

PUBLIC AFFAIRS REPORT
For
KSPX-TV
Sacramento, CA
For
Fourth Quarter Ending December 31st, 2015

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. Traffic/Commute/Transportation Alternatives
2. Food Service/Local Foods
3. Entertainment
4. History/Regional History
5. Health and Fitness
6. Travel- Local/Travel – National/International
7. Health and Diet/Nutrition
8. Networking/Social Events
9. Volunteering
10. Business Equality/Education/Business Environment Change

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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #602
Air Date: Thursday 1 October 2015 6:00am
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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1011
Air Date: Thursday 1 October 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Travel
Host: Aprilanne Hurley
Guests: Jeff Clark, Founder – Mavericks Surf Contest
Julie Shenkman, Co-Owner – Sam’s Chowder House
Paul Shenkman, Co-Owner – Sam’s Chowder House
Tony Canadas, Director of Marketing – Oceano Hotel and Spa

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

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

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

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #530
Air Date: Tuesday 6 October 2015 6:00am
Thursday 8 October 2015 6:00am
Duration: 26:25 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Exercise, Fitness, Health
Host: Janice Edwards
Guests: Valerie Orsoni, author – Le Personal Coach
Adina Niemerow, author – Super Cleanse
Ashanti Branch, executive director – The Ever Forward Club

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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1026
Air Date: Thursday 6 October 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley
Guests: Eva Claiborne, Owner – Eva Claiborne Skin Institute
Steve Merrifield, Owner – Demo Sport
Maggie McDonogh, CEO and Captain – Angel Island Tiburon Ferry
Brian Wilson, Owner – Sam's Anchor Cafe

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

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

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

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

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	California Living With Aprilanne	Episode: #1018
Air Date:	Thursday 8 October 2015	6:30am
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Health, Fitness	
Host:	Aprilanne Hurley	
Guests:	Aprilanne Hurley, Host – California Living Jeff Clark, Founder – Mavericks Surf	

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	Bay Area Vista	Episode: #603
Air Date:	Tuesday 13 October 2015	6:00am
	Thursday 15 October 2015	6:00am
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Alternative Health	
Host:	Janice Edwards	
Guests:	Shira Piven, Director – Welcome to Me Thais Rezende, CEO – Bizworld A’Ali De Sousa, Author and Filmmaker – Broken Heroes	

Janice first interviews Shira Piven, director of the movie “Welcome to Me.” The film tells the story of someone who has Borderline Personality Disorder, who stops taking her medication and wins the lottery. We learn how this affects her life and how it alters the perception of those who come in contact with her.

Up next is Thais Rezende, the CEO of Bizworld. Her goal is to teach children about financial responsibility, leadership, career exploration and how to be better overall citizens. Having emigrated from Mexico, she discusses the importance of entrepreneurship.

Lastly, Janice interviews a’Ali De Sousa, author and filmmaker, who through his film “Broken Heroes,” sheds light on the alarming number of soldiers who have returned from war with PTSD. He mentions that every month, one thousand vets attempt suicide and that once an hour, one succeeds.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1028
Air Date: Tuesday 13 October 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Travel
Host: Aprilanne Hurley
Guests: Coy and Sarah Barnes, Owners – Wine Wrangler
Gary Stemper, Owner – Eagle Castle Winery
Joe Barton, Owner and Winemaker – Grey Wolf Cellars
Norma Moye, Executive Director – Paso Robles Downtown Main Street
Association

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

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

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

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

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Program: California Living With Aprilanne Episode: #1006
Air Date: Thursday 15 October 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley
Guests: Sondra Bernstein, Author and Owner - Girl in the Fig
John Toulze, Executive Chef - Girl in the Fig
Christopher Ferranti, Chef - Bay View Restaurant
Marco Galazzo, Food and Beverage Manager, Bay View Restaurant

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

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

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

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

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	Bay Area Vista	Episode: #603
Air Date:	Tuesday 20 October 2015	6:00am
	Thursday 21 October 2015	6:00am
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Alternative Health	
Host:	Janice Edwards	
Guests:	Steve Wozniak, Judge – First Fest Alma Taylor, Winner – First Fest David Vossbrink Dan Orloff, Voter – First Fest Kirsten Contrager, Voter- First Fest	

Steve Wozniak talked about his role in being a judge for First Fest. Josh Russell talked about the setting up of First Fest. It is a virtual festival celebrating those who have made contributions to Silicon Valley. He also talked about First Act, getting leaders involved with the arts in Silicon Valley. Steve and Josh talked about what they did in their childhoods, affected them today in terms of their career choices.

Alma Taylor (winner of the sports category) talked about her nomination of Peggy Flemming for the sports category. She also talked about the other category that she submitted, for a Nobel Prize winning chemist, (she also won for the business and tech category). David Vossbrink talked about the arrival of the first honeybees to Santa Clara Valley in 1853. He talked about this being an important community builder.

Dan Orloff talked about his entry, a person who produced shows. Kirsten Bontrager talked about her entry, a U. S. Senator who built Villa Montavo. Angela McConnell talked about Villa Montavo celebrating its 100 anniversary next year. Dan talked about his organization, Bay Area Rocks. Kirsten talked about working with students and artists.

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1004
Air Date: Tuesday 20 October 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley
Guests: John Ash, Executive Chef – Culinary Institute of America
Damon Calegari, Taste Tester
Ralph Pagano, Celebrity Chef – Almost Famous Chef Competition

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

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

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

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1024
Air Date: Thursday 22 October 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Entertainment, Travel
Host: Aprilanne Hurley
Guests: Nick Marlowe, Owner – Surf and Apparel Shop
Carlo Galazzo, General Manager – At the Tides Restaurant

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

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

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

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

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

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

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

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	Bay Area Vista	Episode: #603
Air Date:	Tuesday 27 October 2015	6:00am
	Thursday 29 October 2015	6:00am
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Health, Cancer	
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. Yotam 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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1025
Air Date: Tuesday 27 October 2015, 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Entertainment, Travel
Host: Aprilanne Hurley
Guests: Val Fiscalini, Designer
Elizabeth Blackstone – Blackstone Landscape Design
Tricia Sheridan – Decorative Design of CA Murals

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	California Living With Aprilanne	Episode: #1027
Air Date:	Thursday 29 October 2015 6:30am	
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
FOURTH QUARTER 2015

Program:	Bay Area Vista	Episode: #525
Air Date:	Tuesday 3 November 2015	6:00am
	Thursday 5 November 2015	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.

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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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1009
Air Date: Tuesday 3 November 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Volunteer, Construction, Remodeling
Host: Aprilanne Hurley
Guests: Linda Davis, CEO – Center for Volunteer and Non Profit Leadership
Cathleen Gouveia, Owner – Cathleen Gouveia Design
Eric Shromer, Host and Carpenter – HGTV
Pablo Castro, Owner – Marin Hardwood Floor Center

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

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

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

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	California Living With Aprilanne	Episode: #1005
Air Date:	Thursday 5 November 2015 6:30am	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Food, Entertainment	
Host:	Aprilanne Hurley	
Guests:	Rick Riess, 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, 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
FOURTH QUARTER 2015

Program:	Bay Area Vista	Episode: #591
Air Date:	Tuesday 10 November 2015 6:00am Thursday 12 November 2015 6:00am	
Duration:	26:35 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Entertainment, History	
Host:	Janice Edwards	
Guests:	Belva Davis, Author – Never in My Wildest Dreams	

About Bay Area Vista: Bay Area Vista highlights the best of the Bay Area showcasing organizations, events and newsmakers, with compelling personal stories, interviews & entertainment all of which impact the local community.

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1010
Air Date: Tuesday 10 November 2015, 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Travel, Real Estate, Housing, Commute
Host: Aprilanne Hurley
Guests: Claire Ramage – Links at Bodega Harbor
Mark Dierkshing, Chef – Blue Water Bistro
Marco Galazzo – Inn at the Tides
Johannes Zachbauer, Property Owner – Sonoma Coast Villa and Spa
Dennis and Kathleen Erba, Owners – Coldwell Banker Coast Properties

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

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

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

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

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

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1029
Air Date: Thursday 12 November 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley
Guests: Rick Riess, Former President and CEO – Carneros Inn
Hilary Newsom, President – PlumpJackSport
Brian Chipson, Manager – The Farm

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

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

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

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #548
Air Date: Tuesday 17 November 2015 6:00am
Thursday 19 November 2015 6:00am
Duration: 26:20 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Exercise, Fitness, Health
Host: Janice Edwards
Guests: Dr. Joe Marshall Jr., Co-Founder – Omega Boys Club
Tanaya Reid, Member – Omega Boys Club
Rashad Demings, Member – Omega Boys Club

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

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1007
Air Date: Tuesday 17 November 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley
Guests: Eva Claiborne, Owner – Eva Claiborne Skin Institute
Steve Merrifield, Owner – Demo Sport
Maggie McDonogh, CEO and Captain – Angel Island Tiburon Ferry
Brian Wilson, Owner – Sam's Anchor Cafe

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

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

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

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

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FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1013
Air Date: Thursday 19 November 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Travel, Food
Host: Aprilanne Hurley
Guests: Brian Gipson, Owner – Carneros Inn
Magnolia Polley, Masseur – 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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FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #548
Air Date: Tuesday 24 November 2015 6:00am
Thursday 26 November 2015 6:00am
Duration: 26:20 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Social Media, Networking, Terrorism, Violence Prevention
Host: Janice Edwards
Guests: Joanne Black, Author – No More Cold Calling
Dana Nachman, Co-Producer – Love Hate Love
Perla Flores, Director – Community Solutions Violence Prevention Programs

Joanne Black, author of “No More Cold Calling,” talked about building relationships that lead to business success. She talked about the challenges of sustaining a business during difficult times. She talked about building warm referrals and meeting with the people. She talked about the impact of social media has on business. It is important to have a point of view and to have a dialogue when using social media. It is also important to have the personal touch.

Love Hate Love: Dana Nachman (co-producer of Love Hate Love) talked about the making of the documentary about some of the families/individuals that were affected by terrorism and how it has impacted their lives. Some clips from the film were shown as well as the trailer. Dana talked about what inspired her to take on this project. She also talked about working with Sean Penn who was the executive producer of Love Hate Love.

Community Solutions: It is a program helping people heal from trauma, especially domestic violence and sexual assault. Perla Flores (director of Community Solutions Violence Prevention Programs) talked about creating opportunities for positive change. She talked about why women don't leave abusive relationships and how to help these women through shelter, transportation, therapy, support groups, etc. She also talked about helping women who have suffered sexual assault. She shared a story about one who survived human trafficking.

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Program: California Living With Aprilanne Episode: #2001
Air Date: Tuesday 24 November 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Entertainment
Host: Aprilanne Hurley
Guests: Marc Blackwell – Tabletop Designer
Jeff Anderson, Executive Chef – Safeway's Culinary Kitchen
Marco Galazzo, Chef – Bayview Restaurant

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

Jeff Anderson, Executive Chef at Safeway's Culinary Kitchen, tells us about affordable, festive recipes using Safeway's Lucerne products such as milk, cheese and butter. A vegetable casserole, cheese log and cheese in a blanket are chosen as simple recipes using great Lucerne dairy products.

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

Bayview Restaurant Wine Maker Dinners: Aprilanne interviewed Marco Galazzo about the wine maker dinners that are held at the Bayview Restaurant in Bodega Bay (they have been doing the dinners for 20 years, one dinner per month, with a different winery every month). He talked about how the dinner starts promptly, the owner or winemaker will be at the dinner having the same food/wine as the guests, and then they go around the other tables, talking to the guests between the five courses. He talked about the various food/wine pairings.

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Program: California Living With Aprilanne Episode: #1024
Air Date: Thursday 26 November 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Entertainment, Travel
Host: Aprilanne Hurley
Guests: Nick Marlowe, Owner – Surf and Apparel Shop
Carlo Galazzo, General Manager – At the Tides Restaurant

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

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

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

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

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

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

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

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

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FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #589
Air Date: Tuesday 1 December 2015 6:00am
Duration: 27:25 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: History, Entertainment, School Programs, Education
Host: Janice Edwards
Guests: Christine Turner, Producer and Director – “Homegoings”

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

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FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1028
Air Date: Tuesday 1 December 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Travel
Host: Aprilanne Hurley
Guests: Coy and Sarah Barnes, Owners – Wine Wrangler
Gary Stemper, Owner – Eagle Castle Winery
Joe Barton, Owner and Winemaker – Grey Wolf Cellars
Norma Moye, Executive Director – Paso Robles Downtown Main Street
Association

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

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

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

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

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FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #597
Air Date: Thursday 3 December 2015 6:00am
Tuesday 8 December 2015 6:00am
Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Religion, Education
Host: Janice Edwards
Guests: Mike Fox, Community Leader – Immaculate Conception Academy

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

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FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1003
Air Date: Thursday 3 December 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Wine Tasting, Tourism, Travel, and Entertainment
Host: Aprilanne Hurley
Guests: John Conover, General Manager – Plump Jack Winery
Anthony Biagi, Wine Maker – Wine Jack Winery
Kimball Jones, Executive Chef

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

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

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

Aprilanne gave the 6 steps to wine tasting.

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FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1011
Air Date: Tuesday 8 December 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Travel
Host: Aprilanne Hurley
Guests: Jeff Clark, Founder – Mavericks Surf Contest
Julie Shenkman, Co-Owner – Sam's Chowder House
Paul Shenkman, Co-Owner – Sam's Chowder House
Tony Canadas, Director of Marketing – Oceano Hotel and Spa

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

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

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

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

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	Bay Area Vista	Episode: #592
Air Date:	Thursday 10 December 2015, 6:00am	
	Tuesday 15 December 2015 6:00am	
Duration:	26:45 minutes	
Style/Type:	Interview	
Source:	Bay Area Vista	
Issues Addressed:	Exercise, Fitness, Health	
Host:	Janice Edwards	
Guests:	Miko Marks, Country Music Artist – Pajama Studios James Gartner, Producer – Pajama Studios Tyler Comes, Student – Pajama Studios Paula Telander, Co-Founder – Pajama Studios	

Miko Marks is an award winning African American country music artist. At the time of this interview, she was at Pajama Studios recording an EP. In the first segment, she talked about how she grew up listening to all kinds of music, and she talked about how there will be some days where country music was played at her childhood home. She looks at country music as blues with different instrumentation. When she was growing up, she didn't think about pursuing a career in music, but something told her along the way that she needed to pursue her dreams. She gets the inspiration for her songs from everywhere. She talked about her son (he was 14 years old at the time of the interview) playing music. She wanted him to play piano, but he wasn't feeling that. He did pursue playing guitar, however. Miko was happy that they share the journey and she got to watch him grow. She talked about how the culture in Nashville is very traditional, and the people there were not used to seeing an African American woman walk through, wanting to do a country music album. It was a great experience for her. She talked about how her family discourage her from singing country music, but she kept her focus on being the best in what she wanted to do, and persevered. Now her family is proud of her. The advice that she gave to her son that she wished that she had when she was 14 is to think outside of the box, be encouraged to be "me" opposed to fitting into the stereotypical place where people want to place others. She told Justin (her son) to be himself. She talked about the causes that she is involved with (they are the ones that touch her heart such as: Habitat for Humanity, breast cancer, thanksgiving relief, etc.) and how she wants to leave her mark on other people's hearts.

The second segment is about the preparation for recording a song. Miko is joined by her producer, James Gartner, and musical prodigy Tyler Comes. She and James talked about how to record her song, "Mama." James gave Miko some tips on how to perform the song in the studio. Miko talked about the theme of the album that was being recorded at the time. She performed another song for James and he liked the hook of that song. Then it showed Miko in the recording studio, recording one of her songs.

The third segment, Janice interviewed Pajama Studios co-founder Paula Telander and Tyler Comes (he was a student at the time that this show was taped). Paula talked

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FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1006
Air Date: Thursday 10 December 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley
Guests: Sondra Bernstein, Author and Owner - Girl in the Fig
John Toulze, Executive Chef - Girl in the Fig
Christopher Ferranti, Chef - Bay View Restaurant
Marco Galazzo, Food and Beverage Manager, Bay View Restaurant

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

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

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

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

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	California Living With Aprilanne	Episode: #1025
Air Date:	Tuesday 15 December 2015, 6:30am	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Entertainment, Travel	
Host:	Aprilanne Hurley	
Guests:	Val Fiscalini, Designer Elizabeth Blackstone – Blackstone Landscape Design Tricia Sheridan – Decorative Design of CA Murals	

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #579
Air Date: Thursday 17 December 2015, 6:00am
Tuesday 22 December 2015, 6:00am
Duration: 26:50 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Exercise, Fitness, Health
Host: Janice Edwards
Guests: Erica Linz, Actress and Strap Aerialist – Cirque du Soleil
Kenny Latimore, Singer – Things That Lovers Do
Chante Moore, Singer – Things That Lovers Do
Goalpele, Singer
John Cena, Performer – WWE and Movie 12 Rounds

Cirque du Soleil: Erica Linz, Actress and strap aerialist, talked about Cirque du Soleil takes the inspiration from all around the world and uses them in their shows. In the film, Worlds Away, they take elements from seven of their live shows and combine them into a narrative love story and ultimately into a 3-D film. She also talked about working with her partner for eight days before filming the love story aspect of the film. She talked about being a gymnast and acting in theatre before joining Cirque du Soleil as a character actor. She talked about working with Circus Couture, which raises money for kids with cancer.

Kenny Latimore and Chante Moore (Please note that when they were originally on Bay Area Vista, they were a couple. As of this date, they are no longer together): They talked about how they got together after talking for five hours, and how they had a lot in common. They were married six months after they met. Chante talked about how they didn't anticipate doing the album (Things That Lovers Do) that they did back then. Chante talked about the difficulties of balancing a family with a performing career. Kenny talked about not wanting to leave his children behind. Chante talked about how their relationship is grounded in Christ and how they love the Lord. Kenny talked about how faith shaped their courtship.

Goalpele (this Blast from the past was at the start of her career as a singer.): She talked about how she was doing a lot of shows in the Bay Area and how the audience grew in the Bay Area, Los Angeles and New York. She talked about creating something as she went along and how she was happy with getting her own songs out there. She talked about how her family supported her and how she worked hard and being patient with her career.

John Cena, WWE wrestler and actor, talked about his film "12 Rounds." He portrayed a cop in New Orleans who got a call and got the bust of his life. He talked about he dealt with his fear of heights while making "12 Rounds." He talked about how he was attracted to making "12 Rounds" (it's all about the action).

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	California Living With Aprilanne	Episode: #1004
Air Date:	Thursday 17 December 2015 6:30am	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Food, Entertainment	
Host:	Aprilanne Hurley	
Guests:	John Ash, Executive Chef – Culinary Institute of America Damon Calegari, Taste Tester Ralph Pagano, Celebrity Chef – Almost Famous Chef Competition	

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

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

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program:	California Living With Aprilanne	Episode: #1013
Air Date:	Tuesday 22 December 2015 6:30am	
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Travel, Food	
Host:	Aprilanne Hurley	
Guests:	Brian Gipson, Owner – Carneros Inn Magnolia Polley, Masseur – 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.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #554
Air Date: Thursday 24 December 2015 6:00am
Duration: 26:20 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Health, Health Costs
Host: Janice Edwards
Guests: Susan Takalo, Director of Services – Second Harvest
J-Red, Comedian/Actor – “Red Tails”

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

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

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PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1026
Air Date: Thursday 24 December 2015 6:30am
Duration: 28:30 minutes
Style/Type: Interview
Source: Inside Look TV
Issues Addressed: Food, Entertainment
Host: Aprilanne Hurley
Guests: Eva Claiborne, Owner – Eva Claiborne Skin Institute
Steve Merrifield, Owner – Demo Sport
Maggie McDonogh, CEO and Captain – Angel Island Tiburon Ferry
Brian Wilson, Owner – Sam’s Anchor Cafe

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

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

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

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

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: Bay Area Vista Episode: #511
Air Date: Tuesday 29 December 2015 6:00am
Thursday 31 December 2015 6:00am
Duration: 26:45 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Work Environment Change, Volunteering
Host: Janice Edwards
Guests: Derek Mitchell, CEO, Partners in School Innovation
Leslye Louie, HP
Cathrine Adams Lee, Consultant – New Work Places
Brian Lehnen, Executive Director – Village Enterprise
Scott McMullin, Supporter – Village Enterprise

Derek Mitchell, CEO of Partners in School Innovation, talked about transitioning from one leader to the next with Leslye's help. Leslye Louie talked about transitioning from HP to non-profit work. Talked about bringing tools from the working world to the non-profit section.

Catherine Adams Lee, consultant, New Work Places and distance work, talked about how technology changes the work place; how it transitions from 20th to 21st century workplace that is based on knowledge. She talked about different work styles.

At the Spirit of '45 Celebration, Janice talked to some veterans who served in World War II.

Village Enterprise is dedicated to creating thousands of small businesses in East Africa. Brian Lehnen, Executive Director, talked about how a hand out can help get the businesses established so that they can support themselves and get out of poverty. He also talked about going from the tech sector to the non-profit sector. Scott McMullin, supporter of Village Enterprise, talked about how he got involved with Village Enterprise.

KSPX-TV, Sacramento, CA
PUBLIC AFFAIRS REPORT
FOURTH QUARTER 2015

Program: California Living With Aprilanne Episode: #1008
Air Date: Tuesday 29 December 2015 6:30am
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
FOURTH QUARTER 2015

Program:	California Living With Aprilanne	Episode: #1018
Air Date:	Thursday 31 December 2015	6:30am
Duration:	28:30 minutes	
Style/Type:	Interview	
Source:	Inside Look TV	
Issues Addressed:	Health, Fitness	
Host:	Aprilanne Hurley	
Guests:	Aprilanne Hurley, Host – California Living Jeff Clark, Founder – Mavericks Surf	

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