

SOUTHERN CALIFORNIA LIFE



SOUTHERN CALIFORNIA LIFE

DATE: 7-16-08 WEDNESDAY

TIME: 5:30 – 6:00 P.M. MONDAY THROUGH FRIDAY

TIME: 6:00 – 6:30 A.M. SATURDAY AND SUNDAY

TOPICS COVERED BUT NOT LIMITED TO:

PERTENANT ISSUES AND PROGRAMMING:

OVERVIEW:

A NEW PERSPECTIVE ON THE LOCAL NEWS...

For the first time this year, the number of murders in the city of Los Angeles is lower than it was in 2007. As of this morning, the city had one less homicide than it did at this time last year.

Imagine getting a busy signal when you dial 9-1-1. believe it or not, people calling from their cel phones reportedly have trouble getting through. The Los Angeles County supervisors has ordered a report regarding potential delays in response times to 911 calls that are not made over land lines.

Calls to 911 made from a land line are automatically routed to the appropriate operator and give the phone's location, which is not necessarily the case with calls made via cell phone or through an Internet phone service.

According to the National Center for Health Statistics, accidents are the leading cause of death for children. However, one of the most preventable accidents is when a driver unintentionally runs over a child they did not see playing behind a vehicle. A new program called "Spot the Tot" has been created to raise awareness about child safety and reduce fatalities resulting from automobile accidents.

COMMUNITY SPOT LIGHT

It may not be a street in Memphis or the Sunset Strip, but in North Orange County there is a hot bed for live music with a rich history.

... there was a time in the 70's and 80's when Sunset Beach – that mile and a half stretch off of P-C-H, was known as 'the place' for budding musicians ... and while redevelopment and county growth may have taken live music fans elsewhere in the nineties west, Sunset Beach is back in this millennium.

... On any given night – especially Thursdays through Sundays – as many as seven clubs in this tiny town might boast live music ... ranging from the eclectic to the cover music to the hard core rocker – there's something for everybody ...

... Katie Bartosch is a second generation sunset beach performer – her father has played music over the past twenty years at restaurants up and down p-c-h here – and it is that type of family connection which makes sunset special.

Remember that new years resolution you made at the beginning of the year? Well.. don't give up on 'a new' fitness program. Tom Jordan reports on a more accurate way for women to follow their progress. All you need to know is your age and your 'mets' number.

Cathie Whitford works out every day. She checks her progress with numbers on the exercise machine. Cathie Whitford comments, "It's really a tool and a guideline to gear your exercise routine towards." The problem is most guidelines are based on a man's fitness level.

Northwestern Cardiologist Martha Gulati (Goo-LAH-tee) says women may actually be overestimating what their fitness levels should be.

Martha Gulati, M.D. comments, "Achieving a high degree of fitness is very good, but we would also then be giving the wrong message to a woman saying that you haven't achieved your age-predicted level when in fact, if you use the women guidelines, they have. Your metabolic equivalent is just a measure of how hard you're working."

She developed a simple chart to help women calculate their

own fitness level. all you have to know is your age and your 'mets' or metabolic equivalent level.

When you're exercising at your peak, take note of the 'mets' number located on the equipment. If, for example, you're a 35-year-old woman with a mets number of eight, draw a straight line from your age to your mets number. The spot it intersects shows how well you're doing for your age.

Martha Gulati, M.D. comments, “What we suggest is that you would at least try to achieve 85% of your age-predicted fitness level.”

Our next guest was nominated for the prestigious Women Making A Difference “Rising Star” award by the Los Angeles Business Journal. Brette Borow and her partner Shari Short invented “Girls’ Guide To...” the first step towards helping young women deal with the transition from high school to college and beyond.

Police drama tend to do well in prime time television so CBS decided to launch a new one in its summer schedule a brave move for a season that mostly comprises of a diet of reality shows. Flashpoint is also unique in the fact that it is a Canadian-American co-production, a new bread that if successful will probably be something we will see more of in the future.

It is a sport that has gained popularity with more and more women. Find out why boxing is the sport of choice for local fighter Bridgett “Baby Doll” Riley and the obstacles

that she has had to over come. Reporter Rhonda Hines takes a look at the challenges faced by women in the sport of boxing.

The face of boxing is changing with more women participating in a sport that is still regarded as a male activity. This type of thinking creates a number of barriers for female fighters who dream of achieving equality in the sport.

Although female fighters want equal treatment that becomes a bit of a challenge when their own trainers feel that the ring is not a place for women.

“It’s a lot harder for women you know this is a man’s sport. I hate to say it kind of like.....it’s the real deal. boxing is the real deal it’s not ahh”

Even though Jerry thinks that women should not box, he does realize that women face greater limitations. Such limitations include lower financial rewards and poor promotion of female events. And when female fights are promoted they some times focus too much on sexuality rather than the skills of the boxers.

“It’s just a lot tougher for women. People want to see it of course if they’re on top of it.....they want to see beautiful women box.”

Strong females like Bridgett “Baby Doll” Riley didn’t allow such challenges to prevent her from competing.

Bridgett "Baby Doll" Riley comments, "I was always watching boxing fights like Mike Tyson and I was just thinking to myself why can't I be on one of those cards. That would be so awesomeand I was like that's wrong, that's supposed to be me but it was just so cool to see it anyway.

The 138th edition of the Ringling Bros. and Barnum & Bailey circus, "Over The Top," begins a five-day run at Staples Center tonight, with 16 acts and 102 performers.

CALENDAR

TAKE WEATHER MAPS

A handwritten signature in cursive script, reading "Lawrence Sanders". The signature is written in black ink and is positioned below the text "TAKE WEATHER MAPS".