



SOUTHERN CALIFORNIA LIFE

DATE: 6-11-08 WEDNESDAY

TIME: 7:30 – 8:00 P.M.

TOPICS COVERED BUT NOT LIMITED TO:

PERTENANT ISSUES AND PROGRAMMING:

ENTERTAINMENT NEWS:

Ever wonder how certain types of jeans can pinpoint an era? Levi Strauss during the gold rush... 50's rolled up jeans.. 70's bell bottom jeans and of course the 80's stone washed jeans. But today.. There's a new league of jeans called premium denim. Heather Dawson shows us why many are willing to pay top dollar for this latest craze:

Today's blue jeans have evolved into premium denim. And the difference is more than just the price tag. Lysa Sellers is the owner of Peyton Grey in Claremont. She's constantly educating her customers on why there's a premium on designer jeans.

So how do you shop for premium denim?

And don't get caught up in sizes because every brand is sized differently. And remember this isn't the 80s stone washed denim, dressed up or down, premium denim is considered a wardrobe staple.

NATIONAL NEWS:

There's no question, this has been a busy year for natural disasters. From hurricanes to floods to earthquakes, just about everyone has had their share. So, is there a safe haven somewhere in the United States? According to a new study experts agree that Blanding, Utah may be one of the safest places in the United States from a disaster. As for California? Santa Barbara ranks high because it's far from damaging earthquake faults.. But the bigger concern.. Can you afford to live there?

ENTERTAINMENT NEWS:

Ever wonder what city does fit your personality? Well.. You can find out with an easy test.. Just go to findyourspot.com and find out what city is the best match for your personality. You may be surprised by the results. That website again is www.findyourspot.com

HEALTH/FITNESS:

It's a fact, more than 9 million children are obese. So, why don't other countries have these problem? Some say, it's because of the american diet. Tonight, you're going to meet a local woman who has made it her goal to teach american families how to cook healthy, japanese meals for their families. In part one of a special series, japanese cooking in america:

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. 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'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. trying 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:

Cooking fast, healthy japanese meals is easier than most people realize, a fact Keiko wants to get across to her students. The real test, is exposing it to the children.

.Consumer news:

Every kid wants a car when they turn 16... but as brent weber tells us there are certain things parents need to look for when looking to buy a kid that first car:

Remember the words you spoke long ago? Parents-“when you graduate, we'll get you a car”... when you turn “sixteen, when you turn eighteen, when you graduate – we'll get you a car ...” the time has come to make good on the promise ... and while your kid is most concerned with how they look behind the wheel, as a parent – you're scared to death about the whole deal ...

The numbers are serious ... 44 per cent of teenage fatalities are a result of auto crashes ... Yet for parents, not letting their kids get behind the wheel is impractical – especially in the southland where driving is a way of life and rapid transit isn't always an option ... so in addition to good driving instruction – buying a vehicle with the best safety features – like the addition of side air bags or an on-board satellite safety service such as “on star” ... which can be added to a new or used vehicle ...

and don't let the kids talk you into the hype of a big engine ... advocacy groups like triple A recommend a low powered vehicle like a four cylinder for the inexperienced driver...

ENTERTAINMENT NEWS:

From fun and fashionable, to culturally inspiring...entrepreneur alma marquez has created a unique line of clothes that meets the needs of many.

Alma is the creator of mami and me, a line of children and adult shirts that celebrate the latino culture. Endearing spanish sayings can be found on everything from onesies to adult t's.

HEALTH/FITNESS:

We've all eaten vinegar in everything from coleslaw to pickles. But what if you could actually use this condiment to help prevent disease?

In most grocery stores, you find vinegar in the salad dressing aisle. But one nutritionist hopes to change the way we think about the sour solution.

“Hippocrates used it thousands of years ago as a medicine.

Carol Johnston is studying the benefits of vinegar. In her first study, three groups of people - healthy, pre-diabetic and type two diabetics... were tested to see if vinegar would lower their blood glucose levels.

Interestingly, the group that got the vinegar lost several pounds on average and that was significant compared to the placebo group that had no change in their weight.

SPORTS:

So, you think pro wrestling is fake? We sent Paul Higgins in the ring to find out:

Weather

Calendar



