

SOUTHERN CALIFORNIA LIFE



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DATE: 10-22-08
TIME: 5:30 – 6:00 P.M.

TOPICS COVERED BUT NOT LIMITED TO:

PERTENANT ISSUES AND PROGRAMMING:

NATIONAL NEWS:

The price of gasoline keeps falling here in the southland. The average price of a gallon of unleaded Gasoline fell 3 cents, the 34th consecutive daily decline and 100th in the past 103 days. The average price of \$3.28 is 42 cents less than at this time last month and \$1.32 below the record high of \$4.61 set on June 22. But it is still 18 cents more than at this time last Year. Average gasoline price of \$3.28 is 42 cents less than last month

COMMUNITY NEWS:

Huntington Beach is one of the hottest destinations in the southland. In tonight's community spotlight, many would say that the reason for Huntington Beach's popularity is its world renowned surfing, but fashion has become just as important to southern California.

HEALTH NEWS:

Remember that New Year's 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 whit ford works out every day. She checks her progress with numbers on the exercise machine. "It's really a tool and a guideline to gear your exercise routine towards." Problem is most guidelines are based on a man's fitness level. "We've known values for men, but never for women." northwestern cardiologist Martha Gulati (goo-lah-tee) says women may actually be overestimating what their fitness levels should be. "achieving a high degree of fitness if 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

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have." 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. "Your metabolic equivalent is just a measure of how hard you're working."

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. "What we suggest is that you would at least try to achieve 85% of your age-predicted fitness level."

And if it's less than 85 percent? Doctor Gulati has a grim prediction for nine years down the road. "what it meant is that you are two times more likely to die from any cause and 2½ times more likely to die from cardiac causes." something to think about when you make - or before you break your new year's resolution.

Celebrity b-days

ENTERTAINMENT NEWS:

Based on the best selling novel by sue monk Kidd from 2002, this is a story about a teenage girl trying to find solace with strangers to overcome the loss of her mother. Dakota fanning leads this all-star cast of what shapes up to be the feel good movie of the fall.

SPORTS:

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 overcome. We take 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. "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 awesome and I was like that's wrong, that's supposed to be me but it was just so cool to see it anyway. I'm like see, see, and see." but Bridgett would soon find herself disappointed by the realities of the sport. "First of all, a lot of people don't really take it seriously. mom, a lot of people want to see foxy boxing, a lot of people don't want to see a pretty girl get her face hit.....like men anyway so you know you king of get all of this." despite the challenges and disappoints, Bridgett continues to make her mark in the sport and hopes to help others succeed as well. "Omm, I continue on because I'm absolutely in love with boxing and I can not do it. There's a double negative." Although women in boxing are currently experiencing lower pay, lower media coverage, and less opportunity, there is hope. The hope of women's boxing relies on today's youth, who see boxing ability as both genderless and boundary less. What's predominately regarded as a male sport was gaining popularity with women with movies like million dollar baby and girl fight. Despite such publicity, women still has a large number of obstacles to overcome."

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Today's recipes

Calendar

Weather

Lawrence Sanders