PUBLIC AFFAIRS REPORT For KSPX-TV Sacramento, CA For Fourth Quarter Ending December 31st, 2014

In accordance with Section 73.3526(e) (11) (i) of the Federal Communications Commission's rules, the following, in the opinion of KSPX-TV, are the problems and needs of the community for the period noted above. They are not necessarily listed in order of importance. Each is identified by significant public affairs and/or public service programming in response to these needs.

Issues:

- 1. Drought Concerns/Water Conservation
- 2. Air Pollution
- Travel Safety
- 4. Terrorism/Public Safety
- 5. Entertainment
- 6. Public Health
- 7. Volunteering, Community Service
- 8. Health and Fitness
- 9. Alternative Health
- 10. Employment

A detailed summary of each program's content, including guests, affiliations, and date of broadcast is included in this report

Bay Area Vista is a one-half hour community affairs program that highlights the best of the Bay Area showcasing organizations, events and newsmakers, with compelling personal stories, interviews & entertainment all of which impact the local community.

California Living is a one-half hour community affairs program that features local talent Aprilanne Hurley as host in exploring California's trends in food, travel and healthy living. This program offers information concerning local travel as well as awareness ad education of health related issues.

Program: Bay Area Vista Episode: #558

Air Date: Thursday 2 October 2014 6:00am

Duration: 26:45 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Entertainment
Host: Janice Edwards

Guests: Maxime Charbonneau, Publicist – Cirque de Soliel

Carl Ray, Author – Cured: The Power of Forgiveness

Cirque du Soleil: Janice Edwards was at the HP Pavilion in San Jose recently, where "Immortal: tribute to Michael Jackson" was recently staged there. This show was about the genius of Michael Jackson and the fans who loved him so much. Janice talked to some of the fans about the show. Janice interviewed Maxime Charbonneau, the publicist for Cirque du Soleil. He talked about the history of the Immortal show. Michael Jackson was a fan of Cirque du Soleil and he wanted to do something with Cirque du Soleil. They worked with the estate of Michael Jackson to put together this show. There was a clip shown of the show. Carl Ray: He did a one man show about how his father's death by white racists affected him. He is also an author of the book "Cured: the Power of Forgiveness." He talked about the back story of Cured. He saw his father being killed because of his conversation with a white man. This had changed his life: he had suffered from depression and anxiety. He met a man who helped change his life around. Carl was able to forgive the man who killed his father. He said that forgiveness is not about them, or the incident, but about freedom. It is personal. Ballet San Jose: There were some clips from a documentary about Ballet San Jose shown. One of the clips was about how Ballet San Jose was formed in the 1970s.

Program: California Living With Aprilanne Episode: #1028

Air Date: Thursday 2 October 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Travel

Host: Aprilanne Hurley

Guests: Coy and Sarah Barnes, Owners – Wine Wrangler

Gary Stemper, Owner – Eagle Castle Winery

Joe Barton, Owner and Winemaker - Grey Wolf Cellars

Norma Moye, Executive Director – Paso Robles Downtown Main Street

Association

Aprilanne interviewed Coy and Sarah Barnes, Owners of the Wine Wrangler. They talked about how they customize their tours based on their customer's preference in wine. Coy talked about how Paso Robles became the third largest wine growing region in California. Coy talked about a green getaway where the customer arrives on an Amtrak train, stays in a local hotel and give them a tour of the local area. They talked about how they founded Wine Wrangler. They took Aprilanne to Eagle Castle Winery, where she interviewed Gary Stemper, Owner of Eagle Castle Winery. He talked about how the building that the winery is based in (a castle) won an award. He talked how some of his wines had won awards. Gary and Aprilanne tasted some wine.

Aprilanne interviewed Joe Barton, Owner and Winemaker, Grey Wolf Cellars. He and Aprilanne tasted some of the wines that he had made. He got the inspiration for the Grey Wolf Cellar name from his parents, who love the idea of the family being part of a pack. He talked about the challenge of making wines that go beyond regular wines. He showed Aprilanne how he makes his wines.

Aprilanne interviewed Norma Moye, Executive Director, and Paso Robles Downtown Main Street Association about the revitalization of Paso Robles. According to Norma, they started with Main Street, where they revitalized and preserved the old buildings. They used community volunteers and board/committees. She talked about how the revitalization started with putting a movie theatre in, followed by shops, wine tasting rooms and restaurants. She talked about having old sulfur water springs, where people come and use the spring water for healing.

Aprilanne and Coy Barnes went to an underground room, where they tried various wine and food pairings. Coy talked about the wine club that he runs. He uses various wines from various wineries, both large and small, to find the sleepers that people don't know about.

Program: Bay Area Vista Episode: #589

Air Date: Tuesday 7 October 2014 6:00am

Thursday 9 October 2014 6:00am

Duration: 27:25 minutes

Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: History, Entertainment, School Programs, Education

Host: Janice Edwards

Guests: Christine Turner, Producer and Director – "Homegoings"

Janice interviewed Christine Turner, producer and director of "Homegoings," a documentary about a funeral director (Isaiah Owens) in Harlem. Christine was drawn to her subject by seeing his dedication and passion as a funeral director. She was also interested with the African American funeral tradition. She talked about how African-American funeral directors had a role in the civil rights movement, as their funeral homes served as a safe meeting place and gathering for people to get together and provide for transportation needs. Funeral directors have been regarded highly in the African-American community. She talked about the difficult conversations about the end of life care. She talked about how she was inspired to get into documentary film making while attending a public junior high school in San Francisco. She also talked about growing up mixed race (African-American and Chinese) in the Bernal Heights area of San Francisco.

Program: California Living With Aprilanne Episode: #1023

Air Date: Tuesday 7 October 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview

Source: Inside Look TV Issues Addressed: Health, Nutrition Host: Aprilanne Hurley

Guests: Aprilanne Hurley – Host and Author, Party Girl Diet/New Super Abs

Playbook Workout

California Living Showcases a National nutrition special focusing on super health and fitness. The program examines the Party Girl Diet a diet program developed by host Aprilanne Hurley. This diet focuses on a paced weight loss program that still allows for occasional enjoyment of wine, chocolates and other diet cheats. The New Super Abs Playbook Workout works in conjunction of the diet program in helping to create a healthier lifestyle and getting desired results. Two Mediterranean Super food recipes are offered to viewers as an example of the nutritious and easy way to change one's lifestyle.

Program: California Living With Aprilanne Episode: #1029

Air Date: Thursday 9 October 2014 6:30am

Aprilanne Hurley

Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment

Host:

Guests: Rick Riess, Former President and CEO – Carneros Inn

Hilary Newsom, President - PlumpJackSport

Brian Chipson, Manager - The Farm

On location at the Carneros Inn Hotel & the Orchard Private Residence Club, Aprilanne interviews Rick Riess, former president and CEO of the Carneros Inn. Rick explains how to be a "fractional owner" with the available cottages next to the hotel. He explains how the timeshare works and describes the amenities included on the property. They do a brief tour of the cottages and Rick further explains the advantages of owning "a piece of the wine country."

Aprilanne then interviews Hilary Newsom, president of the PlumpJackSport Store located at the Carneros Inn. Hilary and Aprilanne browse through all of the clothes available at the boutique store. They then move on to the Spa. Hilary talks about the available spa packages, along with a brief tour of the spa facility. Next is an overview of the main lap pool, children's pool and Jacuzzi.

Aprilanne and Hilary then move on to "The Farm" signature restaurant. They are seated with the restaurant manager Brian Chipson. They talk about the indigenous menu and go over some of the available items on the menu. Brian also talks about the other two restaurants available at the property.

Program: Bay Area Vista Episode: #519

Air Date: Tuesday 14 October 2014 6:00am

Thursday 16 October 2014 6:00am

Duration: 26:45 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: History, Entertainment, History

Host: Janice Edwards

Guests: Belva Davis, Author – Never in My Wildest Dreams

Belva talks about her latest book, Never in My Wildest Dreams. She talks about the challenges of being a groundbreaking African-American female journalist/reporter in the San Francisco market (according to Janice, Belva is the first African/American reporter on the West Coast). She talked about how her childhood experiences shaped her (she went from relative to relative when she lived in the South).

Program: California Living With Aprilanne Episode: #1026

Air Date: Tuesday 14 October 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley

Guests: Eva Claiborne, Owner – Eva Claiborne Skin Institute

Steve Merrifield, Owner – Demo Sport

Maggie McDonogh, CEO and Captain – Angel Island Tiburon Ferry

Brian Wilson, Owner - Sam's Anchor Cafe

Aprilanne went to the Eva Claiborne Skin Institute, where she interviewed the owner, Eva Claiborne, about an ultrasonic anti-aging facial treatment, which after 10 minutes will see youthful results. They used a model that had never had a facial treatment to do the facial treatment on. According to Eva, it will take several treatments for the skin of the model to have the desired result.

Aprilanne interviewed Steve Merrifield, owner of Demo Sport, about seeing the sights of the San Francisco Bay by paddle boarding. He talked about the ease of using a stand up paddle board (a long, wide surfboard which the person stands up on and uses a paddle). According to Steve, anyone can use it, especially on a lake or calm water. It takes minimal amount of training. There are some physical benefits of stand-up paddle boarding: it uses every muscle in the body. It takes a certain amount of balance to balance the legs. The mind is thinking about what's ahead and moving around.

Aprilanne interviewed Maggie McDonogh, CEO and Captain of Angel Island Tiburon Ferry about the 50th anniversary of her family running the Angel Island Tiburon Ferry. Aprilanne and Maggie talked about the various cruises that they have done for quite a few years. Video was shown of the various cruises that they had taken. Maggie talked about the sunset cruises, which happens every Friday and Saturday evening from May-October. The guests can bring out their own picnic dinners. They cruise towards the Golden Gate and back.

Aprilanne and Maggie went to Sam's Anchor Café, and Aprilanne interviewed Brian Wilson, co-owner of Sam's Anchor Café, about the specialty oyster dish, Oyster's Brian, that they make. Aprilanne and Maggie had the Oyster's Brian and a glass of wine. Then Brian brought the crab dish. He talked about using good, fresh seafood for the dishes. Danny the chef talked about some of his secrets of presenting food. He talked about making the food look right (98% of it is visual).

Program: California Living With Aprilanne Episode: #1024

Air Date: Thursday 16th October 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview

Source: Inside Look TV

Issues Addressed: Entertainment, Travel Host: Aprilanne Hurley

Guests: Nick Marlowe, Owner – Surf and Apparel Shop

Carlo Galazzo, General Manager - At the Tides Restaurant

Aprilanne first takes us to St. Teresa's Church and Modern Schoolhouse where a scene from "The Birds" was shot (the birds attack the schoolchildren). She then tells that Bodega is a quaint town with a lot of fun stores. She then interviews Nick Marlowe, who owns a surfboard and apparel shop in town. His shop sells custom surfboards and other surf related paraphernalia. He describes Bodega as a "tiny town, but we have everything." He also says that thousands of tourist a year come to town to see locations from "The Birds."

Aprilanne then takes us to Potter's Schoolhouse, where the cast was violently attacked by objects of the ornithological kind.

We then visit the Sonoma Visitor's Center which houses books on Alfred Hitchcock (the director of "The Birds") as well as paraphernalia, accessories and clothing based on "The Birds" and Bodega Bay.

The host then takes us to the area where there used to be a house for the main character in the movie. After the house burned down in the 60's, the U.C. Davis Marine Dormitory was built in its place. She also shows us the Bodega Marine Lab nearby which is open for tours and seminars.

The restaurant where actress Tippi Hendren takes cover is next on the tour. The Tides Restaurant, is a very successful restaurant. It's a great place to shop for memorabilia about "The Birds" and offers gifts concerning Bodega Bay.

Aprilanne then explains that Hitchcock chose Bodega because of the fog. He hated beautiful, sunny days because that meant he would have to have the exposed film "tinted" to match the look of the previous "foggy" footage.

At the Tides Restaurant, Aprilanne visits the fish market where she meets Carlo Galazzo, the General Manager. He describes all of the different kinds of fish, wine and cheeses available at the restaurant. She then cooks clam chowder with Carlo.

Aprilanne then recaps all the great things that Bodega Bay offers in terms of food, wine, beautiful hotels, and great hiking trails.

Program: Bay Area Vista Episode: #545

Air Date: Tuesday 21 October 2014 6:00am

Thursday 23 October 2014 6:00am

Duration: 26:35 minutes Style/Type: Interview

Source: Bay Area Vista

Issues Addressed: History, Entertainment, History

Host: Janice Edwards

Guests: Martin Sheen, Actor – The Way

Emilio Estevez, Actor – The Way

Kedar Korde, Independent Filmmaker – X's and O's

Two new movies are discussed, one national and one local film. The first interview is with two actors' father and son, Martin Sheen and Emilio Estevez. Their new movie is discussed examining the meaning of life in the new inspirational film, "The Way."

Local filmmaker Kedar Korde discusses his Independent film "X's and O's." His movie is about his Bay Area friends and their adventures in love. Oakland's Lake Merritt is featured.

Program: California Living With Aprilanne Episode: #1011

Air Date: Tuesday 21st October 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Travel

Host: Aprilanne Hurley

Guests: Jeff Clark, Founder – Mavericks Surf Contest

Julie Shenkman, Co-Owner – Sam's Chowder House Paul Shenkman, Co-Owner – Sam's Chowder House

Tony Canadas, Director of Marketing – Oceano Hotel and Spa

Aprilanne interviewed Jeff Clark, founder of the Mavericks Surf Contest and Mavericks Surf Shop. He talked about how he has been in the waves since he was a child (he had gotten into the ocean before he could walk). When he got older, he noticed how high the surf was in Half Moon Bay and he decided to surf the waves by himself. Jeff convinced other experienced surfers to surf in Half Moon Bay and word spread like wildfire. The next time that the high waves were happening, more surfers came and changed Half Moon Bay and the world of big wave surfing. He talked about how he and Peter Mell talked about doing an event and the next thing is that they were putting on the Mavericks Surf Contest. He also talked about custom making surf boards and designing a surf board that can be used for the Mavericks Surf Contest. His advice for those who want to learn how to surf: don't bite off more than you can chew. Start slow and sure and get a couple of lessons. Figure out where your comfort zone is and enjoy it.

Aprilanne interviewed Julie Shenkman, co-owner of Sam's Chowder House, about the secret of Sam's Chowder House's success (great seafood, great ocean view, and a world class chef). She talked about Sam's Cam (a live web camera that shows views of Pillar Point Harbor view, as well as views of the ocean and beach). She talked about having a New England Style menu based on simple, fresh and authentic ingredients with a California twist. She uses local and seasonal ingredients as well.

Aprilanne interviewed Paul Shenkman, co-owner of Sam's Chowder House. He talked about how he was originally from the East Coast, where he ate from the local seafood shacks among the East Coast. When the location for Sam's became available, he jumped on. He showed off several dishes and how he pairs this with various wines. Aprilanne and Paul tasted several items.

Aprilanne interviewed Tony Canadas, Director of Marketing, Oceano Hotel and Spa. He talked about the conveniences that of being close to everywhere in the San Francisco Bay Area. He talked about the rooms and how green the hotel is. He talked about several things that one can do in Half Moon Bay. Then Aprilanne interviewed Nichole Vroman, Spa Director, Oceano Hotel and Spa. Nichole concentrates on holistic, all-natural custom blended products and services for the customers. Nichole gave Aprilanne a spa treatment.

Program: California Living With Aprilanne Episode: #1003

Air Date: Thursday 23rd October 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview

Source: Inside Look TV

Issues Addressed: Wine Tasting, Tourism, Travel, and Entertainment

Host: Aprilanne Hurley

Guests: John Conover, General Manager – Plump Jack Winery

Anthony Biagi, Wine Maker – Wine Jack Winery

Kimball Jones, Executive Chef

Aprilanne interviewed John Conover, General Manager of Plump Jack Winery in Napa Valley. He talked about the history of Plump Jack Winery (it was founded in 1995 by a couple of people, Gavin Newsom and Gordon Getty, who are from San Francisco). The goal is to make wine less intimidating, more inviting experience for people. He talked about how he takes the mystery out of the wine experience for wine lovers by allowing people to see the grape growing, wine making, bottling process, and enjoy wines in a very casual environment. He talked about having the founders overlook the property, and their passion for fine wine. He talked about how Plump Jack Winery had gotten its name (from a character in Shakespeare's play "Falstaff"). He talked about how wine and food are theatre and entertainment. He talked about having your palate be your ultimate judge when tasting wine. He talked about screw cap wines, where there is a screw cap on the bottle instead of a cork. He talked about seeing mold in their corks about 7 - 8 years ago and if affected about 6 - 7% of all wines. It gives a moldy off character in wine. He, Gavin and Gordon looked for alternative closures for their wines. He talked about how the wine industry was kicking and screaming over this switch. He talked about the environmental aspects of using a screw cap instead of a cork (it saves trees from being used for cork and the ease of opening the bottle of wine). He gives a demonstration on how he does a wine tasting and some tips on wine tasting.

Anthony Biagi, winemaker, Wine Jack Winery, talked about the three things that go into making a great wine: 1) having a wonderful vineyard, 2) having a great team who believes in making great wine and 3) having a great ownership that supports the winemaking team. It takes 2 years for a return on an investment in wine.

Kimball Jones, Executive Chef, gives his tips on pairing wine with food and the barbecue. He talks about making the food go with the wine and making it well balanced. Aprilanne gave the 6 steps to wine tasting.

Program: Bay Area Vista Episode: #567

Air Date: Tuesday 28 October 2013 6:00am

Thursday 30 October 2013 6:00am

Duration: 26:35 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Nicholas Jarecki, Writer and Director – Arbitage

Jeannie Reeth, Senior Director – Ebay Gina Rudan, Author - Practical Genius Martha Beck, Author and Life Coach

Arbitrage: Nicholas Jarecki, Writer and Director, talked about what inspired him to write Arbitrage. According to him, emotionally it is about the conflicts of a man; practically he was inspired by the financial crisis in 2008. He talked about working with the actors a month before shooting the film, building the rapport and to trust each other so that they can take risks and not judged. He also talked about the challenges of getting financing for the film (and being supported by the financers) and being blessed to work with well-known actors on the film. He gave his thoughts about how things have changed since 2009. He mentions about providing funding for those people who make things. He also believes that the financial system had become corrupted and is in need of a little work.

Invent Your Future Enterprises: it attracts internationally known speakers and thought leaders who share their tips for success in career and business. Jeannie Reeth, Senior Director, social, E Bay, talked about the most important thing is important to you. She talked about setting boundaries between work and home. Gina Rudan, Author, and "Practical Genius," told the younger members of the audience that don't repeat the mistakes that her generation had done really wrong: compromise the soft assets for the hard. She told them to have balance in their lives. She told them to not compromise a value for strength, a creative ability or a skill. Martha Beck, Author and Life Coach, talked about her books, and what she had learned from various situations. She talked about the 4 tools that one need to find their own way. She talked about how various cultures look at technology and magic and using what is in our bodies and transmitting them through the internet. The 4 technologies of magic are: wordlessness, oneness, imagination, and forming.

Program: California Living With Aprilanne Episode: #1006

Air Date: Tuesday 28 October 2014 6:30am

Duration: 28:30 minutes Style/Type: Interview

Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley

Guests: Sondra Bernstein, Author and Owner - Girl in the Fig

John Toulze, Executive Chef - Girl in the Fig Christopher Ferranti, Chef - Bay View Restaurant

Marco Galazzo, Food and Beverage Manager, Bay View Restaurant

Aprilanne interviewed Sondra Bernstein, author and owner of Girl in the Fig restaurant, about how to pair food with wine. Sondra talked about the importance of having fun at a party, but at the same time having items that the guests will like, will be easy to make and making sure that the flavor profiles will match. The secret here is having it at home and available.

Aprilanne interviewed John Toulze, executive chef, Girl in the Fig restaurant, on how to keep it simple. His philosophy is to use the freshest, seasonal ingredients, from the garden or from the farmer to the pan and to the guest with a minimal amount of processing. His job is to highlight what the gardener/farmer had done. He talked about the importance of pairing food and wine from the same geographical area.

Aprilanne gave the top three wine tasting party planning tips: 1) choosing a theme for the wine selection. 2) The important supplies that are needed for the wine tasting, and 3) keep it simple when it comes to the menu.

Aprilanne interviewed Christopher Ferranti, chef, Bay View restaurant, about the challenge of arranging a wine tasting party at a restaurant. According to Christopher, he is dealing with 5 courses and 5 different wines. He has to be organized from the get go: from pairing the food correctly with the wine that comes from the winery, preparing it in a timely matter and getting it out.

Aprilanne interviewed Marco Galazzo, food and beverage manager, Bay View restaurant, about the wine maker dinners that Bay View restaurant puts on for the past 20 years. They do one dinner per month with a different winery every month and they have a turnout of 90-100 people. He talked about the experience that the guests will have. The owner and/or winemaker will be there and they will dine on the same food/wine as the other guests. And between courses, the owner or winemaker will go around the tables and talk to the guests.

Program: California Living With Aprilanne Episode: #1013

Air Date: Thursday 30 October 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview

Source: Inside Look TV
Issues Addressed: Travel, Food
Host: Aprilanne Hurley

Guests: Brian Gipson, Owner – Carneros Inn

Magnolia Polley, Masseuse – Carneros Inn

Jeffrey Starr, Winery Chef – Trinchero Family Estates

Aprilanne interviewed Brian Gipson, of Carneros Inn, located in Napa, CA, about their spa destination package. He talked about the philosophy of the spa and inn, which is laid back, simple way of life that is in Carneros. Brian showed Aprilanne one of the cottages where people can stay for the day (10AM-6PM). Aprilanne did the human gem and stone massage and she explained with the masseuse, Magnolia Polley, on how this massage is done. Then Aprilanne interviewed Diana (note: there is no CG on the name) about her philosophy of the spa treatments. According to Diana, their treatments are inspired by what surrounds them: the farms, the minerals, the flowers, the creeks, etc. They use materials that are organic and local. Aprilanne interviewed Jeffrey Starr, Winery Chef, Trinchero Family Estates. He talked about where he gets his ingredients from (mostly Napa Valley). He talked about how food has to look good. Garnishes have to make sense to the dish. He showed Aprilanne how he pairs food with wine. He talks about how food has to enhance the wine. It is about balancing taste and making sure that it has a positive effect. He talks about planning ahead when putting together a dinner party and doing it in small bites.

Aprilanne showed some exercises on how to help make muscles more defined by nightfall. She called it the Toned by Night workout.

Program: Bay Area Vista Episode: #567

Air Date: Tuesday 4 November 2013 6:00am

Thursday 6 November 2013 6:00am

Duration: 26:35 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Mike Fox, Community and Church Leader – Immaculate Conception

Academy

Bay Area Vista presents a special series, Mike Fox Presents. Mike Fox is a well-known community leader and philanthropist. His many awards include an award from Pope John for Education and Church - which takes us to the spotlighting of Immaculate Conception Academy (ICA), a College Preparatory School in San Francisco, which combines both. Interview highlights with Staff and Students on ICA's Corporate Work Study Program.

Program: California Living With Aprilanne Episode: #1004

Air Date: Tuesday 4 November 2014 6:30am

Duration: 28:30 minutes Style/Type: Interview

Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley

Guests: John Ash, Executive Chef – Culinary Institute of America

Damon Calegari, Taste Tester

Ralph Pagano, Celebrity Chef – Almost Famous Chef Competition

Aprilanne interviewed John Ash, Executive Chef. He talked about the programs that are offered through the Culinary Institute of America (which was expanded to include home cooks and foodies.) He talked about how he became interested in cooking (it was helping his grandmother make comfort food while he lived on a ranch in Colorado when he was a child). He gave his secret for matching food with wine: making sure that the acidity level of the food is in balance with the acidity level in the wine. You can add acid to the food through vinegar, citrus, or wine. He talked about how he used seasonal, fresh, and local food in his cooking and how he contributed to the California Cuisine.

Aprilanne and taste tester Damon Calegari did a preview of what John teaches. John teaches how to make food and wine more enjoyable by putting things that are similar in flavor or contrasting in flavor together. Usually he looks for things that are similar. In the class that Aprilanne and Damon sat in, John talked about the most important organ for taste: the nose. He highlighted the important role that our senses play in successfully pairing wine with food. Aprilanne and Damon had gotten more appreciation of the complexities of wine and a deeper understanding on how to pair food with wine.

The National Pellegrino's Almost Famous Chef Competition. Aprilanne and Damon tasted some of the dishes that were prepared by the contestants. David Awad, the winner of the Almost Famous Chef Competition, talked about what made his dish the winner. He tries to have balance and clean flavors with his dish. He talked about how he dealt with the pressure of cooking for over 200 people. He talked about putting himself into the food and the passion and love into what you are doing, and hope that everything falls into place and that the people enjoy the dish. Ralph Pagano, Celebrity Chef and co-sponsor of the Almost Famous Chef competition, talked about how he became involved in the Almost Famous Chef Competition. He is interested in mentoring the future chefs.

Program: California Living With Aprilanne Episode: #1025

Air Date: Thursday 6 October 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview

Source: Inside Look TV

Issues Addressed: Entertainment, Travel Host: Aprilanne Hurley

Guests: Val Fiscalini, Designer

Elizabeth Blackstone – Blackstone Landscape Design Tricia Sheridan – Decorative Design of CA Murals

The host Aprilanne talked about some tips in home design. She started with interviewing Val Fiscalini, a designer, to talk about space re-configuration of a pantry and guest bath, and about 6 steps of properties of staging. She then talked to Jessie of P.D. Development about some tips in remodeling a house. She interviewed Elizabeth Blackstone of Blackstone Landscape Design about modeling patio and deck. Lisa showed some designs with plants, pots, bowls and moss. Finally, she talked to Tricia Sheridan, Decorative Design of CA Murals about decorative painting and Tricia shows how to make a painting with stencils.

Program: Bay Area Vista Episode: #591

Air Date: Tuesday 11th November 2014 6:00am Thursday 13th November 2014 6:00am

Duration: 26:35 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Belva Davis, Author – Never in My Wildest Dreams

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Belva talks about her latest book, Never in My Wildest Dreams. She talks about the challenges of being a groundbreaking African-American female journalist/reporter in the San Francisco market (according to Janice, Belva is the first African/American reporter on the West Coast). She talked about how her childhood experiences shaped her (she went from relative to relative when she lived in the South).

Program: California Living With Aprilanne Episode: #1026

Air Date: Tuesday 11 November 2014 6:30am

Duration: 28:30 minutes Style/Type: Interview

Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley

Guests: Eva Claiborne, Owner – Eva Claiborne Skin Institute

Steve Merrifield, Owner – Demo Sport

Maggie McDonogh, CEO and Captain - Angel Island Tiburon Ferry

Brian Wilson, Owner - Sam's Anchor Cafe

Aprilanne went to the Eva Claiborne Skin Institute, where she interviewed the owner, Eva Claiborne, about an ultrasonic anti-aging facial treatment, which after 10 minutes will see youthful results. They used a model that had never had a facial treatment to do the facial treatment on. According to Eva, it will take several treatments for the skin of the model to have the desired result.

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Aprilanne interviewed Maggie McDonogh, CEO and Captain of Angel Island Tiburon Ferry about the 50th anniversary of her family running the Angel Island Tiburon Ferry. Aprilanne and Maggie talked about the various cruises that they have done for quite a few years. Video was shown of the various cruises that they had taken. Maggie talked about the sunset cruises, which happens every Friday and Saturday evening from May-October. The guests can bring out their own picnic dinners. They cruise towards the Golden Gate and back.

Aprilanne and Maggie went to Sam's Anchor Café, and Aprilanne interviewed Brian Wilson, co-owner of Sam's Anchor Café, about the specialty oyster dish, Oyster's Brian, that they make. Aprilanne and Maggie had the Oyster's Brian and a glass of wine. Then Brian brought the crab dish. He talked about using good, fresh seafood for the dishes. Danny the chef talked about some of his secrets of presenting food. He talked about making the food look right (98% of it is visual).

Program: California Living With Aprilanne Episode: #1009

Air Date: Thursday 13th November 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Volunteer, Construction, Remodeling

Host: Aprilanne Hurley

Guests: Linda Davis, CEO – Center for Volunteer and Non Profit Leadership

Cathleen Gouveia, Owner - Cathleen Gouveia Design

Eric Shromer, Host and Carpenter – HGTV

Pablo Castro, Owner - Marin Hardwood Floor Center

Aprilanne interviewed Linda Davis, Executive Director for the Center for Volunteer and Nonprofit Leadership of Marin. Linda talked about the importance of the volunteers in the execution of the Marin Designer Showcase event (it is a yearlong process to put on the showcase event). Linda talked about how the process happens immediately after the house closes. They begin looking for another house to have the next year's showcase. They promote it to the designers and the designers come out and put bids down on the rooms. Sponsors are enrolled. They meet monthly. Aprilanne showed over some of the rooms that various designers had designed.

Aprilanne interviewed Cathleen Gouveia, owner of Cathleen Gouveia Design, about the bedroom that she designed. Cathleen talked about what had inspired her for the bedroom (this bedroom was in a historical home). She was thinking that since the home was built around the turn of the 19th century that previous owners and guest came to the home either by horseback or ferry. She talked about using the light of the room to make a summer cottage feeling. She was also inspired by butterflies when she was designing the room. She also talked about how she transformed the room by using various modern pieces and art. She wanted to blend in the warm and cool things together.

Aprilanne interviewed Eric Shromer, HGTV show host and celebrity TV carpenter, about some great ideas for re-imagining a home. He talked about budget and how to stand apart from the home next door (if selling a home). He talked about saving money by repurposing/resurface the existing kitchen cabinets, painting, and dimmer switches on lighting fixtures. He talked about the difficulties of turning a remodeling dream into reality. He talked about the inspiration for his book, "Do It Yourself Family," (he is the father of 3 and he wanted to get his kids involved in design).

Aprilanne interviewed Pablo Castro, Owner of Marin Hardwood Floor Center and an over 32 year volunteer of the Marin Designer Showcase. He talked about his experience of being a volunteer designer. From volunteering, he learns from the other designers. He tries to help out the designers as much as he can by doing the wood floors or decorating. According to Pablo, volunteering is a terrific thing for health. Aprilanne interviewed several volunteers after her interview with Pablo.

Program: Bay Area Vista Episode: #515

Air Date: Tuesday 25 November 2014 6:00am

Thursday 27 November 20146:00am

Duration: 26:46 minutes

Style/Type: Interview

Source: Bay Area Vista Issues Addressed: Life Lessons Host: Janice Edwards

Guests: Dr. Pedro Noguera, Ph.D., Author and Professor - New York University

Sally Adelus, President and CEO - Hospice of the Valley

Mandy Moore, Entertainer – Tangled

Zachary Levi, Actor - Tangled

Dr. Pedro Noguera, Ph.D., Author and professor New York University, talked about public education, how it needs to change. Points out the ways that it needs to change to meet the needs of various students, like African American and Latino males. Need to put the emphasis on quality instruction.

Sally Adelus, President and CEO of Hospice of the Valley, talked about the services that the hospice gives for those who are towards the end of life through comfort and to have the family and loved ones involved in the care of the person who is dying. They talk about the feelings that the family have over approaching death of their loved one. It is important to communicate and to plan for the end of life. Hospice also helps those who are dealing with grief with a safe, nurturing place where they can talk about the grief.

"Tangled" stars Mandy Moore and Zachary Levi, talked about the process of working on the animated film, "Tangled." It took over a year to produce the film. Mandy talked about her involvement with Five and Alive. She went to Sudan. She and Zachary talked about the platform that they have been given to make others aware of those who are less fortunate. Mandy is the ambassador for child survival program for children 5 and younger. Zachary talked about the importance of giving back.

Program: California Living With Aprilanne Episode: #1030

Air Date: Tuesday 25 November 2014 6:30am

Thursday 27 November 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Food, Wine, Entertaining

Host: Aprilanne Hurley

Guests: Marc Blackwell, Designer – Table Top Designer

Graziano Perozzi, Owner – Graziano's Restaurant

Holiday Entertaining with Marc Blackwell (Table Top Designer, Marc Blackwell – New York): Marc showed Aprilanne how to decorate a beautiful table easily by using what a person might have in their own home. He talked about always having something live, have a light source, and make it easy for the guests to reach over and pour their own wine. He talked about how he did the food/wine pairing for the table that he decorated for Aprilanne. He talked about working with various sources of light (candles and lamps). He talked about making a table personal and not complicated. In segment 2, Marc shared his secrets of food/wine pairing for the holidays. He talked about thinking simply for both elements (food and wine, and progressing from lighter to heavier).

Aprilanne's Food & Wine Pairing Tips: Aprilanne gave three tips on how to do a wine tasting party. She talked about choosing a wine theme, the supplies that are needed to put on a wine tasting party and how to keep it simple.

Aprilanne interviewed Graziano Perozzi, owner of Graziano's Restaurant in Petaluma, CA. He talked about his upbringing in Italy (His mom had worked as a cook in a restaurant in Italy.) When he came to Petaluma, he felt like he was in Italy. He showed Aprilanne how to make tomato sauce, meatballs, and stuffed artichokes.

Program: Bay Area Vista Episode: #593

Air Date: Tuesday 2 December 2014 6:00am

Thursday 4 December 2014 6:00am

Duration: 26:25 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Alternative Health
Host: Janice Edwards

Guests: Rob Reiner, Director – And so it Goes

Gary Kremen, Founder – Match.com and Clean Power Finance

Margaret Irving, Author - The Energy Rocket

Janice interviews director Rob Reiner about his latest film, *And So It Goes*. The director touches on what influences his film, working with established actors and exploring themes and emotions through his career. He also discusses his television work and discloses his favorite film that he has directed.

Gary Kremen, founder of Match.com and Clean Power Finance, is interviewed next. He mentions that he finds it hard to work for somebody else, so he has to start his own companies. He describes how businesses are created to solve an existing problem. He talks about his latest venture, Clean Power Finance, which allows homeowners to finance the cost of solar panels through installments.

Lastly, Margaret "Chili" Irving talks about how as she has gotten older, she wants to do something important with her life. She explains, through the use of rebounding (bouncing on a small trampoline) people of all ages can get exercise, detoxify their systems and have more energy. She urges all of us to get up and do some exercise no matter how busy we are.

Program: California Living With Aprilanne Episode: #1011

Air Date: Tuesday 2nd December 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Travel

Host: Aprilanne Hurley

Guests: Jeff Clark, Founder – Mavericks Surf Contest

Julie Shenkman, Co-Owner – Sam's Chowder House Paul Shenkman, Co-Owner – Sam's Chowder House

Tony Canadas, Director of Marketing - Oceano Hotel and Spa

Aprilanne interviewed Jeff Clark, founder of the Mavericks Surf Contest and Mavericks Surf Shop. He talked about how he has been in the waves since he was a child (he had gotten into the ocean before he could walk). When he got older, he noticed how high the surf was in Half Moon Bay and he decided to surf the waves by himself. Jeff convinced other experienced surfers to surf in Half Moon Bay and word spread like wildfire. The next time that the high waves were happening, more surfers came and changed Half Moon Bay and the world of big wave surfing. He talked about how he and Peter Mell talked about doing an event and the next thing is that they were putting on the Mavericks Surf Contest. He also talked about custom making surf boards and designing a surf board that can be used for the Mavericks Surf Contest. His advice for those who want to learn how to surf: don't bite off more than you can chew. Start slow and sure and get a couple of lessons. Figure out where your comfort zone is and enjoy it.

Aprilanne interviewed Julie Shenkman, co-owner of Sam's Chowder House, about the secret of Sam's Chowder House's success (great seafood, great ocean view, and a world class chef). She talked about Sam's Cam (a live web camera that shows views of Pillar Point Harbor view, as well as views of the ocean and beach). She talked about having a New England Style menu based on simple, fresh and authentic ingredients with a California twist. She uses local and seasonal ingredients as well.

Aprilanne interviewed Paul Shenkman, co-owner of Sam's Chowder House. He talked about how he was originally from the East Coast, where he ate from the local seafood shacks among the East Coast. When the location for Sam's became available, he jumped on. He showed off several dishes and how he pairs this with various wines. Aprilanne and Paul tasted several items.

Aprilanne interviewed Tony Canadas, Director of Marketing, Oceano Hotel and Spa. He talked about the conveniences that of being close to everywhere in the San Francisco Bay Area. He talked about the rooms and how green the hotel is. He talked about several things that one can do in Half Moon Bay. Then Aprilanne interviewed Nichole Vroman, Spa Director, Oceano Hotel and Spa. Nichole concentrates on holistic, all-natural custom blended products and services for the customers. Nichole gave Aprilanne a spa treatment.

Program: California Living With Aprilanne Episode: #1028

Air Date: Thursday 4th December 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Travel

Host: Aprilanne Hurley

Guests: Coy and Sarah Barnes, Owners – Wine Wrangler

Gary Stemper, Owner – Eagle Castle Winery

Joe Barton, Owner and Winemaker – Grey Wolf Cellars

Norma Moye, Executive Director – Paso Robles Downtown Main Street

Association

Aprilanne interviewed Coy and Sarah Barnes, Owners of the Wine Wrangler. They talked about how they customize their tours based on their customer's preference in wine. Coy talked about how Paso Robles became the third largest wine growing region in California. Coy talked about a green getaway where the customer arrives on an Amtrak train, stays in a local hotel and give them a tour of the local area. They talked about how they founded Wine Wrangler. They took Aprilanne to Eagle Castle Winery, where she interviewed Gary Stemper, Owner of Eagle Castle Winery. He talked about how the building that the winery is based in (a castle) won an award. He talked how some of his wines had won awards. Gary and Aprilanne tasted some wine.

Aprilanne interviewed Joe Barton, Owner and Winemaker, Grey Wolf Cellars. He and Aprilanne tasted some of the wines that he had made. He got the inspiration for the Grey Wolf Cellar name from his parents, who love the idea of the family being part of a pack. He talked about the challenge of making wines that go beyond regular wines. He showed Aprilanne how he makes his wines.

Aprilanne interviewed Norma Moye, Executive Director, and Paso Robles Downtown Main Street Association about the revitalization of Paso Robles. According to Norma, they started with Main Street, where they revitalized and preserved the old buildings. They used community volunteers and board/committees. She talked about how the revitalization started with putting a movie theatre in, followed by shops, wine tasting rooms and restaurants. She talked about having old sulfur water springs, where people come and use the spring water for healing.

Aprilanne and Coy Barnes went to an underground room, where they tried various wine and food pairings. Coy talked about the wine club that he runs. He uses various wines from various wineries, both large and small, to find the sleepers that people don't know about.

Program: Bay Area Vista Episode: #548

Air Date: Tuesday 9 December 2014 6:00am

Thursday 11 December 2014 6:00am

Duration: 26:20 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Exercise, Fitness, Health

Host: Janice Edwards

Guests: Dr. Joe Marshall Jr., Co-Founder – Omega Boys Club

Tanaya Reid, Member – Omega Boys Club Rashad Demings, Member – Omega Boys Club

Omega Boys Club was founded in 1987 by a couple of individuals who were frustrated by the youth of San Francisco's Potero Hill district giving up on dreams of academic achievement and choosing lives of drug dealing and prostitution. There was a taped segment explaining how the program works. It originally started with serving boys, but expanded out to serve the girls as well. Dr. Joe Marshall, Jr., co-founder of the Omega Boys Club, and two students of the Omega Boys Club, Tanaya Reid and Rashad Demings, talked about the difference that the club is from the outside world of their neighborhoods. In the neighborhoods, they have to deal with peer pressure, violence, and trust issues with others and themselves. Tanaya talked about the first time she came to the Omega Boys Club, she stayed because of the topics of real life that were not talked about around her, but are talked about in the club. She talked about how the club helped her keep alive and free. Rashad talked about what brought him to the Omega Boys Club (he yearned for more & missing something in his life). He learned from the club things about his history that he didn't know that wasn't taught in school. He talked about how the job corps led him to the club. Joe talked about how two alumni of the club led Rashad and others to the club. He also talked about the importance of education for the participants and the sense of family that he creates in the club. Tanaya and Rashad talked about the things that are not talked about on the street, like sex, violence, drugs, partying, etc. The things that people get caught up in but are overlooked. They are taught how to deal with the situations that they have to deal with on the streets. How to find the right friends. How to stay away from the wrong crowd. Joe talked about the spreading the Omega Boys Club model to other cities and to Haiti.

Program: California Living With Aprilanne Episode: #1029

Air Date: Tuesday 9 December 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley

Guests: Rick Riess, Former President and CEO – Carneros Inn

Hilary Newsom, President - PlumpJackSport

Brian Chipson, Manager - The Farm

On location at the Carneros Inn Hotel & the Orchard Private Residence Club, Aprilanne interviews Rick Riess, former president and CEO of the Carneros Inn. Rick explains how to be a "fractional owner" with the available cottages next to the hotel. He explains how the timeshare works and describes the amenities included on the property. They do a brief tour of the cottages and Rick further explains the advantages of owning "a piece of the wine country."

Aprilanne then interviews Hilary Newsom, president of the PlumpJackSport Store located at the Carneros Inn. Hilary and Aprilanne browse through all of the clothes available at the boutique store. They then move on to the Spa. Hilary talks about the available spa packages, along with a brief tour of the spa facility. Next is an overview of the main lap pool, children's pool and Jacuzzi.

Aprilanne and Hilary then move on to "The Farm" signature restaurant. They are seated with the restaurant manager Brian Chipson. They talk about the indigenous menu and go over some of the available items on the menu. Brian also talks about the other two restaurants available at the property.

Program: California Living With Aprilanne Episode: #1010

Air Date: Thursday 11 December 2014 6:30am

Duration: 28:30 minutes Style/Type: Interview

Source: Inside Look TV

Issues Addressed: Food, Travel, Real Estate, Housing, Commute

Host: Aprilanne Hurley

Guests: Claire Ramage – Links at Bodega Harbor

Mark Dierkshing, Chef - Blue Water Bistro

Marco Galazzo – Inn at the Tides

Johannes Zachbauer, Property Owner – Sonoma Coast Villa and Spa Dennis and Kathleen Erba, Owners – Coldwell Banker Coast Properties

Links at Bodega Harbor: Aprilanne interviewed Claire Ramage, of Links at Bodega Harbor, talked about the golf course at Links at Bodega Harbor. She also talked about the remodeled restaurant, Blue Water Bistro. Then Aprilanne interviewed Mark Dierkshing, chef of the Blue Water Bistro at the Links as Bodega Harbor. He talked about Wine Country cuisine. According to Mark, it's about the agriculture and the herbs. He uses local growers for the dishes that he makes. He showed off several dishes that he made. Bob Caldwell, PGA Pro, gave Aprilanne a golfing lesson in putting. He told Aprilanne that golf beginner's need to start with putting, chipping and pitching; work on the short game. It will help the beginners to improve in the long run.

The Inn at the Tides: Aprilanne interviewed Marco Galazzo about how the Inn at the Tides is situated among the Bodega Bay coast. It is in a rural setting. The Inn is a country inn, but offers all the amenities that large hotels in large cities offer. He talked about the Bay view Restaurant and Lounge, how it offers a fine dining experience and it is an upscale restaurant. He talked about the Tides Restaurant (which is across the street from the inn) and how there has been a restaurant on the site since the 1020's. Marco showed Aprilanne the pool, which is sunken into a hill, kind of like a natural bowl. He talked about the glass fence, which allows the guests to get the view, but blocks the wind at the same time. Marco talked about how the Tides Restaurant was used in Alfred Hitchcock's "The Birds" as a prop (many of the scenes were shot in the Tides Restaurant). Then Aprilanne interviewed Carlo Galazzo, General Manager of The Inn at the Tides, about the traditional fish market that is at the inn. He talks about the scarcity of traditional fish markets. Not only fish is sold there, but chocolates, cheeses and wines. Then he showed Aprilanne how they make the clam chowder in large pots. Marco talked about how family friendly is the Tides Restaurant and the food options that they have (not only seafood, but vegetarian and other meat options).

Sonoma Coast Villa and Spa: Johannes Zachbauer, the property owner gave Aprilanne a tour of the Villa property (Please note that there is no CG of his name in the show itself, only on the end credits). He also made some dishes to show to Aprilanne. Aprilanne went to the spa area where Tracey Pritchitt, Certified Massage Therapist, gave Aprilanne a Sonoma Scrub and Wrap treatment (a signature treatment at the spa.)

Real estate at Bodega Bay: Aprilanne interviewed Dennis and Kathleen Erba, owners of Coldwell Banker Coast Properties about how to find a home on the coast. Kathleen talked about the importance of having a local agent representing the buyer. Dennis talked about the considerations in buying a home at the coast. Dennis talked about how Bodega Bay has

become a resort destination. Kathleen talked about how Bodega Bay is close to San Francisco (about an hour's drive north of San Francisco.)

Program: Bay Area Vista Episode: #548

Air Date: Tuesday 16 December 2014 6:00am

Thursday 18 December 2014 6:00am

Duration: 26:20 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Health, Health Costs
Host: Janice Edwards

Guests: Carolyn A Brent, Author – Why Wait: Baby Boomers Guide to Caregiving

Carolyn A. Brent, the author of "Why Wait: Baby Boomer's Guide to Caregiving" talked about taking care of her father, who had dementia. She talked about the denial that she went through until she found out that her father travelled far away from his home. She talked about involving the family in the caregiving situation. She talked about keeping a parent in their home and the cost. She also talked about the cost of assistant living facilities and how to get help deferring the cost. She talked about how to find an assistant living facility and what questions to asked, including if medications are included and the staffing levels: how often does the care facility change their staff. She talked about taking care of the caregiver as well: trying to balance work and taking care of a parent. She talked about sibling rivalry when it comes to caregiving and how to work with an attorney if the other siblings don't want to help. She suggested to the baby boomers and gen-xers about arrangements for their care before they get ill.

Program: California Living With Aprilanne Episode: #1003

Air Date: Tuesday 16 December 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview
Source: Inside Look TV

Issues Addressed: Wine Tasting, Tourism, Travel, and Entertainment

Host: Aprilanne Hurley

Guests: John Conover, General Manager – Plump Jack Winery

Anthony Biagi, Wine Maker – Wine Jack Winery

Kimball Jones, Executive Chef

Aprilanne interviewed John Conover, General Manager of Plump Jack Winery in Napa Valley. He talked about the history of Plump Jack Winery (it was founded in 1995 by a couple of people, Gavin Newsom and Gordon Getty, who are from San Francisco). The goal is to make wine less intimidating, more inviting experience for people. He talked about how he takes the mystery out of the wine experience for wine lovers by allowing people to see the grape growing, wine making, bottling process, and enjoy wines in a very casual environment. He talked about having the founders overlook the property, and their passion for fine wine. He talked about how Plump Jack Winery had gotten its name (from a character in Shakespeare's play "Falstaff"). He talked about how wine and food are theatre and entertainment. He talked about having your palate be your ultimate judge when tasting wine. He talked about screw cap wines, where there is a screw cap on the bottle instead of a cork. He talked about seeing mold in their corks about 7 - 8 years ago and if affected about 6 - 7% of all wines. It gives a moldy off character in wine. He, Gavin and Gordon looked for alternative closures for their wines. He talked about how the wine industry was kicking and screaming over this switch. He talked about the environmental aspects of using a screw cap instead of a cork (it saves trees from being used for cork and the ease of opening the bottle of wine). He gives a demonstration on how he does a wine tasting and some tips on wine tasting.

Anthony Biagi, winemaker, Wine Jack Winery, talked about the three things that go into making a great wine: 1) having a wonderful vineyard, 2) having a great team who believes in making great wine and 3) having a great ownership that supports the winemaking team. It takes 2 years for a return on an investment in wine.

Kimball Jones, Executive Chef, gives his tips on pairing wine with food and the barbecue. He talks about making the food go with the wine and making it well balanced. Aprilanne gave the 6 steps to wine tasting.

Program: California Living With Aprilanne Episode: #1013

Air Date: Thursday 18 December 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview

Source: Inside Look TV Issues Addressed: Travel, Food Host: Aprilanne Hurley

Guests: Brian Gipson, Owner – Carneros Inn

Magnolia Polley, Masseuse - Carneros Inn

Jeffrey Starr, Winery Chef – Trinchero Family Estates

Aprilanne interviewed Brian Gipson, of Carneros Inn, located in Napa, CA, about their spa destination package. He talked about the philosophy of the spa and inn, which is laid back, simple way of life that is in Carneros. Brian showed Aprilanne one of the cottages where people can stay for the day (10AM-6PM). Aprilanne did the human gem and stone massage and she explained with the masseuse, Magnolia Polley, on how this massage is done. Then Aprilanne interviewed Diana (note: there is no CG on the name) about her philosophy of the spa treatments. According to Diana, their treatments are inspired by what surrounds them: the farms, the minerals, the flowers, the creeks, etc. They use materials that are organic and local. Aprilanne interviewed Jeffrey Starr, Winery Chef, Trinchero Family Estates. He talked about where he gets his ingredients from (mostly Napa Valley). He talked about how food has to look good. Garnishes have to make sense to the dish. He showed Aprilanne how he pairs food with wine. He talks about how food has to enhance the wine. It is about balancing taste and making sure that it has a positive effect. He talks about planning ahead when putting together a dinner party and doing it in small bites.

Aprilanne showed some exercises on how to help make muscles more defined by nightfall. She called it the Toned by Night workout.

Program: Bay Area Vista Episode: #554

Air Date: Tuesday 23 December 2014 6:00am

Thursday 25 December 2014 6:00am

Duration: 26:20 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Health, Health Costs
Host: Janice Edwards

Guests: Susan Takalo, Director of Services – Second Harvest

J-Red, Comedian/Actor - "Red Tails"

Susan Takalo, Director of Services, talked about the various programs that Second Harvest have for those who need help in Santa Clara and San Mateo Counties. One of those programs provide a bag of groceries to children who are in need every week, so that they don't go hungry when they are not in school. Another program is the brown bag program, which allows seniors to pack their own bags of groceries and take them home. The Partners In Need program allows people to volunteer at Second Harvest by providing their skills and in return they take home food that they need.

Comedian J-Red provided some holiday humor. He talked about how he entertained the family when he was growing up. He talked about his recent 10 cities tour, which he performed at various churches in various cities, such as Modesto, Fresno and San Jose. He talked about how he wanted to be an actor. He will be appearing in a minor role in the movie "Red Tails" (will be released in January 2012.)

Program: California Living With Aprilanne Episode: #1006

Air Date: Tuesday 23 December 2014 6:30am

Duration: 28:30 minutes Style/Type: Interview

Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley

Guests: Sondra Bernstein, Author and Owner - Girl in the Fig

John Toulze, Executive Chef - Girl in the Fig Christopher Ferranti, Chef - Bay View Restaurant

Marco Galazzo, Food and Beverage Manager, Bay View Restaurant

Aprilanne interviewed Sondra Bernstein, author and owner of Girl in the Fig restaurant, about how to pair food with wine. Sondra talked about the importance of having fun at a party, but at the same time having items that the guests will like, will be easy to make and making sure that the flavor profiles will match. The secret here is having it at home and available.

Aprilanne interviewed John Toulze, executive chef, Girl in the Fig restaurant, on how to keep it simple. His philosophy is to use the freshest, seasonal ingredients, from the garden or from the farmer to the pan and to the guest with a minimal amount of processing. His job is to highlight what the gardener/farmer had done. He talked about the importance of pairing food and wine from the same geographical area.

Aprilanne gave the top three wine tasting party planning tips: 1) choosing a theme for the wine selection. 2) The important supplies that are needed for the wine tasting, and 3) keep it simple when it comes to the menu.

Aprilanne interviewed Christopher Ferranti, chef, Bay View restaurant, about the challenge of arranging a wine tasting party at a restaurant. According to Christopher, he is dealing with 5 courses and 5 different wines. He has to be organized from the get go: from pairing the food correctly with the wine that comes from the winery, preparing it in a timely matter and getting it out.

Aprilanne interviewed Marco Galazzo, food and beverage manager, Bay View restaurant, about the wine maker dinners that Bay View restaurant puts on for the past 20 years. They do one dinner per month with a different winery every month and they have a turnout of 90-100 people. He talked about the experience that the guests will have. The owner and/or winemaker will be there and they will dine on the same food/wine as the other guests. And between courses, the owner or winemaker will go around the tables and talk to the guests.

Program: California Living With Aprilanne Episode: #1033

Air Date: Thursday 25 December 2014 6:30am

Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Health, Fitness
Host: Aprilanne Hurley

Guests: Jeff Anderson, Executive Chef – Culinary Kitchen's

Marc Blackwell – Food and Wine Pairing

Graziano Perozzi, Executive Chef – Sonoma County

This episode is an updated "Holiday Entertaining" special that includes an interview with Safeway Culinary Kitchen's Executive Chef Jeff Anderson - who in partnership with Safeway shares new, quick n' easy *holiday recipes* featuring wholesome dairy products to celebrate the Lucerne® brand's 100 Year Anniversary.

CALIFORNIA LIVING® show #1033 also includes table top decor and food & wine pairing with Marc Blackwell - New York on location in San Francisco; and step-by-step "Authentic Italian Meatball Making" with Sonoma County Executive Chef Graziano Perozzi.

Program: Bay Area Vista Episode: #529

Air Date: Tuesday 30 December 2014 6:00am

Duration: 26:40 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards
Guests: Dr. Lara Fernandez
Johnny Fernandez

Guests Johnny and Lara Fernandez talked about attracting and nurturing the love relationship. They teach courses on attracting soul mate love from a spiritually centered perspective. They talked about the keys of finding true love, love myths that get in the way, and what a person is doing to repel their soul mate.

Program: California Living With Aprilanne Episode: #1018

Air Date: Tuesday 30December 2014 6:30am

Duration: 28:30 minutes

Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Health, Fitness
Host: Aprilanne Hurley

Guests: Aprilanne Hurley, Host – California Living

Jeff Clark, Founder - Mavericks Surf

Designed to inspired healthy living in the New Year, CALIFORNIA LIVING® show #1018 V-2 offers viewers the inside look at the complete Super Abs Workout, offers step-by-step cooking instructions for 2 healthy recipes: Stuffed Artichokes and Fresh Tomato Sauce; as well as a review of "Fun & Easy Top 10 Calorie Burners." This show also includes a dynamic interview with Mavericks Surf Founder Jeff Clark on the fitness benefits of Stand up Paddle Boarding.