



SOUTHERN CALIFORNIA LIFE

DATE: 6-10-08 TUESDAY

TIME: 7:30 – 8:00 P.M.

TOPICS COVERED BUT NOT LIMITED TO:

PERTENANT ISSUES AND PROGRAMMING:

LOCAL NEWS:

This week's community spotlight is on Claremont.

HEALTH/FITNESS:

Stop feeling guilty about your morning cup of coffee... a new study finds coffee may counteract alcohol's poisonous effects on the liver and help prevent cirrhosis. The study says one cup of coffee per day cuts the risk of alcoholic cirrhosis by 20 percent, and four cups per day cut the risk by 80 percent. Tea, which has less caffeine, did not reduce the risk of cirrhosis. But researchers say the best way to avoid liver problems isn't to drink more coffee, but to drink less alcohol. In most American cities, there's at least one coffee shop. Coffee is hot... but as Tom Jordan reports, we need to remember caffeine is an addictive drug.

"you know different studies show that they may, you know by adulthood if they're very you know in a habit of getting coffee every morning, they may be drinking you know upwards of three cups or more per day, you know relying on caffeine to get them through the day."

Despite diet trends... and the images of rock hard beach bodies... recent reports suggest southern California falls short in the area of health and fitness.

In fact the American college of gastroenterology gives Los Angelenos a C when it comes to physical activity. Reporter Eboné Jiggett went to Venice beach to explore why Los Angeles scored so low:

ENTERTANIMENT NEWS:

Need a great handbag this summer? Our next guest has her own collection you don't want to miss, and Val Kilmer and Robert Downey Jr., the stars of kiss kiss bang sit down in our celebrity corner... It's all coming up right here on Social life..

CELEBRITY BIRTHDAYS

SPORTS

WEATHER

CALENDAR

A handwritten signature in black ink, reading "Lawrence Pelesky". The signature is written in a cursive style with a large, sweeping flourish over the last name.