

# SOUTHERN CALIFORNIA LIFE

## PERTENANT ISSUES AND PROGRAMS

TOPICS INCLUDE BUT NOT LIMITED TO:

3/1/2008 6:00:00 IN5607 3 0:28:30 Kvmd-SoCal Life

### COMMUNITY NEWS:

Tonight, we continue our spotlight on surf city. B-H Weber takes us to Huntington Beach where the calendar is full of beachfront fun and you're invited.

Temporary route changes or cancellations will be in effect for a handful of DASH lines on Sunday due to the Los Angeles Marathon, the Los Angeles Department of Transportation announced. "We encourage everyone to use public transportation to participate or attend this year's LA Marathon and advise motorists to please follow all posted traffic and parking signs," said LADOT General Manager Rita Robinson.

### HEALTH/FITNESS:

Women expecting twins and triplets nearly always deliver early. But as Tom Jordan explains, researchers hope a new treatment can prevent thousands of premature births.

3/2/2008 6:00:00 IN5607 3 0:28:30 Kvmd-SoCal Life

### NATIONAL NEWS;

More and more college students are self-centered and narcissistic, according to a study from San Diego State University. Researchers indicate that today's generation of college-aged adults may be thinking more of themselves. From 1982 to 2006, psychologists examined the results of more than 16,000 college students who participated in the Narcissistic Personal Inventory test. Based on students responses like "If I ruled the world it would be a better place", researchers say more than 75 percent of the participants had above-average scores and are therefore more self-centered. This statistic is 30 percent higher than when the test was originally administered 15-years ago.

#### HEALTH NEWS:

A new health-care bill that would secure insurance benefits for motorcyclists is up for approval later in the year.

If passed, the bill known as H.R. 1076 would close a loophole in a previous act that lets insurance companies deny benefits to people injured during recreational activities like motorcycling, horseback riding and skiing. The new bill already has over 100 supporters in the House of Representatives. However, in order to be passed the bill needs 218 votes.

#### COMMUNITY NEWS:

Tonight, we continue our spotlight on surf city. B-H Weber takes us to Huntington Beach where the calendar is full of beachfront fun and you're invited.

3/3/2008 19:30:00 IN5614 3 0:28:30 Kvmd-SoCal Life  
Tonight on So Cal Life, we shine the spotlight on Mammoth Lakes, a city that's more than just a popular ski destination. And our in-studio guest brings us 500 ways busy parents can help their kids succeed in school. Plus we'll take you to the premiere of the action packed Vantage Point where its not what happened but what you see that counts.

Trader Joe's is recalling plastic tubs of alfalfa sprouts.

The sprout recall comes after growers in the Sacramento area reported that shipments of alfalfa sprouts to packaging companies may have been contaminated with salmonella.

Exposure to hot tubs can lead to male infertility, according to the first study of its kind at the University of California, San Francisco. Eleven infertile men who regularly soaked in hot water were studied, and nearly half of them saw improvements in their sperm count after spending three months out of the hot water. Brad Pitt and Angelina Jolie recently spent time on the slopes in Mammoth. What used to be a sleepy California ski town is now turning in to the latest hot spot. This week we shine the spotlight on Mammoth Lakes. Here's Karma Dickerson.

You could help save 8-billion dollars in energy costs in just 18 seconds. According to the new 18 seconds initiative, Americans are encouraged to take 18 seconds and change a 60 WATT light bulb to a Compact Fluorescent Light bulb. The new group was designed to promote 18 second energy efficient methods that individuals can undertake to help reduce global warming.

We've all eaten vinegar in everything from coleslaw to pickles. But what if you could actually use this condiment to help prevent disease? As Tom Jordan reports, vinegar could cure what ails you.

## JUNK FOOD

IT'S A MULTI-BILLION DOLLAR BUSINESS – ADVERTISING TO CHILDREN IN AMERICA. A RECENT STUDY BY THE INSTITUTE OF MEDICINE FOUND THE FOOD INDUSTRY HAS SPENT TEN BILLION DOLLARS MARKETING THESE FOOD PRODUCTS TO KIDS AND IT'S SHAPING THEIR DIETS AND WAISTLINES.

MORE THAN 9-MILLION CHILDREN ARE OBESE AND OBESITY HAS MORE THAN TRIPLED OVER THE PAST FOUR DECADES AND IT SEEMS TO BE AN AMERICAN PROBLEM.

THE FACT IS - YOU SIMPLY DON'T SEE OBESE CHILDREN IN COUNTRIES LIKE JAPAN.

KEIKO TANAKA HAS SEEN THE DIFFERENCE FIRST HAND AS A JAPANESE AMERICAN. SHE WAS ABLE TO STEER HER SON AWAY FROM THE TYPICAL AMERICAN DIET. PROOF, THAT A CHILD'S EATING HABITS ARE GUIDED BY THE PARENTS NOT THE COUNTRY THEY'RE LIVING IN: KEIKO TANAKA

[www.KEIKOSCLASS.COM](http://www.KEIKOSCLASS.COM)

KEIKO'S FRUSTRATION HAS PROMPTED HER TO START KEIKO'S COOKING CLASS. THE IDEA? TO TEACH BUSY AMERICANS HOW TO MAKE HEALTHY, JAPANESE MEALS IN THEIR HOME. TRING JAPANESE FOOD IS ONLY HALF THE BATTLE FOR BUSY AMERICAN MOM, HOLLY HARTWIG. WITH 5 KIDS WITHIN 5 YEARS, SHE NEEDS A RECIPE THAT'S FAST AND EASY:

YES, THAT'S AN AMERICAN KID EATING SASHIMI AT KEIKO'S JAPANESE RESTAURANT NOGI'S IN CLAREMONT.. PROOF THAT WITH THE RIGHT GUIDANCE, AMERICANS CAN NOT ONLY EAT HEALTHY BUT ENJOY IT.

3/4/2008 19:30:00 IN5615 3 0:28:30 Kvmd-SoCal Life  
Tonight on So Cal Life, we continue our spotlight on Mammoth Lakes with a look at the delicious side of this booming mountain community. And the Fox drama New Amsterdam premieres tonight. We'll bring you a report on one of the first new shows to hit the screen since the writer's strike ended.

About 15 million children are thought to have serious mental disorders in the United States. But only about 7,500 child psychiatrists are currently practicing in the U-S. The shortage is straining the nation's mental health system. Here in California, The Department of Mental Health says they're taking steps to recruit new mental health professionals.

Every week we showcase a different city in the southland, this week we continue our spotlight on the city of mammoth lakes. Karma Dickerson and Simon White take us back.

Efforts to preserve indigenous species have long been a part of California's heritage leading the way, of course, are the state's universities as Brent Weber finds just off the beaten path in Orange County.

## COMMUNITY AND BUSINESS

### URBAN GARDENS

Irvine

Laura Lyons/Nursery Manager

Veronique Swett/"Master Gardener"

UC-Irvine's own "secret Garden" really isn't a secret ...it's right there, at the corner of Jamboree and Campus ...

It's all here – a stone's throw from civilization ... the plants that make our ecosystem unique ... even the animals who love them ...The Master Gardeners of Orange County are responsible for the UCI Arboretum.

This Saturday, March 8TH is International Woman's day, a day to celebrate woman's political, economic, and social achievements. Back in 1908 on March 8TH, 15, 000 women marched through the streets of New York City demanding shorter hours, and better pay as well as the right to vote. March 8th is also the day one hundred forty women died in New York factory fire in 1911. The holiday is celebrated all over the world including Russia, and Europe.

## COMMUNITY AND BUSINESS:

Mali Sabatasso,a jewelry and accessories designer who re-discovered her passion for jewelry after a 19-year career in the fashion industry. Today, her jewelry line MALI is featured in over 100 boutiques across the country, and she is now coming out with a new collection of jewelry inspired by nature.

## SUPPORT OF OUR TROOPS:

As fighting in the Middle East goes on, the troops there have been getting some royal support. Britain's Prince Harry just returned home this Sunday after completing a tour of duty in Afghanistan. Though his stay at the frontlines of battle had to be cut short because his cover was blown by a U.S. website, the prince hopes to return to personally lend a hand to our troops as soon as possible.

3/5/2008 19:30:00 IN5618 3 0:28:30 Kvmd-SoCal Life  
John McCain's sweep of the Texas, Ohio, Vermont, and Rhode Island primaries has made him the presumptive GOP nominee for the presidency. Governor Schwarzenegger publicly announced his endorsement of McCain in early February. However, around the same time, his wife Maria Shriver endorsed Barack Obama, whose winning streak came to an end last night. The Illinois senator won only the Vermont primary while Hillary Clinton won Texas, Ohio, and Rhode Island. Mayor

Antonio Villaraigosa spent so much time campaigning for Senator Clinton in Texas that he received criticism at home for spending too much time out of state. Here's a look at the schedule for the remaining primaries before this summer's conventions. Clinton and Obama are still neck and neck and every primary is going to count.

Every night on So Cal Life, we showcase a different city in the Southland. Tonight we continue our spotlight on Mammoth Lakes.

As women age, they are more prone to fibroids and cysts, which can cause problems when trying to conceive. After the age of 35, the chances of the child having a genetic abnormality increase significantly each year. As Lisa Sedillo reports, a recent guest on our show, Dr. Bess, helped develop a new technique for women gynecological laparoscopic surgery.

3/7/2008 19:30:00 IN5620 3 0:28:30 Kvmd-SoCal Life  
Ron Jacobsohn brings us an exclusive look at the new TV show UnHitched, which follows the hilariously unsuccessful dating lives of four friends in their 30s. And forget about going under the knife – we have Dr. Michel Mazouz in the studio today to share with us a non-surgical approach to weight loss. Plus we take you back to the city of mammoth Lakes where a new village is a sign of big plans for Mammoth's future.

3/8/2008 6:00:00 IN5620 3 0:28:30 Kvmd-SoCal Life  
As we head into the busy travel season, keep in mind that while government documents are required for all travel in and outside of the United States, American citizens now have an alternative option to the standard passport – the new U.S. Passport Card. The card can be used when traveling by land into Canada, Mexico, the Caribbean and Bermuda. However, the U.S. State Department indicates the cards cannot be used for travel by air. The cards are expected to become available this spring.

We wrap up our week-long spotlight on Mammoth Lakes with a look at the new village that has turned this town into a booming resort community.

Many people don't realize they have age-related macular degeneration until it damages their eyesight. But as Tom Jordan reports, a new test may become an early warning system.

3/9/2008 6:00:00 IN5620 3 0:28:30 Kvmd-SoCal Life  
Community and Business:

In part two of our series on Japanese cooking in America, we take you back to the kitchen of Keiko Tanaka whose aim is to combat childhood obesity by bringing healthy eating habits to American kids.

According to former US Surgeon General David Satcher, obesity counts for 300,000 premature deaths per year. Our next guest is an expert on the non-surgical treatment of this problem.

Rashida Jones, the star of UnHitched, compares her dating experience from hell with that of her character.

3/10/2008 19:30:00 IN5624 3 0:28:30 Kvmd-SoCal Life  
A new study by two USC researchers predicts the slump in housing prices could last 20 years. Part of the problem, according to the researchers, is that some 78-million baby boomers have been bidding up the price of houses as they move up the economic ladder, but as they downsize and die, they may flood the market with vacant houses.

Two Caltech graduates are to be aboard the Space Shuttle Endeavor when its 16-day mission is scheduled to begin late tomorrow night. Garrett Reisman and Air Force Major Robert Behnken will be part of a seven-man crew that will deliver the Japanese logistics module and the Canadian special purpose dexterous manipulator to the International Space Station.

Every week we showcase a different city on our show. This week we introduce you to the high desert community of twenty-nine palms. A town renowned for having the largest marine base in the world, and its historic Joshua Tree national park. But there's a lot to the city you might not know about. Tom Jordan went to twenty-nine palms and learned the city has a lot more to offer.

## COMMUNITY AND BUSINESS

### 29 PALMS

YOU COULD ALMOST CALL TWENTYNINE PALMS A CITY OF TWO DISTINCT.. YET VERY CONNECTED WORLDS. ALMOST HALF THE CITY POPULATION RESIDES AT THE MARINE CORPS AIR GROUND COMBAT CENTER. BUT THE CITY IS FAR MORE THAN JUST A MARINE BASE.

Twentynine Palms was named for the palm trees located in the Oasis of Mara, at Joshua Tree National Park headquarters. When the area was settled by miners in the late 1800's, there were 29 palm trees growing in the oasis at the time, most of which are still standing today. TWENTY NINE PALMS IS ALSO THE Home OF of Joshua Tree National Park and Park Headquarters, proud host of the Marine Corps Air Ground Combat Center, the world's largest Marine Base, and with renowned world class murals and artists, the city offers a skilled labor force, a supportive business climate, pristine air, beautiful natural surroundings, desert and mountain vistas, and family lifestyle.

Beyond the last of the traffic lights, twentynine palms is the gateway to Mojave Desert, Joshua Tree National Park, the Mojave Preserve and the great California Outback.

#### HEALTH:

With swimsuit season right around the corner, many of us here in southern California are looking for ways to shed those extra pounds. A Stanford University study comparing popular diets found that the high fat, high protein Atkins diet is the most successful plan. The study also found that the popular low-carb diet did not put the dieter at risk for high cholesterol or high blood pressure.

The problem of human encroachment on dangerous animal habitats is nothing new... and here in Southern California, the face to face meeting with a wild predator may not be as rare as it once was. Brent Weber tells us you don't have to stay indoors – just stay aware when roaming the habitat of the California Mountain Lion.

3/11/2008 19:30:00 IN5625 3 0:28:30 Kvmd-SoCal Life  
Two disasters that helped shape Southern California are being remembered this week – the 80th anniversary of the St. Francis Dam collapse and the 75th anniversary of the Long Beach Earthquake. So, how prepared are you for the next big one? Tom Jordan has a report everyone in southern California needs to see. Here's Tom:

## COMMUNITY AND BUSINESS:

U.S. Surgeon General says too many parents are overlooking the drinking habits of their adolescents. Due to statistics indicating there are currently 11 million underage drinkers and more than 7 million teenage binge drinkers, the U.S. Surgeon General has issued a "national call to action." Health experts say binge drinking can lead to several problems including pregnancy, sexually transmitted disease, suicide and drunk driving. An estimated 20 percent of suicide victims, according to the Cleveland Clinic, were found to have been drunk immediately prior to their death. The surgeon general cites studies which show kids who start drinking before the age of 15 are five times more likely to have alcohol related problems later in life.

The average size of homes built in the U.S. has been steadily increasing, while the number of people living in them continues to decrease. The real-estate Web site ZILLOW.COM reports that the average new home built in the U.S. has increased from 1,500 to almost 2,500 square feet since the 1940s. However, the U.S. Census Bureau reports the average household size has steadily declined from 3.7 people to 2.6 people since the same point in the 1940s.

In the heart of the hi-desert community of Joshua Tree is a place where the locals gather and welcome the visitors. The Park Rock Café's reputation extends throughout the community and beyond. The café is known throughout the nation for its good food, great service, and good 'ol small town charm.

### 29 PALMS RESTAURANT

ON A TYPICAL DAY.. THE PARK ROCK CAFÉ WILL SEE THIS... FRIENDS GATHERING TOGETHER.. ANTICIPATING A GREAT MEAL. JOSEPH LODER IS CO-OWNER OF THE PARK ROCK CAFÉ. HE SAYS HIS PRIORITIES ARE SIMPLE: GREAT ATMOSPHERE.. AND EVEN BETTER FOOD. THE PARK ROCK CAFÉ IS OPEN SEVEN DAYS A WEEK IN JOSHUA TREE.

The stars of Definitely, Maybe tell us why this romantic comedy is different than your typical Hollywood love story.

The latest to follow the pop star-turned-designer trend is singer Avril Lavigne, who just announced her plans to create a fashion line for department store chain Kohl's. The edgy, punk-rock line will be called "Abbey Dawn" after Avril's childhood nickname. The fashions will feature her signature combination of girly dresses with combat boots, and will be out in time for back-to-school shopping, with new designs by Avril herself coming out every month.

Actor Matt Damon has two new exciting projects in the works. After starring in the first three Bourne movies, which were a huge success at the box office, Damon has just signed on to star in the fourth installment of the series. Plus, Damon's wife Luciana is expecting the couple's second child together. The pair had daughter Isabella in 2006, and daddy Matt is currently shooting the thriller Green Zone in Morocco.

3/12/2008 19:30:00 IN5626 3 0:28:30 Kvmd-SoCal Life

Just last night, Southwest Airlines decided to ground 41 of its planes due to safety concerns. The airline admitted that almost 50 of the planes it continued to fly had missed their required safety inspections. In addition to cancelling flights, Southwest has also put three employees on leave and is facing a \$10.2 million civil penalty.

#### COMMUNITY AND BUSINESS:

Finally some good news about our economy, a new study suggests the California economy will be weak this year, but it won't slip into a recession. According to the UCLA study, the unemployment rate will top out at 6.3 percent by the end of the year and real income and real taxable sales will both show small losses in the first half of the year.

Every week on So Cal Life we take you to a different city in the Southland. Tonight, we take you back to 29 palms with Tom Jordan:

Maybe there's something to the Stepford Wives. The more traditional a marriage is, the higher the percentage of happy wives. This is according to a new study by two university sociologists. They say stay-at-home wives don't suffer from any special problems as previously thought. In fact, 52% of wives who don't work outside the home reported they were very happy with their marriages, compared with 41% of wives in the workforce. This may be because working wives still do seventy percent of the housework, according to the study. However, it's not how much how much housework a wife does, but how grateful and affectionate her husband is. The percentage of women choosing to stay home has also gone up in recent years.

3/14/2008 19:30:00 IN5627 3 0:28:30 Kvmd-SoCal Life

#### COMMUNITY AND BUSINESS:

We've now got traffic signals on some freeway transition roads. There are now signals on roads leading from the northbound 57 Freeway to the westbound 2-10 Freeway and from the northbound San Gabriel River 6-0-5 Freeway to the westbound 2-10. By the end of the month, lights will also be installed on the transition roads to the eastbound 2-10.

We continue our spotlight on the city of 29 palms with a look at one of the only mom-and-pop radio stations in business.

Our next guest has an easy way to protect you from the sun. Frustrated that her son wouldn't protect his skin on the golf course this California mom invented a product every active person should know about. Earlier on our show, I sat down with the inventor of Spwipes.

3/15/2008 6:00:00 IN5627 3 0:28:30 Kvmd-SoCal Life  
Finally some good news to report about Britney Spears, the pop star will appear on "How I Met Your Mother". Britney will play a receptionist in an episode airing on CBS March 24. This, of course, is not her first acting role - she has hosted Saturday Night Live and guest starred on "Will and Grace" in 2006 – but it is her first TV appearance since her recent troubles.

The recent writers strike had networks squinting for material and one of the places they found an unlimited resource was the internet. Although it is now airing on Bravo, Quarterlife will go down in history as the first ever web show that was picked up by a network TV station. Ron Jacobsohn reports about the show that may start a new trend in Prime Time television.

3/16/2008 6:00:00 IN5627 3 0:28:30 Kvmd-SoCal Life  
AUSTRALIAN GRAND PRIX  
Jarno Trulli, Driver, Panasonic Toyota Racing  
The atmosphere is great inside the team, it's a young driver coming up, very motivated; so he's helping me to push the team and to improve the car. It's good, it's good for everyone, it's good for me, it's good for the team; he seems a very nice person and I'm enjoying the time with him.

3/17/2008 19:30:00 IN5630 3 0:28:30 Kvmd-SoCal Life  
Today is St. Patrick's Day, a holiday that is celebrated across continents. Tourism Ireland is hosting the world's first virtual St Patrick's Day parade. It's all part of the internet-based, virtual world of Second Life. Kicking off the three-day Discover Ireland Festival in Second Life, the virtual parade will include 20 Irish and Celtic themed floats, virtual tours of Dublin, Irish musical performance and more. Tourism Ireland's objective is to encourage those who visit this virtual world to come and visit the real Ireland during 2008. "Dublin" in Second Life is a well-established destination – frequently making the Top Ten list of the most popular places to visit there.

The Southland, held a more traditional parade however beginning at Main and Arcadia streets and ending at Pershing Square with a festival featuring Irish music. Former Mayor Richard Riordan served as parade grand marshal.

Promotion for the number one movie in America “Horton Hears a Who” just happens to make for a great St. Patrick’s Day meal. Through April 20th, IHOP is featuring Dr. Seuss-themed dishes including Who-Cakes, a colorful stack of shortcake pancakes in all shapes and sizes covered with boysenberry and blueberry glaze, rainbow chocolate chips and a pink lollipop, and of course the famous Green Eggs and Ham (eggs scrambled with spinach), ham strips, hash browns and a choice of IHOP’s original buttermilk pancakes.

#### HEALTH:

Could eating fruit help combat asthma? According to a new international study, the eat “five-a-day” message is well known, but applying this does not seem to be filtering down into everyday life. Recent studies have shown that consumers in both Europe and the US are failing to eat 400 grams of fruit and vegetables a day. In fact, women who ate a diet high in fruits and veggies such as tomatoes, carrots and leafy green vegetables reduced their risk of asthma.

#### COMMUNITY AND BUSINESS:

The laws could be changing for 166,000 California students that are home schooled. The Second District Court of Appeal in Los Angeles ruled that all children ages 6 to 18 must attend public or private school full time until they graduate from high school or must be tutored by a credentialed teacher. This that parents wishing to continue homeschooling their children must obtain teaching credentials.

Governor Arnold Schwarzenegger denounced the ruling and promised to change the law if necessary to guarantee that parents are able to educate their children at home.

Previous home schooling laws worked for many Southern California families including the Julian family featured in this next segment.

Just a week after reports that California’s roads rank worst in the nation, and that Los Angeles has the worst roads in California, mayor Antonio Villaraigosa personally filled the 800-thousandth pothole this morning in Leimert Park. This comes after he vowed two-and-a-half-years ago to fix 1 million potholes. It is estimated that 65-percent of Los Angeles roads are in need of repair.

Los Angeles will suffer more blackouts unless the city upgrades its electrical infrastructure, according to representatives from the Department of Water and Power who requested today that the L-A City Council approve a rate hike on water and power. The DWP last raised power rates in 1992 and water rates in 2006. When fully implemented in 2009, the power rate increases will add about \$8 a month to the average resident's home, and water rates will cost about \$1 a month.. a 14% increase.

Every week we showcase a different city on our show. This week, we take you to Redlands. You might be surprised by what our reporter David Wylie discovered in the historic city:

#### REDLANDS:

Travelling through Redlands can be like a blast from the past with vintage homes watching over peaceful lined with Palm Trees. In the shadows of Mt. San Gorgonio in southeastern San Bernardino county, Redlands covers 37 square miles and is home to more than 70,000 residents. It was founded by two wealthy Connecticut men in 1881 who established it as the Redlands Colony. They named the community Redlands for the reddish iron rich soil in the area.

But it was the arrival of twin brothers Alfred and Albert Smiley in 1889 that put Redlands on the map. And that love of the arts and education continues today...with more than 2000 students attending the private University of Redlands which is celebrating its 100th anniversary this year. This is a town that celebrates its history with a charming historic downtown area that still manages to be the center of the community...along with perfectly preserved buildings including the Smiley library and the Kimberly Crest Mansion. Its that honoring of the past that gives Redlands its heart.

A big part of that past was also agriculture...specifically the Valencia orange...in fact the crops were so good at one time that Redlands was considered the country's only agricultural boom town.

And while Redlands reveres its past ...its also proud of its well known present day residents like pro golfer Dave Stockton, World Cup soccer player Landon Donovan and dance champion Benji Schwimmer and past residents like folk singer Joan Baez and magician Harry Blackstone Jr. Its also home to ESRI...the worlds leading satellite mapping software company which is also the city's largest employer. If you would like to experience the small town atmosphere that Redlands has to offer, make plans to check out the free summer concert series featuring everything from opera...to celtic music...to the Redlands symphony. Whatever you plan to do in this quaint city...Redlands manages to take you back to a simpler time. In Redlands I'm David Wylie for Southern California life.

3/18/2008 19:30:00 IN5631 3 0:28:30 Kvmd-SoCal Life  
Creating laws to protect women's rights and safety are not enough, according to U.S. Secretary of State Condoleezza Rice. Rather than merely enacting new legislation against domestic violence, rape, etc., Rice says lawmakers everywhere must enforce these bills to ensure women are safe. One out of every three women worldwide, Rice reports, will be beaten, raped or otherwise abused at some point during her lifetime.

So, do you think you can spot a liar? A recent study suggests that the image of a twichy nervous liar touching his nose and stroking his hair may itself be a lie. In fact, the study showed just the opposite. They found that when people lied they tended to stand still as they were aware their body language might give them away. Liars touched their noses 20% less than truth tellers.

#### COMMUNITY AND BUSINESS:

All week we've been showcasing the city of Redlands, a city that revels in history, whether it's remembering those who founded the city more than 100 years ago or a man who helped shape our nation.

There is no doubt that Abraham Lincoln is one of the most admired presidents in American history. In Washington there's a massive monument memorializing his leadership during one of our nations darkest periods. As honored as Lincoln is...there is only one monument honoring his accomplishments west of the Mississippi River...and that memorial can be found right here in southern California in Redlands in Southeastern San Bernardino County... where the solemn limestone Lincoln Memorial Shrine has stood for 75 years.

The Lincoln Memorial shrine was the brainchild of one of Redlands founding father Robert Watchorn who presented the shrine to the city of Redlands in 1932 not only as a tribute to Lincoln but as a tribute to his son who died from injuries suffered in World War one.

The Lincoln Shrine also features an original painting by Norman Rockwell called Thought of Peace on Lincolns Birthday which was donated to the shrine in 1945 just months after it appeared in the Saturday Evening Post.

The Lincoln Memorial Shrine in Redlands is surrounded by beautiful fountains and a park and is open to the public Tuesday through Sunday afternoons. Admission is free.

#### HEALTH:

According to a new study at Boston University, People with one or more parents who live to be at least 85 years and older, may have a smaller chance of developing heart disease. The results indicated participants whose parents lived to be at least 85-years-old had better blood pressure and cholesterol levels compared to those whose parents died at an earlier age. However, you can't rely on just healthy genes, you still need to eat a well-balanced diet, exercising and no smoking.

While you're watching this newscast 40 Americans will have a stroke. In most cases a blood clot is blocking a vessel in the brain. For ten years doctors have had a drug that busts these clots but even today, hardly anyone gets it.

There is a way to get it when you need it.

Many primary care practitioners in the Los Angeles County are failing to talk to their Latino patients about getting tested for HIV. According to a six month study by the UCLA AIDS Institute, only 41 percent of the surveyed doctors, nurses, and physician assistants, regularly offered advice about sexually transmitted diseases. The high percentage of AIDS cases for Latinos in Los Angeles is a direct result of a lack of HIV testing.

Joy Bloom Wright. Who along with 2 other mothers created Chewable Jewels, casual jewelry invented to provide a safe and fashionable teething accessory for babies.

3/19/2008 19:30:00 IN5632 3 0:28:30 Kvmd-SoCal Life  
The foreclosure tallies for 2007 are in and 2.2 million foreclosure filings, auction sale notices, and bank repossessions were reported across the country in 2007 according to the real estate tracking firm RealtyTrac. This is a 75% increase from 2006. What's more disturbing is that even though filings were up 75%, the number of properties in some stage of foreclosure is up 79%. This suggests that even more people could be completing the foreclosure process in 2008. The report also shows that more than 1 percent of all U.S. households were in some stage of foreclosure during the year, up from point-six percent in 2006.

Are American's spending habits out of control? For the past 20 years. Economics have warned that Americans are spending too much. Last year, the country's personal savings rate was a negative half percent, a figure only seen twice before and both times before and during the depression.

From bricks and border to click and order! It wasn't long ago that if you wanted to go on a vacation you went to a travel agency. Today, more people go on-line. Online bookings hit sixty-eight billion dollars in 2005 and will make up one third of travel spending in 2010. So, what do you do if you need to coordinate the plans for scattered travelers heading to a common destination? Go to a website that compiles many different sites.

Hidden away in this rather non-descript building near downtown may be one of Redlands best kept secrets. It's the 5-6-7-8 Dance studio run by renowned dancing instructor Buddy Schwimmer. Known as the man of a thousand dances...for years Schwimmer was one of the best dancers in the business working with some of worlds best known entertainers. Now he has students from all over the world coming to his studio In Redlands. And even dared to give me a few pointers. So what makes Buddy different?

#### **PUBLIC SERVICE:**

Children should drink lots of water and wear sunscreen when playing outside during the spring and summer seasons.

According to the Toy Industry Association, parents should ensure their children remain hydrated by keeping water or sports drinks on hand before, during and after outdoor play sessions. While they may not always feel thirsty, studies indicate children can still suffer from dehydration when playing outside.

Other safety tips during the warmer weather seasons include providing a child with light-colored and light-weight clothing so they do not become overheated. When using ride-on toys, safety experts advise children to always wear helmets and other protective gear in addition to traveling on smooth, even surfaces. In the Northern Hemisphere the official start of spring is March 20.

#### **HEALTH AND SAFETY:**

Patients with severe Crohn's disease know all too well about abdominal pain. While surgery can relieve symptoms, it hasn't always been desirable. Now, as Tom Jordan reports, a new technique is helping patients sidestep complications.

**CROHN'S DISEASE CAUSES INFLAMMATION IN THE DIGESTIVE TRACT, MOSTLY IN THE SMALL INTESTINE. IN SEVERE CASES, LONG SECTIONS CAN BECOME NARROW AND CREATE MULTIPLE BLOCKAGES. (:10)**

**DOCTORS USED TO SURGICALLY REMOVE THE DISEASED SECTION OF INTESTINE TO RELIEVE SYMPTOMS. BUT CROHN'S COULD COME BACK AND THERE'S ONLY SO MUCH INTESTINE YOU CAN CUT OUT. SO DOCTOR FABRIZIO MICHELASSI (Fah-BREETZ-ee-oh Mick-el-AH-see) DEVELOPED A BETTER TECHNIQUE.**

**FIRST HE DIVIDES THE LOOP OF DISEASED INTESTINE AND OVERLAPS IT IN WHAT HE CALLS A "SIDE-TO-SIDE" FASHION. AFTER MAKING LENGTHWISE CUTS, THE SECTIONS ARE SEWN TOGETHER TO PROVIDE A LARGER PASSAGEWAY IN THE BOWEL.**

**EVEN THOUGH IT DOESN'T CURE THE DISEASE, PATIENTS FEEL MUCH BETTER.**

3/20/2008 19:30:00 IN5633 3 0:28:30 Kvmd-SoCal Life  
**COMMUNITY AND BUSINESS:**

High School graduates in the southland are getting smarter. According to a new study, a slightly higher number of students entered Cal State University schools last fall proficient in both English and math. The CSU college-readiness report found that 45 percent of high school graduates who began Cal State classes last fall were deemed proficient in both subjects, compared to 43 percent in fall 2004.

Redlands is home to one of the west coast's largest commercial bird farms. The swallows may go to Capistrano but just about every other bird can be found in Redlands. If you own a bird or have just admired those in your local pet store, there's a good chance they got their start here at the Bracken Bird Farm in Redlands. Hidden away in central Redlands...the Bracken bird farm has become one of the nations largest commercial bird breeders and provides birds to most of the pet store chains in the United States.

Bracken bird farm was founded in 1973 by Joe Bracken who is now retired. It covers more than 5 acres and is home to hundreds of different types of birds from the most common like finches and cockatiels, all taken care of by a loving staff.

Bracken bird Farm features a sophisticated nursery where young birds such as these can be closely watched and another where older birds can be monitored and fed before they begin their journey. And forget what you've heard about a birds appetite...these birds like to eat.

The Bracken Bird Farm is a great place to bring the family especially if you have kids ...besides all the birds ...there is walk through aviary with ponds filled with koi...and a menagerie of different animals that you can feed. it's a little hard to find but the Bracken Bird Farm makes for a fun family outing. For more information you can call the Bracken Bird Farm at 909

#### HEALTH:

More than 40 million Americans suffer from allergies. Now, there's a new on line campaign called "Challenge Your Course". Some of the tips included in the campaign include minimizing early morning activities, when pollen is usually abundant, and not hanging clothes outside to dry as they may collect pollen and mold.

For years, we've heard that healthy living can help you age well. One gerontologist decided to put that theory to the test... On herself! Tom Jordan has some healthy ideas on how to grow old gracefully.

THIS IS NOT SOME HIGH SCHOOL ATHLETE WITH HOOP DREAMS. IT IS THOUGH A 71-YEAR-OLD DYNAMO NAMED THELMA LOFQUIST THIS IS THELMA'S DAILY WORK-OUT... PART OF A LIFESTYLE EXPERIMENT SHE STARTED ON HERSELF 20 YEARS AGO.

BACK THEN, THIS GERONTOLOGIST WAS WORKING WITH FRAIL, ELDERLY PATIENTS.

THAT EPIPHANY MOTIVATED THELMA TO START WORKING ON A PERSONAL FORMULA FOR HEALTHY LIVING. SHE DOCUMENTED HER QUEST IN HER BOOK "I DON'T WANT TO 'BE' OLD WHEN I GET OLD." IT'S A FIRST-HAND PERSPECTIVE OF HER EFFORTS TO THWART THE DETERIORATING EFFECTS OF OLD AGE. HER BONE DENSITY,

## CHOLESTEROL LEVELS AND BLOOD PRESSURE ALL ATTEST TO HER SUCCESS.

3/21/2008 19:30:00 IN5634 3 0:28:30 Kvmd-SoCal Life  
Americans are not getting enough sleep, and work is to blame. The standard 8-hour business day is no longer the norm in the U-S. The National Sleep Foundation's 2008 Sleep in America poll reports the average American's work day is now 9 hours and 28 minutes, reducing the average time spent in to 6 hours and 55 minutes - with 6 hours and 40 minutes spent actually sleeping. The NSF recommends getting at least 7 to 9 hours of sleep each night.

The poll also found that American employers are waking up to the benefits of napping! A surprising 34 percent of respondents reported their employer allows them to nap during breaks and 16 percent provide a place to do so.

Twenty-six percent of employees reported they would nap at work if their employer allowed it.

Looking at job performance of those who work 30-39 hours a week compared to those who work more than 50 hours a week, the results show that those working more had greater performance problems across the board including impatience, trouble concentrating, and decreased productivity.

3/22/2008 6:00:00 IN5634 3 0:28:30 Kvmd-SoCal Life  
TRAVEL:

As we head into the busy travel season, make sure you know your rights. When you are denied boarding on an oversold flight, it is the law that U.S. carriers refund your ticket or let you use it for another flight. They may even owe you up to \$400. If your hotel reservations are lost from overbooking, expect them to upgrade your reserved room or find another comparable room at a different hotel.

### COMMUNITY CALENDAR:

The community calendar lists current events happening in your neighborhood.

3/23/2008 6:00:00 IN5634 3 0:28:30 Kvmd-SoCal Life  
HEALTH:

Doctors from the Cleveland Clinic say crowded, closed environments, like those on an airplane can be a hotbed for disease. To help ward off any sickness, health experts recommend passengers wash their hands frequently, use hand sanitizer, avoid individuals who are already sick, bring ones own blanket and pillow if needed.

An estimated 27,000 children are in foster care in Los Angeles County. CASA of Los Angeles serves approximately 1% of these children. Carlos Santillan has information on La Casa.

## ENTERTAINMENT

Tonight on So Cal Life, we continue our spotlight on the City of Redlands, home to a sporting event that draws athletes from all over. And cruise season is underway; our in-studio guest joins us to talk about why you should take your next vacation by the sea. Plus we chat with Germany's sweetheart about the differences between the American and German movie industries.

Hannelore Elsner is known all over Europe and to some foreign language films fans as the first lady German cinema. Her latest flick Vivre is getting its US premiere these days and our Ron Jacobsohn had the chance to catch her on a rare excursion to Hollywood.

## COMMUNITY CALENDAR

The community calendar lists current events happening in your neighborhood.

3/24/2008 19:30:00 IN5634 3 0:28:30 Kvmd-SoCal Life  
An estimated 27,000 children are in foster care in Los Angeles County. CASA of Los Angeles serves approximately 1% of these children. Carlos Santillan has information on La Casa.

Despite, the longer workday, the Sleep in America poll indicates that the lines between work and home life are blurred. More than half of Americans are bringing work home to complete at night. In fact, 20 percent spend more than ten hours a week doing job-related activities at home.

3/25/2008 19:30:00 IN5636 3 0:28:30 Kvmd-SoCal Life

Tonight on So Cal Life, we sit down with Joshua Jackson and talk about his new film Shutter and why he says its much scarier than your traditional horror flick. Plus our community spotlight takes us to Santa Monica for a historical look at this seaside destination town. And our guest Fred Salas has the poor man's solution to getting concert and sports tickets.

Arizona Sen. John McCain is in the midst of a 3 day visit to the southland. After spending time in La Jolla and palm desert, the presumptive Republican presidential nominee attended a roundtable for Latino small business owners in Santa Ana today. McCain will speak to the Los Angeles World Affairs Council Wednesday in downtown Los Angeles.

Meanwhile, following the unauthorized access of Senator Barack Obama's passport file, Secretary of State Condoleezza Rice says steps will be taken "to get to the bottom of it and make certain that nothing more was going on." Rice also spoke with Obama to apologize and express her concern, saying she would be disturbed if she learned someone had looked into her passport file.

#### COMMUNITY AND BUSINESS:

This is definitely a buyer's market. Nationwide sales of existing homes rose in February for the first time since last July. But that has not been the case in California. Home sales fell 41.8 percent in the Los Angeles area in February, compared with the same period a year ago, and the median home price fell 20 percent to \$467,200.

Home sales also fell 17 percent in the Riverside/San Bernardino area in February, compared with the same period a year ago, and the median home price fell 27.2 percent to \$289,660. Statewide, home sales fell 28.5 percent in February, while the median price of an existing home fell 26.2 percent to \$409,240, according to the Los Angeles-based California Association of Realtors.

You can rent a Malibu beach house this summer for a whopping 150-thousand dollars a month! The four-bedroom, eight-bathroom home is a local record high, according to the Multiple Listing Service, but it's just the latest pinnacle in a summer rental market that seems to have no high-water mark.

#### HEALTH:

It's officially spring and people generally begin to take out their shovels and tend to their gardens. Although most individuals do not associate gardening with exercise, doctors from the Cleveland Clinic say it can help a person build muscle and burn an estimated 300 calories per hour. Anytime a person is moving, working, bending and stretching, doctors say they are exercising. To get the most out of gardening, health experts recommend alternating easier chores like planting bulbs with more rigorous ones such as raking.

Also - remember there is such a thing as too much exercise. If a person has not exercised in a while, their bones, muscles and joints are not used to excessive amounts of stress. Therefore, doctors say individuals may be setting themselves up for a heart attack if they exercise sporadically but excessively.

## COMMUNITY:

Every week we feature a different city in the southland in our spotlight series, and tonight we head to the beach. Karma Dickerson gives us a historical perspective on the city of Santa Monica.

Rubbing elbows in celebrity-soaked Malibu cost plenty for summertime vacationers. Renting a four-bedroom, eight-bathroom, 11,000-square-foot bluffside Malibu house costs up to \$150,000 a month. But there are still some in the upper five-figures for those looking for a summer getaway.

Coldwell Banker Previews agent Susan Monus says summer renters in Malibu typically come from Brentwood, Bel-Air or the Hollywood Hills. She has a Malibu Colony four-bedroom available for \$135,000 a month.

3/26/2008 19:30:00 IN5637 3 0:28:30 Kvmd-SoCal Life  
Tonight on So Cal Life, we talk about community issues. Plus our community spotlight takes us to Santa Monica for a historical look at this seaside destination town.

## COMMUNITY CALENDAR

The community calendar lists current events happening in your neighborhood.

3/27/2008 19:30:00 IN5638 3 0:28:30 Kvmd-SoCal Life  
Southern California Life takes a look at Santa Monica for a historical look at this seaside destination town.

## COMMUNITY CALENDAR

The community calendar lists current events happening in your neighborhood.

3/28/2008 19:30:00 IN5639 3 0:28:30 Kvmd-SoCal Life  
This program offers reporting on local news, sports, entertainment and business matters that are not found on the major Los Angeles-oriented television stations and in the major newspapers.  
Santa Monica is the topic of discussion as we search for a historical look at this seaside destination town.

## COMMUNITY CALENDAR

The community calendar lists current events happening in your neighborhood.

3/29/2008 6:00:00 IN5639 3 0:28:30 Kvmd-SoCal Life  
Tonight our community spotlight takes us to Santa Monica for a historical look at this seaside destination town.

3/30/2008 6:00:00 IN5639 3 0:28:30 Kvmd-SoCal Life  
The Southern California News Report is a nightly local news program that airs from 7:30-8:00 pm (Monday-Friday and Saturday and Sunday) at 6:00– 6:30 am. The SCNR focuses on issues of local concern throughout Southern California, including, in particular, Orange County. This program offers reporting on local news, sports, entertainment and business matters that are not found on the major Los Angeles-oriented television stations and in the major newspapers.

Our community spotlight takes us to Santa Monica for a historical look at this seaside destination town.

HEALTH AND FITNESS: Tonight on Southern California Life we talk about health and fitness.

#### COMMUNITY CALENDAR

The community calendar lists current events happening in your neighborhood.

3/31/2008 19:30:00 IN5639 3 0:28:30 Kvmd-SoCal Life  
The Southern California News Report is a nightly local news program that airs from 7:30-8:00 pm (Monday-Friday and Saturday and Sunday) at 6:00– 6:30 am. The SCNR focuses on issues of local concern throughout Southern California, including, in particular, Orange County. This program offers reporting on local news, sports, entertainment and business matters that are not found on the major Los Angeles-oriented television stations and in the major newspapers.

Southern California Life puts our community spotlight on Santa Monica for a historical look at this seaside town.

#### COMMUNITY CALENDAR

The community calendar lists current events happening in your neighborhood.  
ation town.