



SOUTHERN CALIFORNIA LIFE

DATE: 7-23-08 Wednesday SCL

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...

Do you consider yourself an expert traveler or a casual traveler? You better decide before you go to John Wayne Airport because there is a new check-in procedure. A 30-day program will offer lines with the designation of "Expert," for the business traveler who flies several times a month; "Casual," for passengers who travel less frequently but are familiar with security screening and "Family/Special Assistance" for passengers traveling with small children or passengers who may need special assistance.

You can start flying to mammoth next winter on Horizon Airlines. That should bring a lot more business to the resort town of Mammoth Lakes. In

tonight's special spotlight on Mammoth, Simon White shows us the latest.

A group of motorists, who call themselves Hypermilers, are pushing their vehicles as they compete in a race across the U.S., known as the 2008 Hybridfest MPG Challenge. The event is part of Hybridfest, an event dubbed as "a hybrid electric car show and more."

You're using infrared energy in such a way that you don't damage the skin. The titan delivers the infrared energy at about between one and three millimeters deep. You get an instant effect immediately when you're done and then you get a long term effect as well.

You're getting a lot of improvement in what I call the gutters – where the skin comes down as you age and leaves hollows under cheek bones. You're seeing real improvement in the neck. It works beautifully. You can get an eyebrow lift.

The difference has been a tightening of the skin, the lifting where gravity had taken over, and an overall improvement in my appearance.

SOUTHERN CALIFORNIA LIFE

No Limits in Irvine is a place where all kinds of fighting styles come together. The owners are firm believers that this is not so much a gym, as it is a school.

There are specific trainers who teach different fighting styles and programs.

No limits provides trainers who are current champions and have experience in TV bouts.

Jui-Jitsu is even taught to kids. A youth program is taught at no limits that stresses discipline and respect.

A place like no limits MMA didn't exist in the 1990's. aspiring fighters traveled from one dojo to the next in search of the best techniques.

No limits MMA hopes to expand their limits outside of Orange County in the near future. M-M-A, is here, to stay.

WEATHER

CALENDAR



Lawrence P. P. P.