

PUBLIC AFFAIRS REPORT
For
KSPX-TV
Sacramento, CA
For
Third Quarter Ending September 30th, 2016

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. Home Improvement/Remodeling
2. Nutrition/Health/Diet/Exercise
3. Travel/Entertainment
4. Relaxation/Exercise
5. Traffic/Commute/Transportation Alternatives
6. Food Service/Local Foods/Wine Tasting
7. History/Regional History
8. Alternative Health and Fitness
9. Community Outreach/Volunteering
10. School Programs/Educational Opportunities
11. Women's Opportunities

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.

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Program:	Bay Area Vista	Episode: #529
Air Date:	Tuesday, July 5, 2016	6:00am
	Thursday, July 7, 2016	6:00am
Topic/Title:	Bay Area Vista:	
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.

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Program:	California Living With Aprilanne	Episode: #2002
Air Date:	Tuesday, July 5, 2016	6:30am
	Thursday, July 7, 2016	6:30am
Topic/Title:	Home and Design	
Duration:	30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Home Improvement Remodeling that's Comfortable and Inviting	
Host:	Aprilanne Hurley	
Guest(s):	Linda Davis (CEO for Center for Volunteer & Nonprofit Leadership of Marin) Inger Dressler (Marin Designers Showcase) Val Fiscalini (Designs in Petaluma) Michael Siniscal (Owner of Maison Michel in Tiburon, CA) Elizabeth Blackstone (Blackstone Landscape Design) Carlos Gonzalez (Saunders Design in San Francisco) James O'Sullivan (Master Tile in Cotati, Ca)	

Aprilanne speaks with Designers for design inspiration for different rooms in the home.

Guests Inger Dressler (Marin Designers Showcase) and Val Fiscalini (Designs in Petaluma) share how color, the pieces that were chosen to make the remodeled designed rooms and a little imagination, can transform our living spaces.

Guests Linda Davis (CEO, Center for Volunteer & Nonprofit Leadership of Marin) and Michael Siniscal (Owner of Maison Michel in Tiburon, CA) talk about creating a homey environment by transforming the storage closet and hallway into a wine cellar and lounge. Michael also includes the functionality of lighting, chairs and the sound of water to tie the 2 rooms together.

Guest Elizabeth Blackstone (Blackstone Landscape Design) enhances the outside property for showcase. She keeps it simple with the use of fabrics, textures and paints to complement the outside of the home with the inside of the home.

Guest Carlos Gonzalez (Saunders Design in San Francisco) remodeled the master bedroom and master bath with a Mediterranean design. His focus was the bed itself and the spectacular views from the windows that were unobstructed with any type of window treatment.

Guest James O'Sullivan (Master Tile in Cotati, CA) helped transform the master bath into simple elegance with tiles, granite and stone. He used a Madura gold granite which is easier to maintain because it's impervious to water stains and heat.

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Program:	Bay Area Vista	Episode: #525
Air Date:	Tuesday, July 12, 2016	6:00am
	Thursday, July 14, 2016	6:00am
Duration:	26:45 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Nutrition, Health	
Host:	Janice Edwards	
Guests:	Kris Carr, Author – Crazy Sexy Diet Dr. Philip Zimbardo, Founder – Heroic Imagination Project Dr. Emiliana Simon-Thomas, Associate Director – CCARE Dr. Totam Heineberg, Fellow - CCARE	

Kris Carr, author of "Crazy, Sexy Diet", founder of the Canary Foundation (dedicated to finding cancer at its earliest stages by a simple blood test); spoke about her life before cancer. She was diagnosed with cancer in 2003. She also spoke about having a team to help fight cancer. Her creativity helped her getting through cancer. She talked about the importance of eating healthy and reducing stress.

Dr. Philip Zimbardo, founder of the Heroic Imagination Project, talked about his research at Stanford University, how people do bad things and how people become heroes. His definition of hero is a person who is willing to risk his/her life to save others. He talked about going to high schools, talking about how they can become heroes. He talked about helping the firefighters who risked their lives on 9/11/2001, when the World Trade Center came down.

The Center for Compassion and Altruism Research and Education (CCARE): Drs. Emiliana Simon-Thomas (assoc. director of CCARE) and Yotam Heineberg (CCARE fellow) talked about what CCARE is. They do scientific research on compassion, organizes events and conferences to talk about compassion, and developing programs and interventions to help people develop their own compassion with the ultimate goal is to make the world more compassionate. Dr. Heineberg talked about his research into transformation from violence to peace.

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Program:	California Living With Aprilanne	Episode: #1028
Air Date:	Tuesday, July 12, 2016 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.

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Program:	California Living With Aprilanne	Episode: #1011
Air Date:	Thursday, July 14, 2016 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.

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Program:	Bay Area Vista	Episode: #602
Air Date:	Tuesday, July 19, 2016 6:00am Thursday, July 21, 2016 6:00am	
Topic/Title:	Remembering Carl Ray	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Alternative Health	
Host:	Janice Edwards	
Guests:	Leon Beauchman, President SCC Alliance of Black Educators Rufus White, Program Director Chike Nwoffiah, Filmmaker Brenda Ray, wife of Carl for 34 years	

Janice Edwards presents a tribute to author, comedian, activist and educator Carl Ray who, after witnessing the murder of his father, ultimately learned to forgive the man who took his father from him. Through interviews with the people who knew Carl, they reminisce fondly about the upbeat and courageous man and the legacy he left us all.

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Program:	California Living With Aprilanne	Episode: #1024
Air Date:	Tuesday, July 19, 2016 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.

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Program:	California Living With Aprilanne	Episode: #1018
Air Date:	Thursday, July 21, 2016 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 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.

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Program:	Bay Area Vista	Episode: #606
Air Date:	Tuesday, July 26, 2016 6:30am Thursday, July 28, 2016 6:30am	
Topic/Title:	Valerie Jarrett show	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Alternative Health	
Host:	Janice Edwards	
Guests:	Valerie Jarrett, Senior Advisor to President Obama	

During her recent visit to the Bay Area, Senior Advisor to President Obama Valerie Jarrett spoke with "Bay Area Vista" Host & Executive Producer Janice Edwards before her presentation at the Commonwealth Club of San Francisco.

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Program:	California Living With Aprilanne	Episode: #2003
Air Date:	Tuesday, July 26, 2016 6:30am Thursday, July 28, 2016 6:30am	
Topic/Title:	New California Living® Indoor/Outdoor Living	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Relaxation, Maintenance, Home Improvement	
Host:	Aprilanne Hurley	
Guests:	Jesse Rhodes, CEO – PB Developers Thomas Tavenner, Backyard Designer Aaron Fogelman, Plumber Jeff Anderson, Executive Chef – Safeway Culinary Kitchen	

Aprilanne interviewed Jesse Rhodes, founder and CEO of PB Developers, about common sense remodeling and how to plan a remodel project. He talked about one of his projects, how he was able to keep the price down. He talked about the living environment is the cheapest thing to do if the home is to be remodeled before going onto the real estate market, such as painting the inside and outside of the house. For a better return for resell, it is a good idea to put money into the kitchen or master bathroom. The other rooms can be painted before the house can be put on the market. He talked about how his company has done remodels on condos and homes, making them comfortable for those who live in them.

Thomas Tavenner was interviewed about how easy it is to create an outdoor living space for the backyard. He talked about there is a wide choice in outdoor furniture and fabrics that are used outdoors are mildew and fade resistant.

Aaron Fogelman was interviewed about hot tub technology, how maintenance is now easier, keeping energy costs low and the therapeutic feel of a hot tub.

Jeff Anderson, executive chef of Safeway Culinary Kitchen, gave some tips for the perfect barbeque. He talked about using quality products, seasoning meat, and toppings.

In the Hawaii spotlight, Jay and Travis demonstrate how to make a Mai Tai.

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Program:	Bay Area Vista	Episode: #596
Air Date:	Tuesday, August 2 2016 6:00am Thursday, August 4, 2016 6:00am	
Topic/Title:	Bay Area Vista: Aisha Tyler/Rob Reiner/USIIC	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Alternative Health	
Host:	Janice Edwards	
Guests:	Rob Reiner, Director – The Bucket List CEO Mahnaz Khazen, CEO – US Immigration Investment Center	

This week Bay Area Vista conducts an interview with comedienne and actress Aisha Tyler concerning her career moves and the impact it has taken on her family. Then Rob Reiner is interviewed concerning his work on the movie The Bucket List which leads to the directors own revelations concerning his own bucket list. The last segment discusses new renovations taking place in Oakland, CA to one local hotel. President and CEO Mahnaz Khazen of USIIC, US Immigration Investment Center discusses the high profile \$5 Million project converting the hotel into modern housing.

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Program:	California Living With Aprilanne	Episode: #1004
Air Date:	Tuesday, August 2 2016 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.

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Program:	California Living With Aprilanne	Episode: #1006
Air Date:	Thursday, August 4, 2016 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.

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Program:	Bay Area Vista	Episode: #512
Air Date:	Tuesday 9 August 2016 6:00am Thursday 11 August 2016 6:00am	
Duration:	26:45 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Health, Cancer Awareness, and Women's Opportunities	
Host:	Janice Edwards	
Guests:	Barbara Rodgers – Friends of Faith Faith Fancher, Founder – Friends of Faith Jackie Pugh – American Cancer Society Darren Jacklin – Invent Your Future Conference Ruth Sterglou – Invent Your Future Conference Baat Enosh – NCWIT & Women 2.0	

Barbara Rodgers talked about working with Friends of Faith and how Friends of Faith are helping breast cancer survivors. She also talked about writing a romance novel. She talked about her late friend, Faith Fancher and the founding of Friends of Faith. They raise money to go to a number of agencies that help women who are under insured, at risk, or have insurance that doesn't cover everything.

American Cancer Society: recommendations on healthy lifestyle choices. Jackie Pugh talked about prevention and treatment of cancer. She also offered some tips for those who are diagnosed with cancer.

Darren Jacklin offers tips on getting through tough times. He talked about getting out of debt, and getting out of depression. He also talked about looking for work; how to take action.

Invent Your Future conference offers opportunities for women of every age. Ruth Sterglou, founder of the Invent Your Future conference, talked about why she set up these conferences, which women are not given opportunities for advancing in their careers or they are not creating high growth businesses. These conferences are attended from high school girls to those who want to move up. Focused on giving women many opportunities.

Baat Enosh, NCWIT & Women 2.0, talked about working to increase women working with information technology. Also getting women to go up the ladder in information technology companies through networking.

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Program:	California Living With Aprilanne	Episode: #1025
Air Date:	Tuesday, August 9, 2016 6:30am	
Topic/Title:	California Living: Home Design Tips and Tricks	
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.

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Program: California Living With Aprilanne Episode: #1008
Air Date: Thursday, August 11, 2016 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.

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Program:	Bay Area Vista	Episode: #574
Air Date:	Tuesday, August 16, 2016	6:00am
	Thursday, August 18, 2016	6:00am
Duration:	26:45 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Health, Relationships	
Host:	Janice Edwards	
Guests:	Dr. Violet Kiteley, Award Recipient, In Spirit Award Mark Ibanez – Anchor, KTVU Lawrence Matthews, Award Recipient, In the Spirit Award	

Janice co-emceed the award show from last year. This year's awards show will be taking place on October 28, 2012 at the Scottish Rite Auditorium in Oakland. Last year's honorees were: The Escovedo Family, Mark Ibanez (sports anchor/director for KTVU), Dr. Violet Kiteley, and Lawrence Matthews.

The Escovedo Family: Pete talked how he started in Oakland years ago. He went to local schools in West Oakland. He talked about his wife (she wasn't at the awards show that evening.) He talked about having a great time with his children. Sheila E. talked about her father. She thanked him for all the music that he had given. She talked about how her faith had affected her career in secular music.

Mark Ibanez talked about how he was originally from Canada (he moved to the Bay Area when he was two years old). The advice that his grandmother gave him was to smile and treat people with kindness, because everyone that you meet is battling with something. He has been blessed to work in Oakland for 32 years.

Dr. Violet Kiteley talked about how she came from Canada, where she was leading a church. God spoke to her heart and told her to move to the Bay Area. She started a church in Oakland 46 years ago, where she reached all kinds of hippies. She talked about how some of those people became missionaries to various countries. She talked about how China is opened to the gospel. She talked about her son and grandson following in her late husband's footsteps and becoming pastors.

Lawrence Matthews talked about his mother's passing (10 years ago) and how she has been a blessing in his life. After her death, Lawrence fell into depression. At one point he considered suicide. He told the audience that he is a miracle. He talked about using his gift of music to glorify God.

There were performances by the Union City Apostolic Choir, J. Red and the Glad Tiding Church Choir.

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THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1026
Air Date:	Tuesday, August 16, 2016 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).

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1002
Air Date:	Thursday, August 18, 2016 6:30am	
Topic/Title:	California Living: Marin Designers Showcase	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Volunteer, Construction, Remodeling	
Host:	Aprilanne Hurley	
Guests:	Sondra Bernstein, Author and Owner - Girl in the Fig Lori Bone, Kitchen Designer and Founder – Lori Bone Design Elizabeth Blackstone, Founder – Blackstone Landscape Design Linda Davis, CEO – Center for Volunteer and Non Profit Leadership Kathy Van Fleet, Auxiliary President – Center for Volunteer and Non Profit Leadership Inger Dressler, Co-House Chair – Center for Volunteer and Non Profit Leadership Bob Praszker, Construction Manager – PB Development Jessee Rhodes, CEO – PB Development	

Lori Bone, kitchen designer and founder of Lori Bone Design, talked about how she used European elements for the design of the kitchen that is featured in the Designer's Showcase. Focusing on the kitchen as the hub of the family home Bone discusses her influences on her current style as well as how to best choose a designer.

Elizabeth Blackstone, founder of Blackstone Landscape Design, discusses her outdoor space design elements. The influences gained from central fixtures, existing flora and external artist input.

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). Discussing the preparations for the Designer's Showcase as well as how the profits give back to the community.

Kathy Van Fleet, Auxiliary President, Center for Volunteer and Nonprofit Leadership of Marin, talked about the challenges, frustrations, rewards, and hard work to put on the

Designer's Showcase. She talked about having opportunities for women to volunteer in the showcase.

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.

Bob Praszker, Construction Manager for PB Development, offers a new perspective on design and build projects. Offering his own experience as a contractor Praszker discusses how to choose a contractor as well as how to check their references for any upcoming or past projects. Jesse Rhodes, CEO PB Development, talked about the property that was used for the Designer's Showcase.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	Bay Area Vista	Episode: #539
Air Date:	Tuesday, August 23, 2016 6:00am Thursday, August 25, 2016 6:00am	
Duration:	26:50 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Entertainment, Community Outreach	
Host:	Janice Edwards	
Guests:	Desley Brooks, Vice Mayor – Oakland, CA Deanna Roberts – DR Roberts Events	

In part 2, highlights of the opening day rally were shown. Oakland Vice-Mayor, Desley Brooks, spoke to the students. She told the students to take advantage of every opportunity. Professionals shared their career advice to the students. Deanna Roberts, D. R. Roberts Events, talked about making sure that the students knew their options. She said that not all students are college bound and they need options to either go to community college or to a trade. Too short talked about what he would have done differently when he was younger. John Lemanski, an employee of the Oakland Zoo, talked about the care of animals and animal

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program: California Living With Aprilanne Episode: #1009
Air Date: Tuesday, August 23, 2016 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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1013
Air Date:	Thursday, August 25, 2016 6:30am	
Topic/Title:	California Living: Relaxed California Living	
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, and 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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program: Bay Area Vista Episode: #512
Air Date: Tuesday, August 30, 2016 6:00am
Thursday, 1 September 2016 6:00am
Topic/Title: Bay Area Vista: Barbara Rodgers/FOF/Darren Jacklin
Duration: 26:45 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Health, Cancer Awareness, and Women's Opportunities
Host: Janice Edwards
Guests: Barbara Rodgers – Friends of Faith
Faith Fancher, Founder – Friends of Faith
Jackie Pugh – American Cancer Society
Darren Jacklin – Invent Your Future Conference
Ruth Sterglou – Invent Your Future Conference
Baat Enosh – NCWIT & Women 2.0

Barbara Rodgers talked about working with Friends of Faith and how Friends of Faith are helping breast cancer survivors. She also talked about writing a romance novel. She talked about her late friend, Faith Fancher and the founding of Friends of Faith. They raise money to go to a number of agencies that help women who are under insured, at risk, or have insurance that doesn't cover everything.

American Cancer Society: recommendations on healthy lifestyle choices. Jackie Pugh talked about prevention and treatment of cancer. She also offered some tips for those who are diagnosed with cancer.

Darren Jacklin offers tips on getting through tough times. He talked about getting out of debt, and getting out of depression. He also talked about looking for work; how to take action.

Invent Your Future conference offers opportunities for women of every age. Ruth Sterglou, founder of the Invent Your Future conference, talked about why she set up these conferences, which women are not given opportunities for advancing in their careers or they are not creating high growth businesses. These conferences are attended from high school girls to those who want to move up. Focused on giving women many opportunities.

Baat Enosh, NCWIT & Women 2.0, talked about working to increase women working with information technology. Also getting women to go up the ladder in information technology companies through networking.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1003
Air Date:	Tuesday, August 30, 2016 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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1010
Air Date:	Thursday, September 1, 2016, 6:30am	
Topic/Title:	California Living: Bodega Bay, CA	
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. Galazzo discusses the amenities of the Inn at the tides, including dining options. This included a tour of the Inn, a brief history of the local area including the cameos seen in the movie "The Birds." Galazzo then further offers examples of areas of interest that provide visitors a taste of sea life, wine, cheese, as well as locally produced chocolates.

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.)

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	Bay Area Vista	Episode: #583
Air Date:	Tuesday, September 6, 2016 6:00am Thursday, September 8, 2016 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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1029
Air Date:	Tuesday, September 6, 2016 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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1028
Air Date:	Thursday, September 8, 2016 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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	Bay Area Vista	Episode: #513
Air Date:	Tuesday, September 13, 2016	6:00am
	Thursday, September 15, 2016	6:00am
Topic/Title:	Bay Area Vista: Les Brown	
Duration:	26:45 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Entertainment, History	
Host:	Janice Edwards	
Guests:	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 mindset with money. Need to change the skill set. Understand the value in investing in yourself. This was taped at a church service in Chicago.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program: California Living With Aprilanne Episode: #1011
Air Date: Tuesday, September 13, 2016 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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1024
Air Date:	Thursday, September 15, 2016	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.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	Bay Area Vista	Episode: #544
Air Date:	Tuesday, September 20, 2016	6:00am
	Thursday, September 22, 2016	6:00am
Topic/Title:	Bay Area Vista: Visionary Women	
Duration:	27:25 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	History, Entertainment, School Programs, Education	
Host:	Janice Edwards	
Guests:	Bonnie Bruderer, Founder – V.I.S.S. International Mary Savoie Stephens, Client - V.I.S.S. International Sage Levine, Founder – Purpose 2 Prosperity	

This show is about two Women with a vision and how to set goals and turn your dreams into reality. The first segment is an interview with Bonnie Bruderer founder of V.I.S.S International. Bonnie explains how her “Vision Boards” enable us to set goals and how to make your dreams come true. Mary Savoie Stephens a client of V.I.S.S Intl. explains how she was able to use Bonnie’s techniques to change her life. The second segment is an interview with Sage Levine, founder of “Purpose 2 Prosperity.” Sage explains how to turn your passions into profit. Sage also discusses how her work is making a difference for Women living in Bali.

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PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1018
Air Date:	Tuesday, September 20, 2016	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 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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1027
Air Date:	Thursday, September 22, 2016	6:30am
Topic/Title:	California Living: Healthy Dishes with Clover	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Volunteer, Construction, Remodeling	
Host:	Aprilanne Hurley	
Guests:	Marcus Benedetti, President – Clover Stornetta Farm Peter Pahk, Chef – Clover Stornetta Farm Marcela Valladolid, Chef – Clover Stornetta Farm	

Aprilanne interviewed Marcus Benedetti, the president of Clover, Stornetta Farm. He talked about how the company was established and the products they made. Then Chef Peter Pahk showed the preparation of some dishes using fruit, veggie, yogurt and Clover's products. After that, Chef Marcela Valladolid showed the making of some Mexican dishes. Finally Aprilanne demonstrated some body exercise with the different medicine balls.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program:	Bay Area Vista	Episode: #548
Air Date:	Tuesday, September 27, 2016	6:00am
	Thursday, September 29, 2016	6:00am
Topic/Title:	Bay Area Vista: Omega Boys Club	
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016

Program: California Living With Aprilanne Episode: #1004
Air Date: Tuesday, September 27, 2016 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
THIRD QUARTER 2016

Program:	California Living With Aprilanne	Episode: #1001
Air Date:	Thursday, September 29, 2016	6:30am
Topic/Title:	California Living: Old World Italian Cooking	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Food, Entertainment	
Host:	Aprilanne Hurley	
Guests:	Granziano Perozzi, Owner – Graziano's Restaurant Demon Calegari, Customer – Graziano's Restaurant Sonia Perozzi, Co-Owner – Graziano's Restaurant	

Show host Aprilanne Hurley explores California's trends in food, travel and healthy living. Aprilanne interviewed Granziano 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. Damon Calegari, one of the customers of Graziano's, talked about his favorite dishes, and tasted the items that Aprilanne and Granziano made. Granziano talked about how to pair a wine with a dish. Paulie Fuller, bartender at Graziano's, showed Aprilanne how to make his signature martinis. Sonia Perozzi, co-owner of Graziano's, talked about why they keep their lounge cold (So that the vodka doesn't get warmed).