

## SOUTHERN CALIFORNIA LIFE

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DATE: 10-13-08  
TIME: 5:30 – 6:00 P.M.

### TOPICS COVERED BUT NOT LIMITED TO:

### PERTENANT ISSUES AND PROGRAMMING:

#### COMMUNITY NEWS:

The Santa Ana winds are here again and in response, southland fire departments have increased. A "fire weather watch" was issued over the weekend for all of southern California and will remain in effect through Tuesday evening. And... The winds blow hard enough; aircraft will not fly even if there's a major fire. Sustained winds over 50 mph might be considered the maximum drafts for all aircraft.

Do you have a fire escape plan for your family? There were 400-thousand house fires in the United States last year. Only 26 percent of families have a home fire escape plan. Since fires kill more Americans each year than all natural disasters combined, the Red Cross urges everyone to make a fire plan this month.

#### COMMUNITY NEWS:

Los Angeles County may get its 89th incorporated city. Enough signatures have been gathered to put the issue of incorporation before the voters of Rowland Heights next March. Civic backers say L.A. county's supervisors are letting too much dense development to be approved. Rowland Heights is the unincorporated area generally south of the Pomona freeway ... near Diamond Bar and Walnut.

#### COMMUNITY NEWS:

In this week's community spotlight we head to San Juan Capistrano located in South Orange County. As KVMD's Sherri Palmeri reports it's a city grounded in history.

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There's something charming about the city of San Juan Capistrano. The heart of the community is an eclectic collection of historic buildings, sites, and artifacts.

"I love living here. It's a small community people care about each other people like each other and people are pretty friendly as far as far as orange county, I think it's a great place."

San Juan is an old, old community. It was originally populated by the members of the Oslin nation, Native Americans. History takes it back some 3,000-6,000 years."

San Juan Capistrano has a rich history. Native Americans played a large role, as did the mission san Juan Capistrano which was the birth place of orange county, and still is a popular destination for tourists." "Mission san Juan Capistrano is conveniently located an hour between san Diego and Los Angeles so we bring a lot of people off the Ortega highway who want to see something beautiful. I would estimate it's about 350-thousand people come here each year."

San Juan Capistrano became a city more than 40 years ago. It has grown from a small community of about 10-thousand people in 1974 to a developed city of almost 40-thousand.

"It's just an attractive place because of its history, small town feel, and the council has worked very hard to maintain this small town feel." Keeping it's agrarian past in mind; the city prides itself on maintaining its open space character. In fact, in the early 90's, during an economic decline, the city acquired land in an effort to preserve its defining ridgelines, hillsides and trails. "It's quite something, quite a statement for the community and its residents to say we really value our open space we're going to tax ourselves to pay off the bonds that are necessary to purchase this open space." Three-thousand acres or nearly 40 percent of the city is open space and land. It has 43 miles of natural hiking and horse trails. Only about 10 percent of land suitable for development still remains vacant. "Some of it will be residential some of it will be office and I think there's some opportunity to even get some more open space." Even after 250 years San Juan Capistrano is still evolving. Its slogan, "remembering the past to enhance the future" is not something the city just pays lip service to, but instead is something the city truly embraces. In San Juan Capistrano, I'm Sherri Palmeri for southern California life.

A Los Angeles based project, 'saving the lives of malnourished children,' made it to the top 5 in the American express member's project. We are the only organization with a project in the top 5 in southern California. International medical corps is now eligible for up to \$1.5 million to save the lives of kids who don't have enough to eat. You can watch some of the amazing video on utube including the recovery of an 11-month old boy who weighed only two pounds when he came to the Santa Monica feeding center.

### HEALTH NEWS:

Behavioral changes, not drugs best put insomnia to rest Researchers say insomnia, a chronic sleep disorder, is best overcome by changing ones behavioral habits and not through medications. In controlled studies comparing cognitive behavioral therapy (cbt) to prescription medication, medical website brainlink.org reports the cbt group would fall asleep faster, and the benefits of their sleep would last longer. Joanne reilly has been struggling with insomnia for more than 20 years. It's been a big source of stress in her life. To help her get a good night's sleep she's tried everything from herbal teas and warm baths to over-the-counter and prescription medications. Nothing has worked.

Joanne Reilly, struggling with insomnia: "it feels absolutely miserable. I hate the feeling of being exhausted and cranky and irritable and short with people that have no reason for me to be short with them." One proven treatment for insomnia that she's started using is a type of psychotherapy called cognitive behavioral therapy, or c-b-t for short. In essence, it helps people re-learn how to fall asleep, changing the behaviors that can lead to insomnia.

Gregg Jacobs, PhD., univ. Of mass. Memorial medical center: "there have been over 100 studies and We know that cbt is as or more effective Than sleep medication, particularly in The long run, with no side effects."

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Now, however, instead of working with a therapist, people with insomnia like Joanne can get their treatment from a computer. On average, it takes about six sessions to complete the program. The Total cost is around \$40. "making cognitive behavioral therapy Available on the internet means that we Can offer this treatment to people on a Widespread basis, very conveniently, And at very little cost." Another big advantage of the computer-based c-b-t is that it's available to people like joanne when they need it the most – even if that's at two in the morning.

## NATIONAL NEWS:

As carpooling increases, Americans drive 62.6 billion miles less. While the U.S. Department of transportation reports Americans have driven an estimated 62.6 billion miles less since last November, car manufacturers say it does not mean maintenance check-ups should also decrease. Here's more from Emily Wright:

According to the U.S department of transportation Americans have driven over 60 billion fewer miles this year as compared to last. Which means fewer service appointments, right? In fact there is a concern that people are deferring their car maintenance and that may be a cause for concern.

"At AAA we've got 51 million members and in the average year we get 30 or 31 million service calls. And the top two items that we get calls for are flat tires and dead batteries. And yet here are the easiest things that we can maintain." if you are driving less and you are deferring maintenance there are some basic items that you need to give attention to. Without a doubt the top two are cleaning the batteries terminals, making sure the battery is in good shape, and making sure tires are properly inflated." And if you find its time for new tires, goodwrench recommends being careful which tires you choose, because with today's high gas prices they may not be cost effective down the road. "One of the key things that we do when we develop tires... is keep the rolling resistance as low as possible, because that affects fuel economy. You might have noticed if you've gone out and purchased after market tires for your vehicle, like large wheels or all terrain tires, that your fuel economy suffered. If that's the case, you might want to consider going back to the dealership and once again improve your fuel economy."

Most manufactures have recommendations for tire replacement. For instance, at gm they develop a tire performance criteria for everyone of their vehicles, and tire manufactures that work with gm label their tires so you can match them to your vehicle. I'm Emily Wright.

## COMMUNITY NEWS:

Two weeks ago governor Schwarzenegger signed a few bills that are likely to affect you. Following the ban on cell phone use without a hands-free device, a ban on texting while driving was approved and will come into effect January 1, with fines for violators starting at \$20. Plus, in an effort to help Californians make healthier, informed choices, the governor also approved a measure that will require all chain restaurants with 20 or more locations to provide the calorie content of their food by June 1 2009. Coming up, our next guest tells us about the new hands free law and what to expect for the future... Stay with us.

Celebrity b-days

## ETERTAINMENT NEWS:

Christian Slater is moving the small screen in this espionage series that sounds a lot like the abc hit show, alias, that made Jennifer garner a celebrity but this one has a twist .

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## SPORTS:

The Los Angeles dodgers play game 4 of the national league championship at dodger stadium tonight. Sunday's victory over the Phillies' came on the 20th anniversary of what had been the dodgers' most-recent National league championship series victory, a 6- nothing triumph over the new York Mets in 1988, the last time they won a national league This is hard to believe but the first snow storm of the season arrives in south lake Tahoe at heavenly mountain resort. Take a look at the beautiful snow-covered heavenly mountain resort. The employees are preparing for the winter ski season right around the corner.

Weather

Calendar

Credits

A handwritten signature in cursive script that reads "Lawrence P. Lewis". The signature is written in black ink and is positioned in the lower-left quadrant of the page.