gotta Plan Productions/Promotions has evolved:

May 14, 2007: LaKeisha McClendon a.k.a Gotta Plan Productions learns about YoBo hosting the first Silly Women Conference in Los Angeles during a brief phone call with our mutual friend A.A. Gulmert (financial speaker from the first Baltimore Conference). I asked, "Do you think your friend would let me do a conference in Baltimore?" She answered, "I am sure she would!" The devil was in my ear and I repeated what I heard: ""She may not let me; I mean, it is her concept." She said, "Yolanda is not like that. I will e-mail her that you are interested and she will call you."

Later on May 14: I spoke with Yolanda and we decided to do a Baltimore conference during her visit to Maryland from June 10 -July 7. WOW!! That was 6 weeks away and I had to find a location, market the conference, get vendors, get people to come, get people to embrace the concept, work, take care of two toddlers, a husband, teenagers, start my real estate business, start a new position at work, go on vacation, plan a baby shower, host a bridal shower, be in a wedding, drive my cousin to North Carolina! Here came SATAN..... "You can't do all that! You are going to fail! No one is going to show up! You are going to lose every dollar you put out! This is not a good idea! What are silly women? People are going to curse you out! Who's going to listen to you — you're silly yourself!"

May 15: Signed contract with Shiloh Christian Community Church Fellowship Hall.

May 17: I created a draft flyer not knowing that YoBo is a creative genius! I typed the words YOBO PRODUCTIONS AND ... well ... A.A. Gulmert always told me: "Have a plan. Even if it is a bad plan, have a PLAN." That was it! GOTTA PLAN PRODUCTIONS! I did my sad flyer and sent it to Yolanda and she sent me her flyer!!! THE BOMB! You know — the Silly Woman waiting for her man next to the clock with the bug!! That was when the devil stepped in again: "You are a mess. You took two hours to come up with trash and this woman put this thing together in minutes." Then GOD stepped in: "You are doing exactly what I told you to do. Her gift is your blessing and your gift is her blessing."

May 18 – June 29 – Prepared for the first day of the rest of my life! Over the next five weeks I spoke to Yolanda several times a day getting my dose of "I can do it all spirit". I passed out Silly Women flyers at mall parking lots, churches, UniverSoul Circus, Jazzy Summer Nights, and concerts to build up the database for our e-mail blasts. You name it ... I was there. My 3-year old daughter was with me and said, "Mommy, you are passing out flyers to your Silly Women Conference!" That made me very proud; I was teaching her about entrepreneurship. She was learning at age three that if she wants something she has to go after it.

I had people tell me (1) we did not have enough time to pull the conference off, (2) I was taking on too much, (3) don't forget that I have children and I need to make sure I am spending enough time with them!! Now you know what I wanted to tell them ... BUT ... I can show you better than I can tell you. Some of those comments told me quickly that I can't share everything with everybody. So I would hang up and call my cheerleaders, my soldiers, my pep squad, my assets. Those are the people who said: what do you need; how can I help; that's no big deal; this is all you have to do; I am so excited about your conference; I have told all my friends about your conference. Or they just LISTENED! Sometimes we just need someone to LISTEN! Do you know when to listen?

June 30 - The beginning of DESTINY!!! I was on a Silly Women HIGH!!! That day I clearly saw where I was supposed to be. As I shared my excitement about the success of the first conference with a friend she replied, "The jury is still out on the Silly Women Conference." I said to myself ('cause you know I got off the phone): "I did not know Silly Women – The Conference was on TRIAL!" Better yet, we have already been tried and convicted and sentenced to a life of spreading the good news of the POWER of your CHOICES to re-create a LIFE aligned to your destiny.

So where I am going now? Wherever God takes me! But guess what? I can't put all the pressure on God. I have to nurture my gift by finding mentors, reading books, and getting trained to support what I am now passionate about.

Silly Women: Nothing is easy but if you put your energy where you want to be successful and nurture your gifts while surrounding yourself with people who sow POSITIVE seeds into your life, you can't do anything but succeed!! The beauty of success is relative. The way you define success now may not be the way you define it in six months. Guess what? If you are reading this article I have succeeded because a year ago no one was reading my thoughts and feelings. AIN'T GOD GOOD!! If I can "do it" you can do "do it" too! What's IT? The answer is whatever you CHOOSE!

I have choices all the time, and ALL the time I have choices!!!

*In Silly Love with Silly Women - The Conference!!*

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

**MEN ARE SILLY TOO**

**By WILL DEFO**

Well, let's cut straight to the chase:

- \* Men are just as insecure as women;

- \* In the same way that women have a need to be validated as being beautiful and desirable, a lot of men need their egos and manhood validated; and

- \* Men creep because of the inner creep.

All of us have insecurities. Some of us are better at hiding it than others. Let me reveal a secret to you ladies. (My brothers will probably get angry at me for telling you this.) Men want to be viewed as attractive and desirable the same way women do. We want to be wanted. It's so bad that whenever a woman is looking in our direction, we assume that she is checking us out. We figure if we approach her the right way and tell her all the things she wants to hear we can lock her down.

We are just as body conscious as women. We obsess over what was once a six pack and is now a keg. We hate on brothers who are taller, stronger, richer, and have a better physique. But unlike women, we'll never verbalize those things or let it show. We are too cool for that. Though we may not let it be seen, when a woman is feeling us we get super geeked.

That's one reason men fall to temptation. When a woman — any woman (whether we find her attractive or not) gives us some attention, or compliments us, or makes us feel like a man by what she says and does, or feeds our ego, it's like spinach to Popeye. Now some brothers might be saying, "Not me!" He's lying. If he's married he may never come home and tell his wife, but some woman ... on the job, at school, at the coffee shop, at Walmart, at the gas station ... somewhere ... makes him feel like Hercules.

Another reason we crumble is because our ego is fed when a woman makes us feel like she "needs" us and that we are the solution to her problem. Men love projects. Men love fixing stuff. Men want to be "Captain Save A..." well you know. That's why we do stupid stuff like bragging about how skilled we are at meeting a woman's need, whether it be fixing her toilet or fixing her plumbing (if you know what I mean). We get so caught up eating what women are feeding that we fail to engage our minds and recall that we are supposed to be "Men of God."

Don't get it twisted — women have more game than men any day of the week. A lot of times we think we have sisters fooled because we fail to realize that the woman is in control ... until she chooses to relinquish her power. She controls the flow. Men who manage to get over on a woman do so only because they have found someone more insecure, more broken, and more damaged than themselves. But the secret is SHE is doing just as much to feed his brokenness as he is to feed hers. He needs her every bit as much as she needs him. The problem is they do nothing to heal the other. They temporarily leech off one another until they suck each other dry and then move on because the emotional and psychological fix they got from one another is gone.

All a man's life he is taught that who he is must be associated with how much, how many, how big, how often, etc. Everything in his life is measured. He must get the most women. He must have the biggest and fastest car. He has to be able to boast about getting the most sex. He must have the largest "member." The biggest bank account. The most desirable females. He has to be the meanest. The roughest! The biggest! The baddest! HE MUST WIN AT ALL COSTS!!!! His manhood is directly associated with him fitting these criteria. This mentality is indoctrinated into the man from Day One. The sad part is that some of us don't figure it out until our late thirties. Even more tragic, some of us never figure it out.

I could go on forever but I will stop there because I hear a rustling sound outside my window. I think they found me and want to beat me down for revealing some of the things we try to keep hidden in the trunk of our cars. I spilled the beans!

Ladies, I encourage you to set a standard. **NO MAN CAN MAKE YOU HAPPY!** You must work at becoming emotionally whole **BEFORE** you get involved with a man. Actually we can't stand a needy woman. We hate drama. We would rather not deal with your emotions. **BUT WE WILL HIT IT!**

Work on you. And when you get yourself together, **DEMAND** that every man who desires a nanosecond of your time not only be on your level but slightly above it. The last thing you need in your life is a Silly Man....

**Will DeFo can be contacted at [Minista2Society@yahoo.com](mailto:Minista2Society@yahoo.com)**

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

**YOU REALLY DO HAVE CHOICES**

**BY SILLY ROCHELLE**

This time last summer I helped a friend move into her brand new home. Little did I know that two months later I'd be trying to convince her to leave the new home and her abusive husband. Fast forward to this summer. She is in the process of getting divorced. She says she made up her mind to leave the marriage when she decided that she didn't want to get hit any more. I recently realized how much of a courageous act it was for this young woman to make that decision. During a recent vacation a relative shared that she had harbored resentment toward her father because he beat her mother regularly. I asked when the beatings stopped. She said, "When he got too old to swing."

While on that same vacation, another cousin asked me about his college sweetheart who married into my family. I'm talking 55+ years ago. Upon my return to California, I saw the woman he referred to and jokingly mentioned what the man had said. I then excused myself to go to the lavatory without realizing that she was on my heels. As soon as I was behind closed doors she whispered, "I never mentioned that to [my husband]. He's so jealous!!! He doesn't know anything about that. One time we were somewhere and somebody had just mentioned how nice I looked. That's all they said was how nice I looked. And when we got home [he] hit me so hard!" I thought to myself, "What the &^%\$# is that old n-word doing still swinging?" That explains why she's got all those problems with her joints and stuff!

My thoughts immediately returned to last summer when my friend asked, "Do you think there is any hope for my marriage? Do you think it will stop?" I answered her, "Sure it can stop -- with medication and counseling. But without that, it won't stop."

Now I see that people who like to beat just like to beat. That's who they are and what they do. For a lot of men, this is their normal . . . and a lot of women too. (I am referring to women whose adult children are grandparents.) Any woman who thinks that if she changes this or does that then everything will be all right is gravely mistaken. Do you really want to have your fourth and fifth generation of seed walking around while you're still getting whipped?

***YOU HAVE CHOICES ALL THE TIME . . .  
. . . AND ALL THE TIME, YOU HAVE CHOICES!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

**BY YOLANDA WRIGHT BOZANT**

I heard a story that tops every silly thing I have ever done. Here goes: She came home to find her man had brought a woman back to her apartment. Again. Unlike most silly women, she didn't start a fight with the stranger. Instead she put the woman out and threw his butt out too. Hold your applause because there's more to this story.

The next day she was home. Alone. And lonely. That's a terrible combination. But what was she to do? She had told her man to leave. As in most cases, Silly Women also happen to be Extremely Creative Women. So she picked up her telephone, blocked the number of course, called her man to say she was in jail, and he needed to go to her place to accept her collect call. He rushed back "home" and from what I last heard, all is well in paradise. Until he brings the next woman to her apartment. Again.

While I can appreciate the fact that ol' girl got rid of Deadbeat and all the drama he brought along, she also created a void in her life. Once a void is created, it's up to each of us to decide how to fill that empty space. Our friend opted for Silly Move #1006: returning to the familiar. I'm sure every man and woman reading this has done that at least once. I would wave my hand in the air but I'm typing too fast! I have started countless diets, only to find myself returning to the freezer grabbing a carton of ice cream. So I'm not mad at ol' girl! Shoooooot, we both like what we like!

Whenever we fail to plan, we have just made a plan to fail. Change requires a plan. Make that a good plan. And it's really easy to make a good plan. Lack of a good plan causes us to revert back to Silly Move #1006. That's the reason the numbers on my scale have increased (again). That's also the reason ol' dude uses his girlfriend's apartment as a motel.

There are many things we can do to avoid being alone and feeling lonely. I purposely keep myself busy to avoid silliness. It doesn't take much for me to go back to the familiar. That's why I am re-creating my normal. Let's take today for example. I plan to fill my day crocheting a baby blanket, editing three books, planning the Oakland conference for September and the Los Angeles conference for October, collecting last minute deposits for the cruise, taking care of Daddy, adding members to my online family tree, updating the Silly Women Calendar of Events, downloading pictures from last month's family reunion, eating barbecue as soon as my brother finishes cooking, and emailing this message to y'all. By the time those tasks are completed, I won't have the time or the energy to waste concocting foolishness to lure a no-good man back home just to fill a void in my life. (But I will make time to fill that void in my tummy with three scoops of vanilla ice cream.)

***YOU HAVE CHOICES ALL THE TIME . . .  
. . . AND ALL THE TIME, YOU HAVE CHOICES!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

*By Yolanda Wright Bozant*

After all these years, why is sex education still taboo in the church? We have come a long way from the church of yesteryear. Now we can wear hoochie outfits to church - even us BBW's (big, beautiful women) who know we have no business with our goodies exposed! We can get pregnant and not be forced to go through with a shotgun wedding or publicly apologize to the church. Our breath can reek of cigarettes or liquor and we won't be the topic of church gossip over the next week. Yet some folk tell me that "freak" and "the Lord" don't go together. They obviously have not read their Bible.

There is nothing taking place today that did not take place in the Bible days. Check out the following - which is straight from the pages of the Bible, not the Jerry Springer show:

- Abraham and Sarah were brother and sister. One babydaddy; two babymamas. (See Genesis 20:12).
- Lot's daughters got him drunk and then took turns sleeping with him to get pregnant. (See Genesis 19:30-36).
- Instead of participating in a raging battle, freak daddy David was sneaking a peak at a bathing woman. He sent for the woman, knowing full well that she was married . . . to his homeboy! (See II Samuel 23:39 and II Samuel 11:2-5).
- Bathsheba became pregnant and David had the woman's innocent husband killed. (See II Samuel 11:12-17).
- David's freakiness was passed down to his son Amnon. That boy fell in love with his own sister Tamar, then raped her! David's older son, Absalom, killed Amnon because of what he had done to Tamar. I reckon David's murdering spirit got passed down as well. (See II Samuel 13:1-19).
- Flip over to the New Testament and we find a woman who got caught "in the very act" of adultery.

The same issues that existed then still exist today. How do I know? Because I have watched my children repeat the same behaviors as I did - and I'm talking about things I never told them. Some of the behaviors I participated in are the same things my mother, grandmother and great-grandmother have done. My paternal family secrets are just as juicy! But all that mess stayed swept under the rug because we were taught that: "What goes on in this house STAYS IN THIS HOUSE!" And that, my friend, is why the cycle of silliness is repeated.

Today's generation plays by a totally different set of rules. For example, my niece introduced me to a couple. I later asked, "Is he her boyfriend?" My niece answered, "No; he's her Boo." It took two days of explanation for me to halfway understand the way New Millennium relationships progress. This is the way I think it goes:

- FBs (you-know-what buddy in my day; Friends with Benefits today)
- Friends (more than FBs; you kick it but don't ask personal questions)
- Boos (more than Friends; you travel; attend family events; but still don't get to ask any personal questions)
- Boyfriend/Girlfriend (everybody knows that you're a couple; unlike first three stages, this status more than likely is exclusive on both parts)
- Babydaddy/Babymama (at this point he moves into her mama's house and shares a bedroom with her and their kids).

All of the above sleep together -- with or without commitment. Parents, we have a responsibility to properly educate and inform our children about health and sex. The most I worried about was an unplanned pregnancy; but with HIV and HPV and Lord only knows what else, I'd be a fool to sit around looking sanctified and holy and refuse to share the many life lessons I learned the hard way. That's the reason I wrote a book about all the things I wish someone had taught me. I was elated to receive an email from Rev. Dr. Ruth Travis of Baltimore, Maryland; she was the first pastor to have the courage to use quotes from my book during her sermon on Youth Sunday. Hallelujah for real! After the sermon Dr. Travis told her members to read the book. A woman approached my sister Gail (who just so happened to be in Maryland that Sunday) and asked, "Why did your sister entitle the book 'Can You Be A Freak And Still Love The Lord?'" Gail answered her question with a question: "If we had called it 'How To Exercise Self-Control' would you have bought it?" She said, "No" as she purchased three books.

The billboard near my Daddy's house reads: "Talk to your children about sex . . . everybody else does." If you feel uncomfortable having such a discussion, I suggest you follow the lead of Dr. Ruth Travis and use my book. It will make the conversation a lot easier for you and your children. We must stop the next generation from being destroyed for lack of knowledge.

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

***A Message To Mothers***

**BY GREGORY COLLINS**

My mother came from a broken family. Her mother was an alcoholic. She was the oldest of nine children and she had to drop out of school, only completing the ninth grade, to care for her eight younger siblings. She did not have a nurturing upbringing. As she became a mother, she did not have anything to compare motherhood to. Therefore, she was not prepared in her mid-twenties when I was born. I was her second child and only son.

My parents divorced when I was three. My mother and father's marriage was rocky at best and she never appeared to heal from it. She remarried a wonderful man, but always seemed to focus on my father with negativity. My mother would say things like, "You're so ugly, just like your daddy," and "You look like your daddy with his black self." As a teenager, I felt I should not be the blame for something I could not control. After all, my mother did choose to marry him.

I was not a defiant child, and what was said did not negatively affect me or cause self-esteem and dysfunction issues. Instead, they empowered me to get out and seek why these things occur. Since my mother had little education, it was important for me to achieve education in my life in order to move on. I have always been strong-willed and was popular in my hometown.

This is the season of Mother's Day and what I would like mothers to take away is that it is not fair to put guilt on their children for adult infractions. It affects most, if not all of the children. I was blessed to have a Christian godmother as an outlet. If a mother continues to say negative things to their children, dysfunction is inevitable. I understand some men cause heartaches and pain. I know that some men make life difficult and rough for some women. However, the children are being taught to replace the same behavior that caused the mother's heart to ache. In turn, those children will grow up passing on the retaliation of their parent to some innocent person.

Mothers, your children love you with an innocent love that surpasses all hate. Please do not look at them and see the mistakes made with or by their father. The child is not the one who married or hurt you. Although the father and child have a resemblance, the child did not do anything wrong. A mother's essence is to nurture, not the father. That is in your nature. Your body provides nutrients to a child that a man cannot fathom.

To mothers who speak negatively to their children, ensure that your children receive the lessons learned from the failed relationship and not the pain of the relationship. Build their self-esteem and provide them the keys and knowledge to get the most out of life.

My message to parents and particularly single and divorced mothers is that a child should never be put in the middle of an adult situation or be used to speak for the other parent. Love and nurture your children - that's all I needed. Teach them how to overcome circumstances so that they will be prepared to take action in a positive way. I love my mother and now that I am a man, I am better equipped to help her see a better view of my father through my success.

---

**GREGORY COLLINS** is a ghost writer, certified trainer and author of the leadership book, "*The Radiant Powers of Success.*" He is also the publisher of *The Leadership Connection Newsletter*. He has over twenty years leadership experience as a current active duty United States Navy Officer. Visit [www.gregory-collins.com](http://www.gregory-collins.com).

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# Silly Who? ~ The Newsletter

**"My Name is YoBo and I'm An Addict"**

By Silly YoBo

YOLANDA WRIGHT BOZANT

**You talk about somebody feeling like the biggest hypocrite this side of heaven.** That's exactly what happened on February 29, 2008 when the ABCs of Life Conference team visited the Los Angeles Transition Center. We (myself, Coach Ryeal Simms and Judge Wright) had the opportunity to speak to over 150 adults who had made a decision to transition to a better lifestyle. They were fathers, mothers, sisters, brothers, uncles, aunts, grandmas and grandpas - all participating in an 18-month rehabilitation program. Some had just started the program; others were close to completion. In fact, most of the staff had entered Los Angeles Transition Center years ago for help and stayed on to counsel others.

**I noticed the pride each one took while sharing their success stories:** six months clean; 12 months clean; 15 years clean. As I began to explain the ABCs of Life motto ("*Your Actions, Behaviors, Choices and Decisions have an Effect on your Future*") my spirit was all convicted. You see, 17 days earlier I dropped something on the floor, bent over to pick it up, and the button on my brand spankin' new jeans popped off . . . and y'all know denim should withstand almost anything. I told the audience that the only difference between me and them was that my drug of choice happened to be legal. I then shamelessly admitted that if the day ever came when ice cream became illegal, I, too, would risk my freedom to sneak in the back of an ice cream house trying to get a lick.

**Two weeks later a friend commended me for ridding my life of excess emotional baggage but she followed up her statement by pointing out that I was carrying around excess poundage.** I didn't recall asking for her two cents; nevertheless, it was difficult for me to get mad because she was telling the truth. She explained that my mind, body and spirit must be aligned; otherwise, I was out of balance. Her words were confirmed on March 26 when I took a six-hour flight. I was so scrunched up and uncomfortable that I could have thrown up. I spent the entire flight trying to figure out when the airlines starting making their seats smaller.

**I got home, returned to my work, reviewed the upcoming 2008 events, and right before my eyes were the words: *Silly Women ~ The Boot Camp*,** a 90-day program designed by THE CONSCIOUS SPIRIT for women 40 and over (either 40+ years or 40+ pounds overweight . . . and in my case, both) who desire to maintain a healthier and stronger body. Suddenly I started feeling convicted again, so I hurried up and made a decision. Instead of waiting for the July 1 Boot Camp kick-off date, I got a head start. Therefore, it is my pleasure to inform you that I, Yolanda Roxane Wright Bozant aka YoBo, have been clean since April 1! I have not had ice cream or any other sweets. Well, I did have two scoops of Sinless ice cream from Cold Stone (no sugar, no fat). I liked it, but it didn't like me - at least that's what my nose kept saying.

**Yes, my dear readers, I have made a choice to transition** to a healthier and stronger body. I plan to rid my body of excess weight the same way I put it on: one pound at a time. Ladies and gentlemen, please stand to your feet and give me a round of applause. And if you just so happen to be standing in front of a mirror and it seems as though Fred Flintstone is staring back, I hope you choose to meet me July 1 at *Silly Women ~ The Boot Camp!*

**We have choices all the time, and all the time we have choices!**



**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

By Silly YoBo

YOLANDA WRIGHT BOZANT

## **"He Made A Bad Choice"**

And that's all I have to say about the soon-to-be-Former-Governor of New York. You see, every time I open up my big mouth and start talking trash about other folks' business, without fail my skeletons start clanking around in the closet.

I will, however, point out a few things which have reinforced life lessons I learned the hard way. First: I must never believe that I know all there is to know about someone. Reporters, fellow prosecutors and scores of white collar criminals are stunned by the news of Eliot Spitzer's . . . let's see -- how did he put it -- "personal indiscretion." One prosecutor said, "I was absolutely shocked! This was a man of impeccable integrity who could be trusted." I'm telling y'all right now -- I don't have the time nor the energy to waste maintaining an image of what I want people to think of me, especially when half the people I know don't like me and the other half are dealing with their own issues. Just my luck, I'd get everybody fooled and then The Real Me would creep out and I'd be on television making a public apology too.

Let's go back to the prosecutor's words for a moment. Impeccable integrity? That ain't me. Neither do I know or know of anyone with impeccable integrity. Trustworthy? H-naw! Don't leave your bowl of ice cream around me. That's why I am so thankful for grace and mercy, because I know the many flaws I still have in my character.

Second life lesson: "If it feels good -- don't do it." I actually learned that from my baby brother Victor. He learned it from a senior partner during his first year of law practice. I have found it to be easier said than done, yet it somehow makes perfect sense in hindsight.

Third lesson: The higher the soapbox, the further the fall. Excuse me while I put my feet back on the ground.

The fourth and final lesson came from Mama: "People who live in glass houses should not throw stones." And that is my cue to shut up.

**WE HAVE CHOICES ALL THE TIME ...  
AND ALL THE TIME, WE HAVE CHOICES!**

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

By Silly YoBo

YOLANDA WRIGHT BOZANT

## *“Actions Speak Louder Than Words”*

The Discovery Channel has done a documentary about a man who lives among wild bears. I was able to see a snippet of the show thanks to Good Morning America. The man explained his ability to relate with bears: "All mammals communicate the same way - through behavior." I didn't hear anything else because I felt a 'Silly Who?' newsletter coming on.

I never thought about it that way but he is absolutely right. I'm thinking about three people whom I stopped speaking to because they lied to me. Yet all along their behavior was speaking loud and clear. For example, one person said they would do such-and-such for me. I waited. Nothing happened. So I brought it up: "Hey, I thought you said you were going to do such-and-such." They lied: "I am." Silly Me asked, "When?" They looked me straight in the face and lied again, "Give me two months." Two months passed. By then I was ready to fight. In fact, I think I did throw a few punches. Two more months passed. And two more. We're at five years and counting.

I made the choice to ignore the subtle voice that told me they were lying. Then I chose to ignore their actions and behavior. As if that were not enough, I chose to get mad when I realized that "they lied to me." The bear-lover-man has given me new insight. People really do communicate with behavior. No wonder the old folks used to say that talk is cheap. Wow! I am always amazed at how the most profound truths are so simple.

Ladies (and gentlemen too - because some of y'all are silly) we owe it to ourselves to accept the truth for what it is. Let me insert a word of warning here: the truth hurts. But at the same time the truth will make us free because behavior says it all. Why believe that your man is going to marry you, when he has yet to serve his wife with divorce papers? Why expect your grown kids to be financially responsible when their cell phone, car loan, and every other bill is in your name? Why does your girlfriend only offer you loving when her rent is overdue? And in my case, why did I get mad because the button popped off my new jeans while I had a spoon in my mouth? (It's not my fault that the Haagen Daaz ice cream went on sale. You see how sneaky that devil is?)

This is good time to recite the ABCs of Life motto: Actions, Behaviors, Choices and Decisions have an Effect on your Future!

**WE HAVE CHOICES ALL THE TIME ...  
AND ALL THE TIME, WE HAVE CHOICES!**

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Newsletter*

By Silly YoBo  
YOLANDA WRIGHT BOZANT

## ***"Bad Choice vs. Stupid Choice"***

By now you should be familiar with the *Silly Women* slogan: "You have choices all the time, and all the time you have choices." My brother Victor says it this way: "One good choice usually leads to a series of good choices. One bad choice usually leads to a series of bad choices."

Believe it or not, there is something worse than a bad choice - and that is a stupid choice. I can deal with someone making a bad choice because I have made enough of them. But when it comes to stupidity, my sister Gail says it best: "Stupid people make me want to cuss."

Which takes us to the story of James Edward Gahan, formerly of Lady Lake, Florida: He claims he made a bad choice by giving his 13-year old son steroids while the boy trained to compete on an international roller skating team. Come on dad! What in the blankity-blank were you thinking? The saddest part about this is that the boy was already at the top of his game! Obviously good was not good enough for dear old dad. Knucklehead came up with another bright idea. That fool began giving the boy human growth hormones and did not stop until the U.S. Anti-Doping Agency found drugs in his system three years later. This occurred a week before Corey Gahan was to compete at an international competition in China. Oh yeah, I almost forgot the best part. In a failed attempt to unload some of the blame, Dad let us know that he also injected himself so he could know how the drugs affected the kid's body. Well whoopee doo.

Fortunately, this story has a happy ending. Corey Gahan is now 18, living with his mother, and skating again. When asked if he had any advice for young people, he responded as follows: "You can achieve anything in life. All it takes is talent, hard work and ethic." Which takes us to one of our ABCs of Life Youth Conference slogans: "You can't control other people's actions, but you can control your reaction."

Anything worth having in life comes with a price tag. You know you've made a good choice when wisdom meets hard work. You know you've made a bad choice when impatience meets greed. You know you've made a stupid choice when you meet the judge.

**WE HAVE CHOICES ALL THE TIME ...  
AND ALL THE TIME, WE HAVE CHOICES!**

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Weekly Newsletter*

By Silly YoBo

YOLANDA WRIGHT BOZANT

**JANUARY 18, 2008**

## ***"I Made A Bad Choice"***

Marion Jones has been in the news since publicly confessing to using steroids during her professional career. Her excuse: "I made a bad choice." Now she's headed to prison for six months - not for using steroids, but for lying under oath. As soon as she is released, I plan to schedule Ms. Jones to speak at *Silly Women ~ The Conference*. I want to give her a big hug and say, "Boo, welcome to the Club because we all have made a bad choice at some point in our lives, so don't let hypocritical people make you feel as though you're the only one."

I pray the day never comes when I have to publicly confess to some of the mayhem and foolishness I have done. I am not in a position to utter one bad word about Marion Jones or anybody else, not with my track record (no pun intended). When I think about the many bad choices I have made in life - have mercy Jesus!!!

Creflo Dollar made a statement that made me wave my hand in the air. I'm glad I wrote it down because I can't recall it now. Hold on a minute while I grab my notes. Okay. Here it is. He said, "You are where you are based on the decisions you made. Your choices got you where you are today. You can't get mad at God and you can't blame the devil. Every choice must be well informed because it will take you to a place of consequence. God made us free moral agents. The choice is up to us."

I know that's right! However, making a good choice means nothing if our walk doesn't match our talk. Like the other day when I went down the ice cream aisle at the market. I knew if I **chose** to buy a pint of Haagen Dazs ice cream I would eat the whole thing. So, I **chose** to leave it on the shelf and instead buy four single serving containers. Why did I go home and eat all four in one sitting? My choices went one way while my actions went in the opposite direction. It's obvious that if I really intended to eat one serving of ice cream, I would have bought a single serving container (or exercised self-control, and y'all know that's waaaaay too much work for us Silly Women).

***WE HAVE CHOICES ALL THE TIME ...  
AND ALL THE TIME, WE HAVE CHOICES!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Weekly Newsletter*

By Gail Wright Tarry

**OCTOBER 29, 2007**

Within the last two weeks the Silly Women team has presented its youth conference program to three groups: girls age 12 – 17 in juvenile hall, our Los Angeles Youth Conference, and nursing students at a southern California college. We were surprised to find that young people are extremely receptive to our message that changing one's choices can change one's life. Quite frankly, this is when I realized that the majority of 'women' we encounter are change resistant.

When we began communicating and promoting the concept for Silly Women ~ The Conference, which has a scriptural foundation, we often received comments such as, "I am NOT a silly woman!" However, young girls excitedly stated, "WOW! I never really thought of it like that" or "I am glad someone is talking to us about this." We have received letters from girls expressing how they are going to apply what they learned at The Conference to stop repeating the poor choices they made in their past. In addition, we have received reports about ladies who have made significant changes after attending Silly Women - The Conference. One woman's self-esteem was so uplifted that she changed her job from a cafeteria worker to a teacher's aide. It was also hinted that she might even pursue getting her teaching credentials which will allow her to utilize the Bachelor's Degree she acquired 30 years ago. Now that is indeed a powerful life change! Another report was from a lady who made a huge life change by throwing out her deadbeat man of 20 years. She was able to come to the knowledge of the truth that a non-contributing, non-supportive, unappreciative adult in her household was not beneficial to aligning her life with her destiny.

But what really got us excited was something that happened this weekend. An 18-year old college student we know knocked on our door and asked if she could park her car in front of our father's house for a few hours. She and her girlfriends were piling into one car and taking themselves out to dinner in Beverly Hills! My sister and I immediately began quizzing them. After we got all the details, we applauded them for their courage. They weren't waiting for a knight in shining armor to whisk them away for an evening of dining and dancing; they created their own ball.

The next day we asked the girls if they went out after dinner. No. They talked, laughed, and enjoyed each other's company. In case you are wondering, they are not gay and they are not male bashers. They are healthy, wholesome working college students. If they want to go to dinner, they take themselves to dinner. If they want to go to a movie, they take themselves to the movies. It took me almost 50 years to discover what these young ladies have learned already: no one has been assigned the task to make me happy.

***WE HAVE CHOICES ALL THE TIME ... AND ALL THE TIME, WE HAVE CHOICES!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# Silly Who? ~ The Weekly Newsletter

By Jewel Diamond Taylor

**OCTOBER 15, 2007**

Never allow someone to become your priority, while allowing yourself to be their option. So many women have an intense desire to be loved, affirmed, cherished and married. Women too often think and assume that he wants **the same** thing she wants. We want a relationship to work out just the way we **picture** it in our minds. We get these fantasies frozen in our minds from images of movies, songs and fairy tales like *Cinderella*, *Sleeping Beauty*, *Sleepless in Seattle* and *How Stella Got Her Groove Back*. These seemingly harmless happy ending images create a tunnel vision which blocks out reality. Rushing into emotional or sexual intimacy causes us to fast forward and skip over the real process of building a relationship based on time, dating, trust, communication, asking qualifying questions, honesty, disciplining our hormones, shared values, boundaries and friendship. Because of tunnel vision you don't see red flags. That's why people say, "love is blind." Well, that's true when your hormones are raging, your Relationship IQ is low and your neediness and loneliness are giving off the scent of desperation. If you were to see a counselor, your Pastor or me, the "Self-esteem Dr.", we would tell you that you are wearing a "**pink lens**." When you are lovesick and desperate, you are **not seeing clearly**. You are idolizing and exaggerating his virtues and minimizing his flaws.

You think in your mind that you both **connected** in some way and that you have a relationship. You see what you want to see. When love is blind, you don't see **his or your** own issues, flaws, romance addiction patterns, lust or immaturity. You don't see the betrayal, breakup or divorce coming.

Lovesickness can make you blind **and** deaf. You **don't** hear your inner voice or the caution and wisdom of family, friends and elders. You **don't** hear the Lord's word hidden in your spirit. You **don't** hear what he is saying or most important what he is **not** saying. You only hear what **you** need to hear. Oh, I know honey... this message can sting.

Desperation is an "emotional scent". A person can sense desperation from words, body language, behavior, low expectations and tolerance of bad behavior.

A good man who really cares and respects you would **not** take advantage of you. If you are wearing the perfume of *desperation*, a dog can smell it. Unfortunately, he will misuse your body, time, money and heart.

Being needy, naive, desperate and having low expectations will surely cause you heartache and pain. In the movies falling in love = marriage. In real life, falling love or a long term relationship does not always result in marriage. When pain and loss happen in your life, you can either choose to suffer and feel like a victim or you choose to learn the lessons of life and love. Learning and maturing from each life lesson gives you a secret strength.

Let it go **boo**, so your heart and spirit can heal. Don't dial those digits. Don't circle his house. Don't blow up his pager all day with desperate messages. Don't play those sad songs. Don't put your life on hold. Don't neglect yourself, your family, your dreams, your goals or your faith. No one person is responsible for your happiness. You don't ever want to give someone that much power.

Experience has taught me that sometimes what we think is rejection, is really God's protection pointing us in a new direction. Open your eyes and see your real worth and beauty in the mirror. Get balance in your life. Get help from the wise women in your life. Pour all that misguided and untapped passion into your goals and dreams.

EXCERPT FROM

*Desperation Is A Terrible Perfume To Wear* By Jewel Diamond Taylor

Order at [www.DoNotGiveUp.Net](http://www.DoNotGiveUp.Net) or email [JewelMotivates@aol.com](mailto:JewelMotivates@aol.com)

**WE HAVE CHOICES ALL THE TIME, AND ALL THE TIME WE HAVE CHOICES.**

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# Silly Who? ~ The Weekly Newsletter

**OCTOBER 8, 2007**

**THIS APPEARED ON CRAIG'S LIST. ON THE HEELS OF OUR RECENT "WHY BUY THE COW?" CONFERENCE, IT PROVIDES THE ANSWER TO SO MANY WOMEN'S DILEMMA.**

**What am I doing wrong?** Okay, I'm tired of beating around the bush. I'm a beautiful (spectacularly beautiful) 25 year old girl. I'm articulate and classy. I'm not from New York. I'm looking to get married to a guy who makes at least half a million a year. I know how that sounds, but keep in mind that a million a year is middle class in New York City, so I don't think I'm overreaching at all.

**Are there any guys who make 500K or more on this board?** Any wives? Could you send me some tips? I dated a business man who makes average around 200 - 250. But that's where I seem to hit a roadblock. \$250,000 won't get me to Central Park West. I know a woman in my yoga class who was married to an investment banker and lives in Tribeca, and she's not as pretty as I am, nor is she a great genius. So what is she doing right? How do I get to her level?

**Here are my questions specifically:**

- Where do you single rich men hang out? Give me specifics- bars, restaurants, gyms
- What are you looking for in a mate? Be honest guys, you won't hurt my feelings
- Is there an age range I should be targeting (I'm 25)?
- Why are some of the women living lavish lifestyles on the upper east side so plain? I've seen really 'plain jane' boring types who have nothing to offer married to incredibly wealthy guys. I've seen drop dead gorgeous girls in singles bars in the east village. What's the story there?
- Jobs I should look out for? Everyone knows - lawyer, investment banker, doctor. How much do those guys really make? And where do they hang out? Where do the hedge fund guys hang out?
- How you decide marriage vs. just a girlfriend? I am looking for MARRIAGE ONLY

**Please hold your insults - I'm putting myself out there in an honest way.** Most beautiful women are superficial; at least I'm up front about it. I wouldn't be searching for these kind of guys if I wasn't able to match them - in looks, culture, sophistication, and keeping a nice home and hearth.

**THE ANSWER:**

**I read your posting with great interest and have thought meaningfully about your dilemma.** I offer the following analysis of your predicament. Firstly, I'm not wasting your time, I qualify as a guy who fits your bill; that is I make more than \$500K per year. That said here's how I see it. Your offer, from the prospective of a guy like me, is plain and simple a crappy business deal. Here's why. Cutting through all the B.S., what you suggest is a simple trade: you bring your looks to the party and I bring my money. Fine, simple. But here's the rub, your looks will fade and my money will likely continue into perpetuity...in fact, it is very likely that my income increases but it is an absolute certainty that you won't be getting any more beautiful!

**So, in economic terms you are a depreciating asset and I am an earning asset.** Not only are you a depreciating asset, your depreciation accelerates! Let me explain, you're 25 now and will likely stay pretty hot for the next 5 years, but less so each year. Then the fade begins in earnest. By 35 stick a fork in you!

**In Wall Street terms, we would call you a trading position, not a buy and hold...hence the rub...marriage.** It doesn't make good business sense to "buy you" (which is what you're asking) so I'd rather lease. In case you think I'm being cruel, I would say the following. If my money were to go away, so would you, so when your beauty fades I need an out. It's as simple as that. So a deal that makes sense is dating, not marriage.

**Separately, I was taught early in my career about efficient markets.** So, I wonder why a girl as "articulate, classy and spectacularly beautiful" as you has been unable to find your sugar daddy. I find it hard to believe that if you are as gorgeous as you say you are that the \$500K hasn't found you, if not only for a tryout.

**By the way, you could always find a way to make your own money and then we wouldn't need to have this difficult conversation.** With all that said, I must say you're going about it the right way. Classic "pump and dump." I hope this is helpful, and if you want to enter into some sort of lease, let me know.

**WE HAVE CHOICES ALL THE TIME ... AND ALL THE TIME, WE HAVE CHOICES!**

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~* *The Weekly Newsletter*

**By Silly Women ~ The Conference Team**

**SEPTEMBER 24, 2007**

The mission of Silly Women ~ The Conference is 'to empower and inspire women to facilitate change in their lives by making choices that re-create a life aligned to their destiny.' Facilitating change starts with using all the tools, information, and resources available to make an informed decision that can impact every aspect of one's life. For women, The Conference redefines the word "choice"; it connects the dots between the choices women make and the resulting consequences. The basic premise of The Conference is to help people recognize that "we have choices ALL THE TIME, and all the time WE HAVE CHOICES." The power of making better choices starts with each of us individually. We have the power to make choices that re-create a life aligned to our destiny!

The freedom to choose is the greatest gift given to us by God -- even greater than salvation because we have to CHOOSE the offer of salvation. God said, "Behold I SET BEFORE YOU life and death" (emphasis added). Then He gave us a hint, "Choose life." Notice that God offers us life and death at the same time and then steps back and leaves the decision to us. Sadly, many of us do not realize the power of our choices or consider how the results of those choices will manifest in our lives. So we make a series of wrong choices and then get mad at God because we sowed a \$100 seed and didn't get an instantaneous breakthrough, never realizing that one dumb choice has the power to override God's gifts to us. Here's an example: Adam and Eve had been placed in the garden and provided with everything they would ever need in life. One choice had the power to permanently cancel out everything that had been given to them on a silver platter.

Being led by our emotions is basic human nature. Taking time to consider every possible outcome and its impact is the best way to utilize our God-given gift of choice. If we make a choice which takes us away from God's plan for our lives, we can repent and receive God's forgiveness, but there is still a price we have to pay. I can rob a bank, then repent and be forgiven — but I'm still going to jail. It all comes down to this simple equation:

**GOOD CHOICES = GOOD CONSEQUENCES**  
**BAD CHOICES = BAD CONSEQUENCES**

We all know that functioning in the real world is not quite this simple. There are situations where every option appears to be a bad choice. The most common example of this is having a sick child and facing the choices of letting him die or allowing him to live, knowing he will always be dependent on others and machines for survival. In those cases you make the best choice and prepare yourself to handle the life challenges that may come with this choice. When you select a good choice in a bad situation you at least have a 50/50 chance. When you make a bad choice it is guaranteed to have a negative outcome and will lead to hardships in life. How do you know the difference between a good or bad choice? Easy ... a good choice will always bring peace, regardless of how the circumstances appear.

Thank you for choosing to read Silly Who? ~ The Weekly Newsletter! It's obvious you made a good choice today.

***WE HAVE CHOICES ALL THE TIME ... AND ALL THE TIME, WE HAVE CHOICES!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Weekly Newsletter*

BY SHELLEY

SEPTEMBER 10, 2007

When I was a teenager, I would watch the Ricki Lake show. She had cross dressers, secrets revealed, and fashion makeovers. But the shows that stand out in my mind were the ones with women who were in abusive relationships. It seems like every person in the audience had an opinion about what the victim should do. Leave, of course. People always said, "If I was her, I would be gone. I wish he would put his hands on me and talk to me any kind of way." But even as a 14-year-old, I remember always thinking that you don't know what you would do about anything until you are actually in that situation.

Well, over a decade has passed since then and unfortunately I lived through the same things I watched on television. I met a man and we quickly became attached. He said he never met anyone like me. He said I was his soul mate. He said he needed me. He said he never wanted to be without me. He said he never loved anyone the way he loved me. By the time my eyes opened, I was a few months into my pregnancy. He hooked me in like fish to bait. But what was I to do? I was already having his baby.

His temper began to flare. He questioned my whereabouts. He wanted to know who I talked to. He even told me what to wear. Everything was always my fault. He said our baby could not be around anyone who did not like him. A few minutes later he reminded me that my mother didn't like him. He had his nerve. He felt like anyone outside of our home was a troublemaker. Eventually, I reached the point where I isolated myself from almost everyone. Because I was afraid of him, I did anything to avoid another argument. It never worked. I just got through those days the best I knew how. I thought I could change him or that things would get better. I was wrong.

I stopped talking to people, whether it was not answering the telephone or not keeping in touch with friends I used to see every now and then – all to try to make him happy. I was tired of being accused of the littlest things. To let him tell it, nothing was ever his fault, always someone else's. He would break things that were precious to me. On several occasions, I remember us getting into arguments simply because a character on television had the same name as an ex of mine. He would try to intimidate me with acts of violence. Every day was a test of loyalty. The days when I told him I was fed up, he would lock himself in the bedroom and threaten suicide. Here we go again, that's what made me stay, thinking he would harm himself if not me. I knew no matter what, he would never be happy. Yet my mindset was stuck on we have a child. I knew my relationship wasn't normal but I stayed because of my child.

I still ask myself, "Why me?" In college, I attended a workshop where a psychologist discussed abusive relationships. By the time she finished listing characteristics of abusive men, I had to pick my chin up from the floor. She knew the signs but I had no idea. Since that was the case, I was left to ponder why nobody ever bothered to tell me those things. My parents never told me to watch out for that type of behavior. No one in church or high school ever mentioned them either. That's why I am telling all of you.

An abusive man seeks to get involved with you in a short time period, and it's not because you are special. He has to hurry up and get your mind so he can stop pretending and the real him can come out. The jealousy starts off cute because in our minds we think, "He wants to spend all his time with me. He really cares about me." NOT! You soon learn that he just wants to control you. And by the time his mission is accomplished — you figure it out.

Make sure you watch how he interacts with his mother and sisters. If he doesn't go around his family too often, there is a reason and you need to pay attention. If he has abandonment issues, then that will definitely affect the way he treats you. He will separate you from everyone because he feels they can take you away from him. He thinks the people who love you are troublemakers. He feels threatened by them. He knows those people are whispering some sense in your ear, even if you're not listening. Most likely, no one ever showed him much support or said 'I love you.' Maybe he was neglected or abused during his childhood. Behind his tough exterior lies a little child with little or no self-esteem. And because he feels so worthless, he does everything in his power to make you feel worse. It's the only way he can feel important. So long as you feel inferior, he feels superior.

To all the young women currently involved with abusive men, we need to explore a few issues. Why are you attracted to this type of behavior? For some of us, there is an emptiness in our lives which needs fulfillment and when he comes along, it seems too good to be true. What makes us attractive to him as a target? I cannot determine what attracted me to him then, but I am not attracted now. I have the knowledge to walk away when I see the first sign of abusive behavior — but that is only because I learned from the first time when I didn't walk away. Is this your first time dealing with an abuser, or is there a repetitive pattern? If this is your first experience, please learn from it. However, if you constantly turn to this same type of man, it doesn't matter how many relationships you end — not if you leave one abuser to walk into the arms of another. You need professional help too because you probably have the same type of issues as he.

Looking back over the past ten years, I realize why I felt the way I did as a teenager, because it was truly how I felt. I never thought I would have been the one to have such horrible memories. But I made it through and now I have the opportunity to share with young girls all the things I didn't know. So many girls will have been in an abusive relationship by the time they graduate high school and that's just not right. Some schools across the country are taking the initiative to teach girls about the signs of abusive men. I think that's wonderful. I didn't have that opportunity. But that is why I am able to write this today. So when your parents tell you not to hang around that crowd, don't. When they tell you not to date that person, don't. When they tell you not to go to that party, don't. When they tell you not to be out all hours of the night, don't. You may not understand their reasons at the time, but keep on living and you'll soon learn exactly what they meant. The easiest thing to do is to just listen the first time. Make the decision not to learn your lessons the hard way. It will save you a lifetime of headaches.

I believe this was to serve as a learning experience. At the age of 19 I was still young, vulnerable, and inexperienced. I did not know who I was. That period in my life truly helped form the person I am today. I was smart enough to leave him and not look back. I am definitely wiser, much more careful, and not dependent upon anyone. I learned how to make the decision that was best for me. My mom always told me I was beautiful. She didn't want any knuckleheads telling me how cute I was and, as a result, have me thinking I was special. She instilled an attitude in me of "tell me something I don't know." That frame of mind just went out the door when I met this guy. For sure, something was lacking in my life. There was a void that I still cannot pinpoint. Or perhaps, I thought I had found my Prince Charming. I know one thing. After going through it myself, I can smell a crazy man when he's a mile away. Whether it's my man or someone else's, I will turn the other way and not look back the second I sense foolishness and stupidity headed my way. You remember to do the same.

***WE HAVE CHOICES ALL THE TIME ... AND ALL THE TIME, WE HAVE CHOICES!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Who? ~ The Weekly Newsletter*

**By Christopher Michael Bozant**

**SEPTEMBER 3, 2007**

The opposite of denial is reality. And the opposite of reality is denial. The two go hand-in-hand. If we live in reality, then we are not living in denial. And if we live in denial, then we are not living in reality. To think of something realistically requires looking at it in a real-time sense; but when we are in denial, there is no realistic thinking. In other words, we see things the way we want them to be, not the way things actually are.

I can give a thousand examples of denial. Debt is an easy one because a lot of people are in denial about debt. From a realistic standpoint, most of us have at least 10 pairs of shoes and we don't need another new pair. But when our income tax check arrives, most of us will go shopping instead of paying off credit cards because we want some new shoes.

The dictionary defines "denial" as *'the refusal to grant or acknowledge.'* Facts will always reveal if we are living in denial. It's like going to court — when the facts say that I killed somebody, I'm going to jail. However, facts don't always tell the whole truth but they can give us a pretty good idea of what might have occurred. For example, if a politician walks into a public restroom and somehow ends up arrested, the facts tell us that something happened even though we may not know exactly what happened. I'm not saying I know what happened and I don't even want to get into that subject. But my point, as it relates to denial, is that if it looks like a duck and walks like a duck, it's at least a bird.

The bad part about denial is that initially denial is easy because it's only used to make us comfortable. But when we continually do things to make a particular situation easier, subconsciously it gets applied to other areas of our lives. When I was in the military their motto was *'we fight how we're trained, and we're trained how we fight.'* Training consisted of doing things as though it were a real situation. During fire training, we weren't sitting down having a discussion. Instead, we put on full firefighting gear and no matter how hot we got, we trained as though the ship was burning. Had it ever been an emergency, there would have been no need to panic because we were trained to fight. Just like firefighters hearing a fire alarm — it could be 2:00 a.m. but as soon as they hear the bell, their reflex action is to hop up, get into gear, and go fight the fire. Once we have conditioned ourselves to step back from reality and refuse to see things for what they are, we find ourselves with a wide array of problems.

By failing to look at things realistically, it is impossible to see how we got ourselves into the predicament in the first place. Typically we find this when people give excuses for everything instead of being accountable. Whenever things go bad, they have an excuse or they blame the devil. It is their way of life and eventually denial becomes their reality. That's where we get the term "living in denial."

It is stressful to live in denial because we always know what is real. Women will feel a lump in their breast and won't go to a doctor. I had a lump on my face and the first thing I did was go to a doctor because reality is what it is, whether good or bad. We can't escape it. A fairy tale might get us through some things but inevitably living in denial will go back to being stressful.

It's easy to stop living in denial. All we have to do is accept the facts and stop making excuses. Try addressing reality for a week. It's really not that difficult. Just be honest, tell the truth, stop making excuses, and stop taking excuses because it is possible to live in somebody else's denial and not even know it.

***Come back next week for more!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Women ~ The Weekly Newsletter*

*That Ain't Silly ... That's Stupid!*

*By Granny Herself*

**AUGUST 27, 2007**

Hello sweet chirrens. This here is Granny. That Yolanda gal done let everybody else git a turn putting in they two cent on the silly womens innanet letter thang so Granny wanna git in on a turn too. Granny sho' bend-a-praying that the Lard bless that Yolanda gal for doing what she do cuz there is some silly womens running round that need all they help they can git wif they silly selfs. But what Granny wanna know is why come ain't nobody said nuffin bout the silly mens? Cuz mens is silly too.

Like that boy, errrrrr ahhhhh, what's that boy name, y'all know that boy, that football playing boy from Virginger. Granny done got old and can't rememorize thangs hardly no more. But y'all know the boy cuz he bend on the news. That knucklehead boy have done gonod way past silly. How in the devil do somebody mess over a hunnud million dollars and behind some dogs at that? That ain't silly. That's stupid. Granny gotta stick up for the womens cuz that there is one thang ain't nobody gonna never see no womens do and it don't make no never mine how silly they is. Now silly womens will git they selfs all tangled up in a mess behind a man cuz Lard knows Granny let them second set of chirrens daddy make a plum fool outta Granny. But the one good thang that fool done right was he learnt Granny how not to take no foolishment offa nobody else. The devil is a lie.

But gitting back to that football boy, he ain't the onliest stupid one off in this here mess. Who camed up wif the bright idear to pay that boy or any other somebody a hunnud million dollars to tho a ball? Shoot, Granny can do that. And if they need somebody to ack a nut while gitting all that money, Granny can do that too. But the one thang y'all ain't fixna fine Granny doing and that is acking a fool to the point where Granny mess over a hunnud million dollars. No Jesus. Y'all ain't fixna fine Granny messing over a \$100 dollars, less alone a hunnud million dollars, not hard as money is to come by.

While we on stupid peoples, why is folks saying he gitting picked on cuz he black? He gitting picked on cuz he broked the law. Granny mighta hadda cut ol' boy some slack if he woulda hadda camed home and fount his wife butt booty ball naked on the couch wif a man and he went crazy and pulled out a gun and kilt them. But even that ain't a good idear, not wif Johnny Crockeran dead now. And Granny ain't even gonna git into why come his home boys couldna kept they big moufs shut. Leastways take the blame and let the boy keep playing ball so somebody coulda got some money put on they books cuz them big moufs was gonna go to jail whevver the ball playing boy goed or not. And to thank he was feeding and housing and cloving them boys for fo-five years and they coulda bend set for life if they woulda kept they mouf closed. This is a shame any kinda way Granny look at it. Lard Jesus! It's prayer time for sho' cuz mess like this here don't do nuffin butcept make Granny wanna cuss.

Now chirrens, thangs mighta woulda bend all right if this here was the end to the story. But Lard have mercy Jesus, it just gits worse. Guess what Deacon Collins told Granny? He said that the boy got a brother who got kicked outta school and then got kicked out the Enn Eff Ell. How do somebody mess up a free edumacation? Bad as folk had it back in the country tryna better they selfs. That woulda bend two boys from the same fambly that made it in the Enn Eff Ell but that ain't how this story end. It's two boys from the same fambly that got kicked out the Enn Eff Ell. Well, it's just the one kicked out but it's fixna be two cuz peoples don't go for killing no dogs. White peoples and black peoples too. Do y'all silly womens now see why come y'all need to check mens out 'fore y'all git preganant by them? Cuz it's ovvrious what run in they fambly.

Granny can't git over this here cuz it just don't make no sense. All that money them two boys coulda made and tooked care of they mama. Or they coulda hadda builed some houses for them Katrina peoples or helped them peoples that lost ever thang in the tsalami or helped Okrah wif them chirrens in Affica. But no Lardie. One messed over a free edumacation and the other one tooked his money to fight some dogs, so y'all know they ain't got a cent put up nowhere. This don't do nuffin butcept prove what Big Mama used to always say. Give a stupid person some money and they will go do sompfin stupid wif it. Say amen, Rodney King.

***Come back next week for more!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Women ~ The Weekly Newsletter*

*By Gail Wright Tarry*

**AUGUST 20, 2007**

Exactly two years ago I wrote my first SILLY WOMEN article for *Be All You Can Be – The Magazine*. The theme for that issue was “Let It Go”. I was in Virginia at the time working on a project for my former employer. During the visit I wrestled with the idea of contacting two people from my past. The enticement of this thought was directly related to the fact that most of the activities with those two were wicked and naughty.

While on that trip I had a discussion with my daughter about future plans for my life. She asked me what I was going to do now. Circumstances changed quickly after I relocated to California to assist my sister in the care of our mother who was in the final stages of Alzheimer’s disease. My mother passed away four days after my return to California. Without giving much thought, I told my daughter that I was going to walk into my destiny. At the time I was clueless as to what that meant. But what I did know was that the second half of my life was going to be SO MUCH BETTER than the first half. I now know for me to proceed along that path I have to finally make the decision to ‘Let It Go’. The only way to walk into my destiny is by pursuing the path to spiritual maturity.

I am again in Virginia and find myself thinking of re-connecting with these two former friends. The difference now is I have come to realize I was in a toxic relationship with both of them. Simply put, there was no balance at all. As with most Silly Women, I gave more than I received. They had no desire or inclination to be supportive or encouraging unless it promoted their own self-interest. They were vehicles for wicked and naughty behaviors. While attending a service at my former church, the Youth Pastor delivered a message entitled ‘Priorities – Throw Out the Garbage’. And that is exactly what I did. I released my longing to be with those people. I have chosen to allow my core values to evolve and flourish.

When we start changing our lives, we really have to change the people around us. It has taken me two years to complete this separation in my mind. I had to create a new normal for myself by establishing standards and defining parameters. I had to become very clear about what behaviors are acceptable as well as being absolutely firm with what is non-negotiable. I made sure that those around me love God and are balanced, whole individuals. They must be capable of celebrating who I am and willing to applaud my existence on this planet. That automatically eliminated those two people.

But you know what? Deciding to change was the easy part. Sticking with that change is a whole lot harder. It is so easy to stay away from those two people as long as I am 3,000 miles away. However, spending time in the same area code blurs my line of temptation. Many times I have thought ‘just one more time’. But then I remind myself that I would have to deal with all the garbage that comes along with it.

I have at last come to the point where my resistance remains firm. The thing that makes the difference is knowing my future is ahead and the past must remain the past. It is impossible for me to walk into my destiny and go backward at the same time. I would need to have my head examined if I even thought about contaminating my life by bringing in rotting stinking garbage after it has been thrown out. Garbage is still garbage – whether it’s in the house with me or in the garbage can where it belongs.

***Come back next week for more!***

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Women ~ The Weekly Newsletter*

*By A.A. Gilmert*

**AUGUST 12, 2007**

We become the choices we make. The only way to define a good choice is to go by the terms of the bible. Granted some of us don't know the bible inside out, so when we need to make a choice that we think isn't covered in the bible, it is important to make the best possible choice. For example, we could have a choice to go left and kill somebody or go right and maim somebody, and straight is not an option. What is the best choice when presented with those options?

Before doing a thing, it's good to stop, sit back, and assess the situation because if we keep going we'll destroy something. But too often we get out of one bad relationship and jump right into another one (and some of us Silly Women jump right back into the same bad relationship). We get out of debt and go back to using credit cards. We get a speeding ticket and take off fast again. We lose 10 pounds and start overeating again. We lose a job and find another one and do the same thing that got us fired from the previous job, hoping we don't get caught. When faced with difficult choices, it's important to seek advice. None of us are in this world alone. There are a lot of people who can help us. They might be sitting on a street corner with nothing to eat and while we're judging them, they might have the best advice in the world.

I work with semi-retarded janitor. He works like a pig — sweating, huffing and puffing. He's not wrapped too tight but he's sweet. He came into my office to vacuum one day. He was foaming at the mouth and sweating. I was getting sick to my stomach. Finally I offered him some water. He said, "Oh no Miss Lady, I just want to get this over and done with." I insisted, "But we have some nice Evian water". He said, "I have to laugh because y'all think I'm crazy but I think y'all are crazy for spending all that money on water." He took off running down the hallway, went into the VP's office and came back with a bottle of water. He handed it to me and asked me to read where the water was from. I read the label and answered, "Vermont." He said, "This water could have been sitting in a stream but somebody with dirty hands got it out. Let me just go drink some fresh running water out the pipe. I'd rather have that than something that's been sitting up six months and probably got bacteria." He pointed to the bottle and said, "My hand ain't that dirty. It's cleaner than that bottle."

He was right. I have seen this janitor for years and have always treated him nicely, but he taught me a lesson that day. Whether it's Evian water imported from Italy, it has sat up for six months. He gave me a totally different perspective — about himself and water.

When we come to a crossroad, we must get as much information from as many people as we can so we can make the right decision. Somebody can help us. Sadly, we choose to do things by ourselves and that only perpetuates the problem for generations.

At *Silly Women ~ The Conference*, our team advises women to use the knowledge we have received. So after the bottled water at my house is gone, I am going to start drinking tap water.

***Come back next week for more!***

[www.SillyWomen.info](http://www.SillyWomen.info)

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Women ~ The Weekly Newsletter*

*By A.A. Gilmert*

**AUGUST 5, 2007**

We have choices all the time, and all the time we have choices. However, when it comes to making choices, our motive has to be right. Any time the motive is wrong and the choice is right, the outcome will always be wrong. For example, there is nothing wrong with falling in love and getting married to the person of our dreams. But far too often Silly Women marry for the wrong reasons. A few are listed below:

- we don't love them, or
- we want to escalate the marriage date so we stage a pregnancy, or
- we use hardship to make them feel sorry for us, or
- we say to ourselves: "I'm old and he's the only thing I'll find and I want to have children", or

---

*[fill in the blank based on a silly choice made by someone you know]*

Falling in love is not wrong, and many other things Silly Women do are not wrong. The problem comes when we intentionally invite drama into our lives. Here is another example: we plan to marry and keep Cat Daddy on the side. Our motive must in perfect alignment with our choice — not to get back at someone else or be mean or manipulate another. One more example: choosing to hang on to a man so another woman can't have him. Kids do it all the time with their toys.

The thing that determines right from wrong goes back to what is promised to us in The Good Book. Any time the path is labeled "if I do this then I can have that," the motive is wrong. Having the right motive doesn't mean you are not doing wrong — it means the basis of your choice has no malice. Whenever we know our choice is laced with malice and someone will be hurt and we do it anyway, we should never expect a good result.

This is why we have to be careful. We have already made enough dumb choices based on how we felt at the time and now we are stuck with the repercussions for a lifetime.

***Come back next week for more!***

[www.SillyWomen.info](http://www.SillyWomen.info)

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Women ~ The Weekly Newsletter*

**JULY 23, 2007**

Change is a process. I think I need to say that again. Change is a process. Now say it out loud with me: *Change is a process.* Just for the record, let me add that it's a mighty slow process. I sho' nuff know what I'm talking about. We can't make the mistake of throwing in the towel when we don't get overnight results.

Here's an example of what I mean. Let's just say that my diet for the last five years has consisted of all the items on the menu at McDonald's, Burger King, Taco Bell, and every other fast food joint in town. (I'm not knocking those establishments because they still get my money every now and then.) Then let's say I wash those meals down with a 42-ounce soda pop, and then eat half a box of Ding Dongs or Twinkies or chips and dip for my bedtime snack.

Okay, now let's say I decide that it's time to make a lifestyle change as it relates to my diet. I throw fast food and all other delicious snacks out the window and substitute them with salads, steamed vegetables, spring water and some protein here and there. So, let's say it's been a week since I've made the change. No, let's say it's been a month. On second thought, let's make that two months (because it has been about two months since I gave up junk food). I would look like a fool if I got discouraged because the number on my scale didn't decrease by 100 pounds. Even though I have changed my diet, I still have to allow time for the process to do its thing. We can't get mad because it looks as though we don't see immediate results of change – at least I can't ... not after 45 years of stuffing my jaws with junk food!

And another thing. We can't beat up ourselves when we miss the mark – and we will mess up occasionally. (Like the other day when I felt the need to visit the owner of my favorite ice cream store ... hallelujah, for real!!) We will fall down, and the only thing we can do is get right on back up and keep pushing. We can't waste too much time living with regret, because the only thing I regretted the other day was that I left the ice cream store with two scoops instead of three.

We have choices all the time ... and all the time we have choices. At the same time, we must be patient all the time, and all the time we must be patient. As we make better choices, let them be lifestyle changes. Ignore the calendar and the watch ... or in my case, the scale. It took years for me to grow these jiggly blobs of flab on my arms and the countless dents in my thighs, and it will probably take almost as much time for me to get rid of them.

**SILLY WHO?**



[www.SillyWomen.info](http://www.SillyWomen.info)

# *Silly Women ~ The Weekly Newsletter*

**JULY 16, 2007**

I have choices ALL THE TIME, and all the time I HAVE CHOICES!

This declaration was heard over and over on June 30, 2007 at Silly Women ~ The Baltimore Conference! For some of us, it was the first time we actually realized that we do have choices ... ALL THE TIME!!! And all the time WE HAVE CHOICES! What a valuable gift – to be able to choose! I'm not just talking about a new hairstyle or different nail polish color, but the choices that determine the course of our lives.

Silly Women such as myself usually don't waste time thinking about the consequences of our choices. I like to do what I want to do, simply because I want to do it. At the time, I see nothing silly (nor selfish) about my choices because it always seems like the right thing to do at the time. However, I am slowly but surely learning the hard way that most of the feel-good stuff I soooooo crave right now always come with a price tag on the back end. (Like those two scoops of ice cream I ate before bed time that had me hot flashing all night long.)

Fortunately, I am getting to the point where I am putting on the brakes long enough to think things through. About 50% of the time I end up choosing to do the stupid stuff anyway but at least I am making progress by thinking things through. The flip side is that 50% of the time I really am making better choices. (Like when I was itching to call somebody and tell them off ... again.) Then I heard a song that caused me to focus on four things:

(1) I'm wiser; (2) I'm stronger; (3) I'm better; (4) SO MUCH BETTER!

For real though... They'd better be glad I was still in church... 'Cause I ain't the one... Shoot... After I calmed down, I took a moment to be honest with myself. I remembered the words of Dr. Martin Luther King, Jr.: "A man cannot ride your back unless you bend over." True. Painful, but still true. In other words, if I need to tell anybody off, it should be the person in my mirror. That's another thing I am learning to do. I must stop blaming others for the consequences of my poor choices. After all, I'm the one who allowed those people in my life. And if I'm going to tell it, then I've got to tell it all: I'm also the one who chose to ignore the warning signs.

It's time out for doing the same thing the same way and expecting different results. We all have power over our choices. Even when we are too scared to choose, that's still a choice. Just for today, let's remind ourselves every hour on the hour that we have choices ... all the time. And all the time, we have choices. Let's use them wisely.