

PUBLIC AFFAIRS REPORT
For
KSPX-TV
Sacramento, CA
For
First Quarter Ending March 31st, 2017

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. Local Cultural Diversity
2. Racism in Politics
3. Non-Profit Organizations
4. Networking
5. Local Tourism/Travel
6. Healthy Organic Eating
7. Staying in School and Education
8. Local Businesses
9. Healthy Relationships
10. Fitness and Wellness

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 and Sacramento regions 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 and education of health related issues.

Living Well is a one-hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in *Living Well* are "Fresh with Anna Olson" and "Loving Spoonfuls".

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 530
Air Date: Tuesday, January 3, 2017 6:00am
Topic/Title: Shape Up
Duration: 26:25 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Exercise, Eating Healthy, Education
Host: Janice Edwards
Guest(s): Valerie Orsoni, author
Adina Niemerow ,author
Ashanti Branch, executive director

Valerie Orsoni, author of “Le Personal Coach,” talked about using the time exercising while sitting at a desk or watching TV, etc., without going to the gym by using household items, like cans, to exercise. She showed a few examples. She talked about cutting sugar and artificial sweeteners from your diet.

Adina Niemerow, author of “Super Cleanse,” talked about cleansing your body of toxins and how to eat healthy. She talked about a couple of cleanses that are in her book and she showed a recipe for a salad.

The Ever Forward Club: Ashanti Branch (executive director) talked about the founding of this club, which is based in the East Bay. It helps minority male students with school and to engage them by positive means. All the students involved graduate from high school and the majority of them go off to college. Omar Bernal (a student) talked about how the club helped him as a student and the reasons why the students are not interested in education. He talked about wanting to attend Cal Poly and majoring in engineering.

Program: California Living with Aprilanne Show #: 2005
Air Date: Tuesday, January 3, 2017 6:30am
Title/Topic: Hawaii Travel Special
Duration: 30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Travel, Vacation Spots
Host: Aprilanne Hurley
Guest(s): Co-founders and chefs of Hawaii Food & Wine Festival

Host, Aprilanne, showed us places to stay and play in Hawaii. She started by bringing us to the Western Princeville Resort and Sharaton-kauai Resort in Kauai. Then she introduced us to the Hawaii Food and Wine Festival where the co-founders talked about the exciting events and the chefs demonstrated different Hawaiian gourmets. Then she showed us the ancient Lomi Lomi Hawaiian message in Trump Int'l Hotel in Waikiki. Next, she brought us to see the beaches and golf course in Royal Lahaina Resort in Maui and then back to the Big Island Hawaii to visit the Royal Kona Resort. Lastly, we had a chance to fly and hop with Mokulali Airline and explored the beautiful Hawaii islands from sky.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 530
Air Date: Thursday, January 5, 2017 6:00am
Topic/Title: Shape Up
Duration: 26:25 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Exercise, Eating Healthy, Education
Host: Janice Edwards
Guest(s): Valerie Orsoni, author
Adina Niemerow, author
Ashanti Branch, executive director

Valerie Orsoni, author of "Le Personal Coach," talked about using the time exercising while sitting at a desk or watching TV, etc., without going to the gym by using household items, like cans, to exercise. She showed a few examples. She talked about cutting sugar and artificial sweeteners from your diet.

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Issues Addressed: Travel, Vacation Spots
Host: Aprilanne Hurley
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KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 513
Air Date: Tuesday, January 10, 2017 6:00am
Topic/Title: Les Brown
Duration: 30 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Motivational Speaking
Host: Janice Edwards
Guest(s): Les Brown, Motivational Speaker

Motivational Speaker, Les Brown, talked about his childhood, where there were not the modern conveniences that we are surrounded by today. He grew up poor in the Liberty City section of Miami, Florida. He told the young men to respect their mothers. He talks about having a mind set with money. Need to change the skill set. Understand the value in investing in yourself. This was taped at a church service in Chicago.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living with Aprilanne Show #: 2006
Air Date: Tuesday, January 10, 2017 6:30am
Title/Topic: Marin Designer's Showcase (Updated)
Duration: 30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Fundraiser, Volunteer & Nonprofit Organizations, Landscaping & Home Design
Host: Aprilanne Hurley
Guest(s): Inger Dressler, Linda Davis, Elizabeth Blackstone, Carlos Gonzales, James O'Sullivan

Inger Dressler, Auxiliary Co-House Chair, talked about the three weeks that the Tuscan house in Marin County was transformed. It was hectic for all who were involved.

Linda Davis, CEO Center for Volunteer and Nonprofit Leadership of Marin, talked about the services that she offers for the Designers Showcase (it is the largest fundraiser for the Center for Volunteer and Nonprofit Leadership of Marin). She talked about the preparations for the Designer's Showcase (which happens after the current year's house is closed and it is year round). Some of the profits go to three charities that are picked each year which fit certain categories.

Elizabeth Blackstone, founder of Blackstone Landscape Design, talked about some of the design elements that she used in the outdoor space. She worked with an artist on some of the elements and on others she designed around the outdoor fireplace plus the furniture are sun resistant. She talked about the design elements that she used for the Tuscan theme of the Designer's Showcase, such as putting in fruit trees and herbs in the garden area. She talked about her philosophy on landscape design. It is like interior design, but there are many elements in landscape that you can work with. She talked about designing the terraced hillside.

Carlos Gonzales, Designer Assistant at Saunders Design, talked about designing the master bedroom and bathroom. He says the most important change you can make is with color. He says we should "play with it, experiment with it. It will make the biggest difference."

James O'Sullivan, from Master Tile-Cotati, talks about the many ways to work with and present granite in the bedroom and the bathroom.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 513
Air Date: Thursday, January 12, 2017 6:00am
Topic/Title: Les Brown
Duration: 30 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Motivational Speaking
Host: Janice Edwards
Guest(s): Les Brown, Motivational Speaker

Motivational Speaker, Les Brown, talked about his childhood, where there were not the modern conveniences that we are surrounded by today. He grew up poor in the Liberty City section of Miami, Florida. He told the young men to respect their mothers. He talks about having a mind set with money. Need to change the skill set. Understand the value in investing in yourself. This was taped at a church service in Chicago.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living with Aprilanne Show #: 2006
Air Date: Thursday, January 12, 2017 6:30am
Title/Topic: Marin Designer's Showcase (Updated)
Duration: 30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Fundraiser, Volunteer & Nonprofit Organizations, Landscaping & Home Design
Host: Aprilanne Hurley
Guest(s): Inger Dressler, Linda Davis, Elizabeth Blackstone, Carlos Gonzales, James O'Sullivan

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KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program:	Bay Area Vista	Episode: #582
Air Date:	Tuesday, January 17, 2017 6:00am	
Topic/Title:	Bay Area Vista: Willie Brown	
Duration:	27:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Education, History	
Host:	Janice Edwards	
Guests:	Willie Brown, Politician	

Janice interviewed Willie Brown as part of the Northern California Dr. King Jr. Community Foundation's "Celebration: The Dream at 50." Willie talked about meeting Dr. King. He talked about how Dr. King was ahead of his time in dealing with race in America and Willie was impressed with how Dr. King led the civil rights movement. Willie talked about how the country was separate when he was growing up in Texas and the African Americans didn't have access to resources. He talked about how he won his first elected office in 1960 (as a member of the county committee for San Francisco.) Willie talked about how he lost the election for the state assembly in 1962. He talked about how he had to deal with the mistreatment that he went through back then. He talked about how he got people signed up to vote in San Francisco. He talked about how Sacramento didn't want him (he was black and he came from San Francisco). Willie talked about how the "I Have a Dream" speech that Dr. King gave had an impact on him. Willie talked about how people treated the 1963 civil rights march on Washington more favorable over the first inaugural of Barack Obama in 2009 (there was more of a unification over civil rights than with the inaugural). When the march happened, the people knew that the African Americans were being discriminated against and mistreated based on the color of their skin. After the march on Washington and other acts that were passed (such as the civil rights act) there were people who began to have real success. There wasn't the same passion for the race issue only, as King had expressed when Obama came into office. He talked about the growth of Latinos, African Americans and women to positions of power and how it came as a result of the civil rights movement. He talked about how much the politics of San Francisco had changed since he served in the state assembly. He talked about how more people of color are holding power in San Francisco and how the stage was set 15-20 years ago. He talked about how King had set the stage for Obama.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1028
Air Date: Tuesday, January 17, 2017 6:30am
Topic/Title: California Living: New Paso Robles
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program:	Bay Area Vista	Episode: #582
Air Date:	Thursday, January 19, 2017 6:00am	
Topic/Title:	Bay Area Vista: Willie Brown	
Duration:	27:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Education, History	
Host:	Janice Edwards	
Guests:	Willie Brown, Politician	

Janice interviewed Willie Brown as part of the Northern California Dr. King Jr. Community Foundation's "Celebration: The Dream at 50." Willie talked about meeting Dr. King. He talked about how Dr. King was ahead of his time in dealing with race in America and Willie was impressed with how Dr. King led the civil rights movement. Willie talked about how the country was separate when he was growing up in Texas and the African Americans didn't have access to resources. He talked about how he won his first elected office in 1960 (as a member of the county committee for San Francisco.) Willie talked about how he lost the election for the state assembly in 1962. He talked about how he had to deal with the mistreatment that he went through back then. He talked about how he got people signed up to vote in San Francisco. He talked about how Sacramento didn't want him (he was black and he came from San Francisco). Willie talked about how the "I Have a Dream" speech that Dr. King gave had an impact on him. Willie talked about how people treated the 1963 civil rights march on Washington more favorable over the first inaugural of Barack Obama in 2009 (there was more of a unification over civil rights than with the inaugural). When the march happened, the people knew that the African Americans were being discriminated against and mistreated based on the color of their skin. After the march on Washington and other acts that were passed (such as the civil rights act) there were people who began to have real success. There wasn't the same passion for the race issue only, as King had expressed when Obama came into office. He talked about the growth of Latinos, African Americans and women to positions of power and how it came as a result of the civil rights movement. He talked about how much the politics of San Francisco had changed since he served in the state assembly. He talked about how more people of color are holding power in San Francisco and how the stage was set 15-20 years ago. He talked about how King had set the stage for Obama.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1029
Air Date: Thursday, January 19, 2017 6:30am
Topic/Title: California Living: New Carneros Inn
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 510
Air Date: Tuesday, January 24, 2017 6:00am
Topic/Title: Cancer Fighting Foods/Tyrant Bosses
Duration: 26:45 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Foods that help fight cancer; Coping with a bad boss; Networking
Host: Janice Edwards
Guest(s): Authors: Rebecca Katz, Tony De Blauwe; Networker: Cesar Plata

Rebecca Katz, author of "The Cancer Fighting Kitchen," talks about foods that can help fight cancer on an informational basis. Want to eat foods that are inhospitable to cancer.

Tony De Blauwe, author of "Tangling with Tyrants," talks about his personal experience with dealing with a bad boss. Find out what your boss wants, how to look at yourself, and making a plan. Be grounded and be focused at the task at hand.

Cesar Plata, Master Networker, founder of Info Bay Area, gives some tips on how to network and how to connect with and to inform people in a professional way. Networking is not done at the actual event, but after the event when contact is made with the people as a follow up.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1004
Air Date: Tuesday, January 24, 2017 6:30am
Topic/Title: California Living: Culinary Institute of America
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 510
Air Date: Thursday, January 26, 2017 6:00am
Topic/Title: Cancer Fighting Foods/Tyrant Bosses
Duration: 26:45 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Foods that help fight cancer; Coping with a bad boss; Networking
Host: Janice Edwards
Guest(s): Authors: Rebecca Katz, Tony De Blauwe; Networker: Cesar Plata

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KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1006
Air Date: Thursday, January 26, 2017 6:30am
Topic/Title: California Living: Sonoma Food & Wine Pairing
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program:	Bay Area Vista	Episode: #583
Air Date:	Tuesday, January 31, 2017 6:00am	
Topic/Title:	Bay Area Vista: Men of Quality	
Duration:	28:05 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Entertainment, History	
Host:	Janice Edwards	
Guests:	Dr. Lara Fernandez Johnny Fernandez	

These are excerpts from a video series that Dr. Lara and Johnny Fernandez did.

It starts off with Lara and Johnny sharing their story on how they met and how they keep their relationship strong. Then they talked about how they help others find their soul mate. Lara gave some reasons why some people are still single, where to look and how to find a soul mate. She talked about the five mistakes that most single women make and how to turn that around, gave the three key components of attracting a soul mate love, how quality men really feel about strong, powerful women, and gave some tips on how to get in touch with the powerful soul mate magnet inside. There were several men who were interviewed about the various topics related to finding a soul mate.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1011
Air Date: Tuesday, January 31, 2017 6:30am
Topic/Title: California Living: Half Moon Bay, CA
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 610
Air Date: Thursday, February 2, 2017 6:00am
Topic/Title: Dr. Susan Richards Show
Duration: 30 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Doctors in Family Medicine and Healing
Host: Janice Edwards
Guest(s): Dr. Susan Richards

Dr. Susan Richards received her medical degree from Northwestern University Feinberg School of Medicine and she has medical specialties in family medicine and integrative medicine. She has served on the clinical faculty of Stanford University School of Medicine and taught in Stanford's Division of Family and Community Medicine. Dr. Richards, who is also an ordained minister, currently prays for patients in hospitals, including Stanford, and holds healing events throughout the northern California. In less than a year, she has more than one million followers on Facebook. Our show will also feature members of Dr. Susan's team and testimonials.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1024
Air Date: Thursday, February 2, 2017 6:30am
Topic/Title: California Living: New Hitchcock Movie Tour
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 610
Air Date: Tuesday, February 7, 2017 6:00am
Topic/Title: Dr. Susan Richards Show
Duration: 30 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Doctors in Family Medicine and Healing
Host: Janice Edwards
Guest(s): Dr. Susan Richards

Dr. Susan Richards received her medical degree from Northwestern University Feinberg School of Medicine and she has medical specialties in family medicine and integrative medicine. She has served on the clinical faculty of Stanford University School of Medicine and taught in Stanford's Division of Family and Community Medicine. Dr. Richards, who is also an ordained minister, currently prays for patients in hospitals, including Stanford, and holds healing events throughout the northern California. In less than a year, she has more than one million followers on Facebook. Our show will also feature members of Dr. Susan's team and testimonials.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1003
Air Date: Tuesday, February 7, 2017 6:30am
Topic/Title: California Living: Plump Jack Winery
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Episode: #605
Air Date: Thursday, February 9, 2017 6:00am
Topic/Title: Bay Area Vista: Rolls Restaurant Grand Opening
Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Entertainment, Food, Culture
Host: Janice Edwards
Guests: Windi Truong, Financial Advisor, Entrepreneur
Martin Yan, Celebrity Chef - Yan Can Cook
Kai Duong, Chef – Tolls Restaurant
Chef Chu, Chef
Jose Esteves, Mayor of Milpitas
Ash Kalra, City Councilman of San Jose
Ron Gonzalez – CEO – Hispanic Foundation of Silicon Valley

Janice is on site at the Grand Opening of Rolls Restaurant in San Jose. Financial Advisor turned Entrepreneur, Windi Truong, wanted to celebrate the cuisine of her home country. With 22 items on the menu, Rolls serves healthy, delicious, Vietnamese food with the concept in mind for busy people on the go, to “take-n-go.”

The Grand Opening is attended by close friends who are chefs and community leaders. The list of distinguished guests supporting Windi at her Grand Opening includes a performance by Vietnamese superstar Dan Truong. Renowned Celebrity Chef and author, Martin Yan of “Yan Can Cook,” Chef Khai Duong, Chef at Rolls Restaurant, Lawrence Chu from Chef Chu’s Restaurant, Mayor of Milpitas, Jose Esteves, City Councilman of San Jose, Ash Kalra and CEO Hispanic Foundation of Silicon Valley, Ron Gonzalez.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1009
Air Date: Thursday, February 9, 2017 6:30am
Topic/Title: California Living: Marin Designers Showcase - Design Elegance #2
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Episode: #507
Air Date: Tuesday, February 14, 2017 6:00am
Topic/Title: Real Relationships
Duration: 26:45 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Steps to a Healthy Relationship
Host: Janice Edwards
Guests: Marlon Smith, Author – Real Relationship Devotional
Syreeta Smith, Speaker – Real Relationship Devotional
Dr. Tyrone Partee, Author – Real Relationship Devotional
Alicia Partee, Speaker – Real Relationship Devotional

This episode focuses on the Smiths and Partee's, co-authors of the book, "Real Relationship Devotional."

Marlon Smith, Real Relationships seminar, talks about strengthening relationships so that is has a generational impact. Talks about how he manages his time, so that he can be accountable to others. He talks about taking time to mediation. He also talks about taking time to make relationships happen. Any relationship starts with the individual. He talks about having a balance, communication with your partner; about having a purpose for your life; about how to deal with temptation. It takes work to have a healthy relationship.

Syreeta Smith talks about having a balance in her life, how she and Marlon dealt with tragedy; god and prayer helped them.

Dr. Tyrone Partee talks about what is needed in his relationship with his wife.

Alicia Partee talks about how to deal with her divorce from her first husband and how she went back dating. Talks about finding balance with her work and her marriage to Tyrone Love is a sacrifice.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1026
Air Date: Tuesday, February 14, 2017 6:30am
Topic/Title: California Living: Insider's Guide: Tiburon, CA
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).

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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Episode: #507
Air Date: Thursday, February 16, 2017 6:00am
Topic/Title: Real Relationships
Duration: 26:45 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Steps to a Healthy Relationship
Host: Janice Edwards
Guests: Marlon Smith, Author – Real Relationship Devotional
Syreeta Smith, Speaker – Real Relationship Devotional
Dr. Tyrone Partee, Author – Real Relationship Devotional
Alicia Partee, Speaker – Real Relationship Devotional

This episode focuses on the Smiths and Partee's, co-authors of the book, "Real Relationship Devotional."

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Syreeta Smith talks about having a balance in her life, how she and Marlon dealt with tragedy; god and prayer helped them.

Dr. Tyrone Partee talks about what is needed in his relationship with his wife.

Alicia Partee talks about how to deal with her divorce from her first husband and how she went back dating. Talks about finding balance with her work and her marriage to Tyrone Love is a sacrifice.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: California Living With Aprilanne Episode: #1008
Air Date: Thursday, February 16, 2017 6:30am
Topic/Title: California Living: Healthy Living Special
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Health, Fitness
Host: Aprilanne Hurley
Guests: Peter Pahk, Executive Chef
Nick Trunzo, Director – Marin County Division of Aging

Aprilanne interviewed Executive Chef Peter Pahk about using kefir (a liquid yogurt) to make dishes. Peter made his own granola and paired it with a mango, orange and pineapple kefir and various fruit for a breakfast dish. Peter talked about how kefir is great for digestion. For an afternoon snack, Peter made a mixture of chocolate, praline, and pomegranate kefir. Then he made a tequila/veggie/shrimp dish using plain kefir and he paired that with champagne.

Aprilanne interviewed Nick Trunzo, Director of Marin County Division of Aging, about things that can be done to improve lifestyle as one ages. He talked about being physically active, the importance of stopping smoking, and eating a healthy diet. He talked about how having a pet can be a helpful thing, especially for mental well-being. He gave a guideline of exercising for 30 minutes a day, but it doesn't have to be all at one time. He talked about not eating trans-fats in their diets. He talked about having 5 servings of fruits and vegetables every day. He gave some guidelines on stress reduction: taking time out of the day for a few simple activities (one example that he gave was to take long, slow, deep breaths and thinking some pleasant thoughts.) He talked about using Tai Chi for stress reduction and physical activity. Aprilanne shared a list for positive lifestyle choices.

Aprilanne shared the top 10 foods proven to increase health and longevity.

"Bare Your Beach Body" workout: Aprilanne shared a simple, circuit training workout that can be done in 20 minutes, every other day, to get into shape.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 608
Air Date: Tuesday, February 21, 2017 6:00am
Topic/Title: Oral Lee Brown Dinner
Duration: 30 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Education/College for kids who stay in school
Host: Janice Edwards
Guest(s): Oral Lee Brown

28 years ago, Oral Lee Brown promised the classroom of first graders that if they stayed in school, she will put them through college. She kept her promise by setting up the OLB Foundation and fulfilled the dreams of many students. Tonight, in the Oral Lee Brown Dinner, many students and recipients came to the stage to talk about how the foundation has helped them. Awards were given to the supporters of the foundation and the winners expressed their gratitude. Oral Lee Brown thanked them for their participation. Later, Janice Edwards interviewed Oral Lee Brown who talked about the history of the foundation, her work in the past as well as her future mission.

Program: California Living With Aprilanne Episode: #1018
Air Date: Tuesday, February 21, 2017 6:30am
Topic/Title: California Living: Super Health Fitness (R)
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 inspire 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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: Bay Area Vista Show #: 611
Air Date: Thursday, February 23, 2017 6:00am
Topic/Title: DJ KayLa V and Viola Davis
Duration: 30 minutes
Style/Type: Interview
Source: Edwards Unlimited
Issues Addressed: Pursuing your dream; Inspiration
Host: Janice Edwards
Guest(s): Makayla Davis, Viola Davis

On "Janice Edwards' Bay Area Vista ", we take you behind the scenes with [Makayla Davis](#), the popular DJ known as "Dj K_LaV", on AfroCuba party night at Bissap Boabab. Makayla explains why she quit her corporate job at CBS television in LA to pursue her dream of spinning which has taken her all over the world. Plus, we have words of inspiration from award-winning actress, Viola Davis, shared during her keynote speech at the Watermark Conference in Silicon Valley. Ms. Davis is nominated for an Academy Award for her role in "Fences". Our interview will air just three days before the Oscars.

Program: California Living with Aprilanne Show #: 2008
Air Date: Thursday, February 23, 2017 6:30am
Topic/Title: New California Living Travel Special
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Travel, Local Food
Host: Aprilanne Hurley
Guest(s): Roy Yamaguchi, Alan Wong

In the 2017 California Living® Hawaii Travel Special, viewers are treated to the following:

- Inside Look at where to “Stay & Play” in Hawaii, with overviews of resorts on Kauai, Maui and Hawaii (AKA: Hawaii's Big Island).
- Interviews with culinary celebrities Roy Yamaguchi and Alan Wong, who are co-founders/co-chairs of the Annual Hawaii Food & Wine Festival, a 501(c)3 non-profit organization benefiting numerous charities.
- Viewers get a *taste* of dishes created with fresh, local ingredients by top chefs during the Annual Hawaii Food & Wine Festival with the California Living® Chef in the Spotlight™ Series.
- Viewers learn how to perform a Lomi Lomi Massage, an ancient healing tradition of the Hawaiian people with The Spa at Trump Waikiki Beachwalk®.
- California Living® tops off the Hawaii Travel Special with a look at the beautiful views travelers can experience "Island Hopping" with Mokulele Airlines.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh with Anna Olson
Loving Spoonfuls
Show #: 401
Air Date: Tuesday, February 28, 2017 at 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Juanita Berry

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. Watch as Anna takes us through the essentials of throwing a great dinner party. For her guests, Anna prepares a Mediterranean Potato Salad, juicy BBQ Back Ribs, and tops tender greens and grilled apricots with her Marinated Flank Steak. The table is set, the company is great and the food is delicious.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Juanita Berry, a "Grandma from Alabama" cooks up Sweet Potato Pie, Southern Fried Rabbit and teaches David how to play 'ball and jacks'.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh with Anna Olson
Loving Spoonfuls
Show #: 401
Air Date: Thursday, March 2, 2017 at 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Juanita Berry

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KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh With Anna Olson
Loving Spoonfuls
Show #: 402
Air Date: Tuesday, March 7, 2017 at 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
Loving Spoonfuls: Host David Gale
Guests: Sylvia Evans

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In this episode Anna cooks for a team of firefighters with appetites only she can put out! She comes to the rescue with healthy, delicious meals that can be served up either hot or cold: a Sweet Potato Soup that’s perfect for any season, Peach Oatmeal Griddle Cookies that are great for on the go, and a Salmon Chickpea Toss that’s left-over friendly. A busy lifestyle doesn’t mean you have to sacrifice on taste!

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

English grandmother Sylvia Evans teaches David how make Trifle, Scones and make a proper English Tea in the garden and invites friends who wear lots of floppy hats.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh With Anna Olson
Loving Spoonfuls
Show #: 402
Air Date: Thursday, March 9, 2017 at 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
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PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh with Anna Olson
Loving Spoonfuls
Show #: 403
Air Date: Tuesday March 14, 2017 at 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Mary Finson, Rose Reisman

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Anna’s good friend Jennifer is getting married and Anna’s gift is a wedding cake, not just a wedding cake, but a fabulous 4 tier White Chocolate Wedding Cake filled with local fresh berries and topped with green fondant. In this episode Anna also makes time to deliver three hors d’oeuvres to the bridal party before the event: Artichoke Asiago Squares, Devilled Eggs, and Champagne Shrimp on Endive.

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In this episode we meet Jewish grandmother Mary Finson and her daughter, cookbook author Rose Reisman. They go head to head in a low-fat vs. high-fat mother/daughter cookie war!

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
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Title/Topic: Fresh with Anna Olson
Loving Spoonfuls
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Anna’s good friend Jennifer is getting married and Anna’s gift is a wedding cake, not just a wedding cake, but a fabulous 4 tier White Chocolate Wedding Cake filled with local fresh berries and topped with green fondant. In this episode Anna also makes time to deliver three hors d’oeuvres to the bridal party before the event: Artichoke Asiago Squares, Devilled Eggs, and Champagne Shrimp on Endive.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode we meet Jewish grandmother Mary Finson and her daughter, cookbook author Rose Reisman. They go head to head in a low-fat vs. high-fat mother/daughter cookie war!

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh with Anna Olson
Loving Spoonfuls
Show #: 404
Air Date: Tuesday, March 21, 2017 at 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Charlotte de Neve

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

It’s beautiful outside, so why not join Anna and her friends for an impromptu beach party. Anna prepares Roasted Pepper and Eggplant Salad and Three-Bean Salad before heading over to Minors Fisheries to pick up fresh local fish for her pièce de résistance: Lakeside Paella. Her friends enjoy helping her cook on the beach- roasting their Potato Prosciutto Kebabs in an open fire and stirring the slow cooking Lakeside Paella to perfection right on the beach.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life. Indo-Dutch grandmother Charlotte de Neve makes Gado-Gado Salad and tells stories of her Grandfather, the former Governor of Borneo.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh with Anna Olson
Loving Spoonfuls
Show #: 404
Air Date: Thursday, March 23, 2017 at 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Charlotte de Neve

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Description:

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KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh With Anna Olson
Loving Spoonfuls
Show #: 405
Air Date: Pre-empted
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: N/A
Loving Spoonfuls: Host David Gale
Guests: Eva and Peter Ouzas'

On Tuesday, March 28, 2017 at 6:00 am, Living Well #405 – Fresh with Anna Olson and Loving Spoonfuls, was pre-empted due to technical issues caused by the equipment.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FIRST QUARTER 2017

Program: **Living Well**
Title/Topic: Fresh With Anna Olson
Loving Spoonfuls
Show #: 405
Air Date: Thursday, March 30, 2017 at 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: N/A
Loving Spoonfuls: Host David Gale
Guests: Eva and Peter Ouzas'

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Description:

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Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna prepares a relaxed lunch for friends at home before heading off to the racetrack. Her casual menu includes triple chocolate brownies, pea meal sandwiches with red cabbage slaw, slow roasted BBQ pea meal pork loin and french-fries with ceasar dressing.

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In this episode David visits the home of Eva Ouzas' who along with her husband shows David how to make Greek cuisine. They make spanakopita, lamb and stuffed grape leaves.