# PUBLIC AFFAIRS REPORT For KSPX-TV Sacramento, CA For Fourth Quarter Ending December 31st, 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. Politics
- 2. Housing/Real Estate
- 3. Health Costs
- 4. Education
- 5. Volunteerism
- 6. Exercise and Fitness
- 7. Regional History
- 8. Mental Illness Discovery
- 9. Local Foods
- 10. Local Entertainment

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.

Program: Bay Area Vista Episode: #607

Air Date: Tuesday, October 4, 2016 6:00am

Topic/Title: Bay Area Vista: San Jose Jazz Festival 2016

Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Dr. Emmett Carson, CEO and President – Silicon Valley Community

Foundation

Jan De Carli – San Jose Jazz Board Member Big Russ – Wolrd Famous Rick and Russ Show

Sandra Dailey – Sandri's Cobbler Cup Andy Comeau – Vaud and the Villians

Performances by Kermit Ruffins & the BBQ Swingers, Bobby Caldwell, C.J. Flash (The World Famous Rick and Russ Show), Vaud and the Villains, and Ledisi (from 2014. Blast from the past.)

Dr. Emmett Carson, CEO and President of Silicon Valley Community Foundation, talked about why his company supports the San Jose Jazz Festival. It helps bring people together of all ages, races, and ethnicities to enjoy music and how participation in community is important. He talked about the work that his company has done dealing with stopping payday lending in 17 communities, getting a bill signed by Governor Brown that if students pass 8<sup>th</sup> grade math, they are promoted to 9<sup>th</sup> grade, and welcoming immigrants and getting them citizenship. He talked about working on the housing crisis in San Jose and finding a way to create affordable housing in San Jose.

Jan De Carli, San Jose Jazz Board Member, talked about how the Jazz Festival brings people to San Jose.

Bobby Caldwell talked about how he will work wherever they will pay him. He talked about the inspiration of his biggest song "What You Won't do for Love." It's about unrequited love and dumped in a bad way. He wrote the song to get it out of his system. He talked about how that song changed his life. He was wet behind the ears. It changed his life from an unknown to stardom and he wasn't ready for that. He had some learning curves and adjusting, but it has been a blessing.

Big Russ, from the World Famous Rick and Russ Show, talked about how much good music and how the crowd is into it. He talked about how he started the Rick and Russ Show as a hobby, with his day job being in healthcare. His hobby grew and he left his healthcare job. He talked about how he and CJ met at a club through a mutual friend. He also talked about how the changes in music has been a slippery slope, we are seeing the results not having music in the schools: there are some good musicians but the music is mostly stagnant and there's no incubator for that.

Sandra Dailey, owner of Sandi's Cobbler Cups, talked about how she started her business at Levi's Stadium (in 2014) and how she is doing with her business. She has been contracted by Levi's to do gumbo, in addition to cobbler cups and jambalaya. She takes 8 gallons to Levi's Stadium on Fridays. She also has been doing a lot of catering and festivals. She got her cobbler cup recipe from her grandma. She is vice president of Black Leadership Cabinet in Santa Clara. It is a group of professionals who get together every month and talk about issues in the African American community and community of color and the issues that are affecting the children and jobs. This group has been together since 2005.

Andy Comeau, "Vaud" in Vaud and the Villains, talked about how fun his performance was and the challenge of being a rock and roll band performing at a jazz festival. He talked about how his group's name came about. He and his wife were inspired by the Bruce Springsteen/Pete Seger sessions and acting projects in creating the show.

Program: California Living With Aprilanne Episode: #1006

Air Date: Tuesday, October 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.

Program: Bay Area Vista Episode: #551

Air Date: Thursday, October 6, 2016 6:00am

Topic/Title: Bay Area Vista: Mike Fox - Community Together/PACT

Duration: 25:30 minutes Style/Type: Interview

Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Mike Fox Sr, Founder – M.E. Fox

Mike Fox Sr., wholesale beverage distributor (founder of M. E. Fox) and philanthropist, talked about his decision to close his accounts with Bank of America to move his money to a local bank. This action was taken as a result of discussions that he had with People Acting in Community Together (PACT), and the actions that Bank of America took with foreclosures. He talked about how people reacted to his decision to move his accounts to a local bank. He talked about how the Occupy movement affected him, how the movement is counterproductive in some ways, like pension funds for unions and non-profits being invested in Wall Street and larger companies. He talked about how work stoppages at the ports affect his employees. He talked about how Bank of America lost their touch with the local community. He talked about how his family reacted to his closing the accounts at Bank of America and moving to the local bank. He talked about the sacrifice of doing that. He talked how the world economy affects everything. He talked about how his business is doing in the rough times (people do buy alcoholic beverages during good and bad times). He talked about following your conscience and values. He talked about the influences of his upbringing in the Midwest, Cesar Chavez and Martin Luther King have on how he runs his business.

Program: California Living With Aprilanne Episode: #1025

Air Date: Thursday, October 6, 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 Val Fiscalini, Designer

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

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

Program: Bay Area Vista Episode: #551

Air Date: Tuesday, October 11, 2016 6:00am

Topic/Title: Bay Area Vista: Mike Fox - Community Together/PACT

Duration: 25:30 minutes Style/Type: Interview

Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Mike Fox Sr, Founder – M.E. Fox

Mike Fox Sr., wholesale beverage distributor (founder of M. E. Fox) and philanthropist, talked about his decision to close his accounts with Bank of America to move his money to a local bank. This action was taken as a result of discussions that he had with People Acting in Community Together (PACT), and the actions that Bank of America took with foreclosures. He talked about how people reacted to his decision to move his accounts to a local bank. He talked about how the Occupy movement affected him, how the movement is counterproductive in some ways, like pension funds for unions and non-profits being invested in Wall Street and larger companies. He talked about how work stoppages at the ports affect his employees. He talked about how Bank of America lost their touch with the local community. He talked about how his family reacted to his closing the accounts at Bank of America and moving to the local bank. He talked about the sacrifice of doing that. He talked how the world economy affects everything. He talked about how his business is doing in the rough times (people do buy alcoholic beverages during good and bad times). He talked about following your conscience and values. He talked about the influences of his upbringing in the Midwest, Cesar Chavez and Martin Luther King have on how he runs his business.

Program: California Living With Aprilanne Episode: #1026

Air Date: Tuesday, October 11, 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 50<sup>th</sup> 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, coowner of Sam's Anchor Café, about the specialty oyster dish, Oyster's Brian, that they make. Aprilanne and Maggie had the Oyster's Brian and a glass of wine. Then Brian brought the crab dish. He talked about using good, fresh seafood for the dishes. Danny the chef talked about some of his secrets of presenting food. He talked about making the food look right (98% of it is visual).

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

Program: Bay Area Vista Episode: #548

Air Date: Thursday, October 13, 2016 6:00am Topic/Title: Bay Area Vista: Omega Boys Club

Duration: 26:20 minutes Style/Type: Interview

Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Exercise, Fitness, Health

Host: Janice Edwards

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

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

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

Program: California Living With Aprilanne Episode: #1018

Air Date: Thursday, October 13, 2016 6:30am

Topic/Title: California Living: Super Health Fitness (R)

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

Host:

Aprilanne Hurley Aprilanne Hurley, Host – California Living Guests:

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.

Program: Bay Area Vista Episode: #548

Air Date: Tuesday, October 18, 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 vouth of San Francisco's Potero Hill district giving up on dreams of academic achievement and choosing lives of drug dealing and prostitution. There was a taped segment explaining how the program works. It originally started with serving boys, but expanded out to serve the girls as well. Dr. Joe Marshall, Jr., co-founder of the Omega Boys Club, and two students of the Omega Boys Club, Tanaya Reid and Rashad Demings, talked about the difference that the club is from the outside world of their neighborhoods. In the neighborhoods, they have to deal with peer pressure, violence, and trust issues with others and themselves. Tanaya talked about the first time she came to the Omega Boys Club, she stayed because of the topics of real life that were not talked about around her, but are talked about in the club. She talked about how the club helped her keep alive and free. Rashad talked about what brought him to the Omega Boys Club (he yearned for more & missing something in his life). He learned from the club things about his history that he didn't know that wasn't taught in school. He talked about how the Job corps led him to the club. Joe talked about how two alumni of the club led Rashad and others to the club. He also talked about the importance of education for the participants and the sense of family that he creates in the club. Tanaya and Rashad talked about the things that are not talked about on the street, like sex, violence, drugs, partying, etc. The things that people get caught up in but are overlooked. They are taught how to deal with the situations that they have to deal with on the streets. How to find the right friends. How to stay away from the wrong crowd. Joe talked about the spreading the Omega Boys Club model to other cities and to Haiti.

Program: California Living With Aprilanne Episode: #1013

Air Date: Tuesday, October 18, 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.

Program: Bay Area Vista Episode: #535

Air Date: Thursday, October 20, 2016 6:00am

Topic/Title: Bay Area Vista: Julie Motz

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

Guests: Julie Motz, Author and Radio Talk Show Host – Hands of Life

Author and Radio Talk Show Host Julie Motz is interviewed about her book "Hands of Life." Energy Healing is discussed as an "alternative" to traditional medicine along with understanding the causes of illness and the cures for them. Julie talks about how to utilize your own body's energy as a medicine for healing recovery and transformation.

Program: California Living With Aprilanne Episode: #1029

Air Date: Thursday, October 20, 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.

Program: Bay Area Vista Episode: #553

Air Date: Tuesday, October 25, 2016 6:00am

Topic/Title: Paulette Ivory-Fela
Duration: 26:35 minutes
Style/Type: Interview

Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Paulette Ivory – Political Activist

Currently performing in the Bay Area, the musical "Fela" is discussed. Fela is produced by musical artist Jay-Z and actor Will Smith. Fela is the Tony award winning musical based on the life of Nigerian born performer and activist Fela Kuti. Set in an afro-beat music style, his music is critical of the military regime currently governing his country of Nigeria.

Paulette Ivory, one of the stars of the show explains her character's role in the musical as Fela's girlfriend and political activist. Paulette talks about performing and dancing in the musical. Video clips are shown and discussed. "Fela" is currently performing in San Francisco. The website www.felaonbroadway.com is featured as well as additional ticket information.

Program: California Living With Aprilanne Episode: #1028

Air Date: Tuesday, October 25, 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.

Program: Bay Area Vista Episode: #553

Air Date: Thursday, October 27, 2016 6:00am

Topic/Title: Paulette Ivory-Fela
Duration: 26:35 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Paulette Ivory – Political Activist

Currently performing in the Bay Area, the musical "Fela" is discussed. Fela is produced by musical artist Jay-Z and actor Will Smith. Fela is the Tony award winning musical based on the life of Nigerian born performer and activist Fela Kuti. Set in an afro-beat music style, his music is critical of the military regime currently governing his country of Nigeria.

Paulette Ivory, one of the stars of the show explains her character's role in the musical as Fela's girlfriend and political activist. Paulette talks about performing and dancing in the musical. Video clips are shown and discussed. "Fela" is currently performing in San Francisco. The website www.felaonbroadway.com is featured as well as additional ticket information.

Program: California Living With Aprilanne Episode: #1024

Air Date: Thursday, October 27, 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.

Program: Bay Area Vista Episode: #604

Air Date: Tuesday, November 1, 2016 6:00am Topic/Title: Bay Area Vista: J.A. Macfarland

Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Education, History
Host: Janice Edwards

Guests: J.A. McFarland, Author – The Myriad, Onto Old Earth

Planet Floyd, Pink Floyd Cover Band

Janice Edwards on location at Rooster's Roadhouse in Alameda, CA, interviews special guest "The Myriad, Onto Old Earth" author, J.A. McFarland. Also featuring a performance by musical guest Planet Floyd

Program: California Living With Aprilanne Episode: #1009

Air Date: Tuesday, November 1, 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 19<sup>th</sup> century that previous owners and guest came to the home either by horseback or ferry. She talked about using the light of the room to make a summer cottage feeling. She was also inspired by butterflies when she was designing the room. She also talked about how she transformed the room by using various modern pieces and art. She wanted to blend in the warm and cool things together.

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

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

Program: Bay Area Vista Episode: #604

Air Date: Thursday, November 3, 2016 6:00am Topic/Title: Bay Area Vista: J.A. Macfarland

Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Education, History
Host: Janice Edwards

Guests: J.A. McFarland, Author – The Myriad, Onto Old Earth

Planet Floyd, Pink Floyd Cover Band

Janice Edwards on location at Rooster's Roadhouse in Alameda, CA, interviews special guest "The Myriad, Onto Old Earth" author, J.A. McFarland. Also featuring a performance by musical guest Planet Floyd

Program: California Living With Aprilanne Episode: #1002

Air Date: Thursday, November 3, 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.

Program: Bay Area Vista Show #: 573
Air Date: Tuesday, November 8, 2016 6:00am

Topic/Title: Deepak Chopra/Change

Duration: 26.45 minutes Style/Type: Interview

Source: Edwards Unlimited Issues Addressed: Religion, Politics Host: Janice Edwards

Guest(s): Dr. Deepak Chopra; Dwayne Omarr-Exec. Producer; Donald Hasan-

Exec. Producer; Larry Butler-volunteer Obama Campaign

Dr. Deepak Chopra talked about his latest book, "God: A Story of Revelation," and a documentary that his son, Gotham, did on him, called "Decoding Deepak." Deepak said that the documentary is about the public, private, family, mysterious Deepak, as well as, his son's relation with him and his son's struggle with his own identity. He talked about the challenge that he had when he was training to be a monk. He talked about why he chose the Story of Job to start off his book about God. It goes to the eternal question if there is a God. Deepak then went into the Story of Chakra, which explains why suffering has a purpose. He talked about the purpose of all suffering. He talked about how the political scene reflects the collective conscience of the people, the politicians, and media. He talked about the shifting of the father/son relationship with Gotham.

Dwayne Omarr, co-executive producer, talked about the concept for the song, "Change." Music artist, Suave, sent an idea to the producers and Dwayne saw the vision of the song and went into the studio and composed a track for the song and used some other artists to flesh out the song. Donald Hasan, co-executive producer, talked about how the song moved him. It had a great hook, beat and timing according to Donald. Dwayne talked about how he started in the music business (he is related to B.B. King on his mother's side.) Dwayne also talked about how "Change" causes people to think and to get people out to vote and make changes for themselves. Larry Butler, volunteer for the Obama campaign, talked about how he used "Change" to make the people of the state of Virginia aware, and how important the song is to him. He used the song to rally the youth. Janice talked to several people at the rally for President Obama which took place recently in San Francisco. These people talked about what they want Obama to do and why they will vote for Obama.

Program: California Living With Aprilanne Episode: #1008

Air Date: Tuesday, November 8, 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.

Program: Bay Area Vista Show #: 573
Air Date: Thursday, November 10, 2016 6:00am

Topic/Title: Deepak Chopra/Change

Duration: 26.45 minutes Style/Type: Interview

Source: Edwards Unlimited Issues Addressed: Religion, Politics Host: Janice Edwards

Guest(s): Dr. Deepak Chopra; Dwayne Omarr-Exec. Producer; Donald Hasan-

Exec. Producer; Larry Butler-volunteer Obama Campaign

Dr. Deepak Chopra talked about his latest book, "God: A Story of Revelation," and a documentary that his son, Gotham, did on him, called "Decoding Deepak." Deepak said that the documentary is about the public, private, family, mysterious Deepak, as well as, his son's relation with him and his son's struggle with his own identity. He talked about the challenge that he had when he was training to be a monk. He talked about why he chose the Story of Job to start off his book about God. It goes to the eternal question if there is a God. Deepak then went into the Story of Chakra, which explains why suffering has a purpose. He talked about the purpose of all suffering. He talked about how the political scene reflects the collective conscience of the people, the politicians, and media. He talked about the shifting of the father/son relationship with Gotham.

Dwayne Omarr, co-executive producer, talked about the concept for the song, "Change." Music artist, Suave, sent an idea to the producers and Dwayne saw the vision of the song and went into the studio and composed a track for the song and used some other artists to flesh out the song. Donald Hasan, co-executive producer, talked about how the song moved him. It had a great hook, beat and timing according to Donald. Dwayne talked about how he started in the music business (he is related to B.B. King on his mother's side.) Dwayne also talked about how "Change" causes people to think and to get people out to vote and make changes for themselves. Larry Butler, volunteer for the Obama campaign, talked about how he used "Change" to make the people of the state of Virginia aware, and how important the song is to him. He used the song to rally the youth. Janice talked to several people at the rally for President Obama which took place recently in San Francisco. These people talked about what they want Obama to do and why they will vote for Obama.

Program: California Living With Aprilanne Episode: #1010

Air Date: Thursday, November 10, 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.)

Program: Bay Area Vista Episode: #606

Air Date: Tuesday, November 15, 2016 6:00am

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.

Program: California Living With Aprilanne Episode: #1013

Air Date: Tuesday, November 15, 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.

Program: Bay Area Vista Episode: #606

Air Date: Thursday, November 17, 2016 6:00am

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.

Program: California Living With Aprilanne Episode: #1003

Air Date: Thursday, November 17, 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.

Program: Bay Area Vista Episode: #600 Air Date: Tuesday, November 22, 2016 6:00am

Topic/Title: D. Chassin Berry – Part 1

Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: D. Chassin Berry, Director – The Black Line and Dark Girls

D. Chassin Berry is the director of "The Black Line," and "Dark Girls." He talked about his transition from the Bay Area to Los Angeles. He had a career as a radio DJ in the Bay Area, and he went to directing films and music videos around the Bay Area. He went to Los Angeles to work at the Soul Train music awards (it didn't work out). He ended up getting a job at Disney through a friend. He talked about what he learned when he worked at Disney (especially the financial and career aspects), which he applies to his life. He talks about the importance of having help when re-inventing yourself. He wants to be known as a film director, who directs African-American films. He talks about directing his first feature film (with Viola Davis), "Martin Lane." He wrote the script with Viola and Meryl Streep in mind, but Meryl couldn't commit to the film, due to her schedule. He is in the process of getting Julianne Moore involved. He talks about having faith, perseverance and having the right people in his path when going from doing documentaries to features. He also wants to fuse music and films. He was doing music videos before he started working at Disney. He directed Chaka Khan and Dionne Warwick in their music videos.

Program: California Living With Aprilanne Episode: #1030

Air Date: Tuesday, November 22, 2016 6:30am

Topic/Title: Holiday Food & Wine

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

Issues Addressed: Food, Wine, Entertaining

Host: Aprilanne Hurley

Guests: Marc Blackwell, Designer – Table Top Designer

Graziano Perozzi, Owner – Graziano's Restaurant

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

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

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

Program: Bay Area Vista Episode: #600 Air Date: Thursday, November 24, 2016 6:00am

Topic/Title: D. Chassin Berry – Part 1

Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: D. Chassin Berry, Director – The Black Line and Dark Girls

D. Chassin Berry is the director of "The Black Line," and "Dark Girls." He talked about his transition from the Bay Area to Los Angeles. He had a career as a radio DJ in the Bay Area, and he went to directing films and music videos around the Bay Area. He went to Los Angeles to work at the Soul Train music awards (it didn't work out). He ended up getting a job at Disney through a friend. He talked about what he learned when he worked at Disney (especially the financial and career aspects), which he applies to his life. He talks about the importance of having help when re-inventing yourself. He wants to be known as a film director, who directs African-American films. He talks about directing his first feature film (with Viola Davis), "Martin Lane." He wrote the script with Viola and Meryl Streep in mind, but Meryl couldn't commit to the film, due to her schedule. He is in the process of getting Julianne Moore involved. He talks about having faith, perseverance and having the right people in his path when going from doing documentaries to features. He also wants to fuse music and films. He was doing music videos before he started working at Disney. He directed Chaka Khan and Dionne Warwick in their music videos.

Program: California Living With Aprilanne Episode: #1030

Air Date: Thursday, November 24, 2016 6:30am

Topic/Title: Holiday Food & Wine

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

Issues Addressed: Food, Wine, Entertaining

Host: Aprilanne Hurley

Guests: Marc Blackwell, Designer – Table Top Designer

Graziano Perozzi, Owner – Graziano's Restaurant

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

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

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

Program: Bay Area Vista Show #: 608
Air Date: Tuesday, November 29, 2016 6:00am

Topic/Title: Oral Lee Brown Dinner

Duration: 30 minutes Style/Type: Interview

Source: Edwards Unlimited

Issues Addressed: Education/College for kids who stay in school

Host: Janice Edwards
Guest(s): Oral Lee Brown

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

Program: California Living With Aprilanne Episode: #1004

Air Date: Tuesday, November 29, 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.

Program: Bay Area Vista Show #: 608
Air Date: Thursday, December 1, 2016 6:00am

Topic/Title: Oral Lee Brown Dinner

Duration: 30 minutes Style/Type: Interview

Source: Edwards Unlimited

Issues Addressed: Education/College for kids who stay in school

Host: Janice Edwards
Guest(s): Oral Lee Brown

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

Program: California Living With Aprilanne Episode: #1011

Air Date: Thursday, December 1, 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.

Program: Bay Area Vista Episode: #554

Air Date: Tuesday, December 6, 2016 6:00am Topic/Title: Second Harvest and Holiday Humor

Duration: 26:50 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Health, Health Costs
Host: Janice Edwards

Guests: Susan Takalo, Director of Services – Second Harvest

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

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

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

Program: California Living With Aprilanne Episode: #1026

Air Date: Tuesday, December 6, 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 50<sup>th</sup> 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, coowner of Sam's Anchor Café, about the specialty oyster dish, Oyster's Brian, that they make. Aprilanne and Maggie had the Oyster's Brian and a glass of wine. Then Brian brought the crab dish. He talked about using good, fresh seafood for the dishes. Danny the chef talked about some of his secrets of presenting food. He talked about making the food look right (98% of it is visual).

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

Program: Bay Area Vista Episode: #554

Air Date: Thursday, December 8, 2016 6:00am Topic/Title: Second Harvest and Holiday Humor

Duration: 26:50 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Health, Health Costs
Host: Janice Edwards

Guests: Susan Takalo, Director of Services – Second Harvest

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

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

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

Program: California Living With Aprilanne Episode: #1028

Air Date: Thursday, December 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.

Program: Bay Area Vista Show #: 609

Air Date: Tuesday, December 13, 2016 6:00am

Topic/Title: Felton Monterey/Mental Health Show

Duration: 30 minutes Style/Type: Interview

Source: Edwards Unlimited

Issues Addressed: Mental Health/Illness Discovery and Prevention

Host: Janice Edwards

Guest(s): Al Gilbert-President & CEO, Adriana Furuzawa-Division Director, Brandon

Staglin-Director of Marketing and Communications, Dr. Nev Jones-

Director of Research, Dr. Amie Miller

The Felton Institute provides services for all ages & incomes. Janice interviewed Al Gilbert, President & CEO of the Felton Institute. He talked about how the mental health field is evolving towards early intervention and ultra-high risk treatment. He talked about how he grew up in the inner city and saw people with mental health problems, which leads to incarnation in jail.

Adriana Furuzawa, Division Director of PREP (Prevention and Recovery in Early Psychosis) at Felton Institute, talked about how Felton has PREP programs in 4 counties: San Francisco, Alameda (Hayward), Monterey (Salinas), & San Mateo (San Mateo). These programs are designed to help at the earliest signs of mental health crisis/psychotic illness. PREP is for the ages of 16-35. She talked about how it is difficult for families to recognize the signs of mental illness.

Brandon Staglin, Director of Marketing and Communications at Staglin Family Vineyard & One Mind Institute, talked about the presentation that he had given recently at Felton Institute about the promise of prevention: How intervening early for oncoming psychosis can help young people who are at risk. He had a psychotic break when he was 18 and a friend helped him out very early in his break.

At the seminar that was given at Felton Institute, Dr. Nev Jones, Director of Felton Research and CCOR, talked about Brandon's story and how her work has been affected by the challenges that she had encountered when she was a patient. In the interview with Janice, she talked about the diverse audience that had attended the seminar: police, representatives from schools, county behavioral health, and local organizations. These groups have similarities but don't often come together in the same place. She talked about those who don't get the help early and the opportunities for them to get back on track.

Dr. Amie Miller talked about how big of a divide that Monterey County is: The very wealthy living on the coast vs the people who work in agricultural industry in the Salinas Valley and South County, where there is a high level of poverty and undocumented beneficiaries. 50% of Monterey County's population is part of the safety net, either undocumented or have MediCal.

Program: California Living With Aprilanne Episode: #1006

Air Date: Tuesday, December 13, 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.

Program: Bay Area Vista Show #: 609

Air Date: Thursday, December 15, 2016 6:00am

Topic/Title: Felton Monterey/Mental Health Show

Duration: 30 minutes Style/Type: Interview

Source: Edwards Unlimited

Issues Addressed: Mental Health/Illness Discovery and Prevention

Host: Janice Edwards

Guest(s): Al Gilbert-President & CEO, Adriana Furuzawa-Division Director, Brandon

Staglin-Director of Marketing and Communications, Dr. Nev Jones-

Director of Research, Dr. Amie Miller

The Felton Institute provides services for all ages & incomes. Janice interviewed Al Gilbert, President & CEO of the Felton Institute. He talked about how the mental health field is evolving towards early intervention and ultra-high risk treatment. He talked about how he grew up in the inner city and saw people with mental health problems, which leads to incarnation in jail.

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Dr. Amie Miller talked about how big of a divide that Monterey County is: The very wealthy living on the coast vs the people who work in agricultural industry in the Salinas Valley and South County, where there is a high level of poverty and undocumented beneficiaries. 50% of Monterey County's population is part of the safety net, either undocumented or have MediCal.

Program: California Living With Aprilanne Episode: #1029

Air Date: Thursday, December 15, 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.

Program: Bay Area Vista Episode: #529

Air Date: Tuesday, December 20, 2016 6:00am

Topic/Title: Bay Area Vista: Johnny & Lara Fernandez On Love

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

Issues Addressed: Love/Attracting a Soul Mate

Host: Janice Edwards

Guests: Lara Fernandez & Johnny Fernandez

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

Program: California Living With Aprilanne Episode: #1024

Air Date: Tuesday, December 20, 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.

Program: Bay Area Vista Episode: #529

Air Date: Thursday, December 22, 2016 6:00am

Topic/Title: Bay Area Vista: Johnny & Lara Fernandez On Love

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

Issues Addressed: Love/Attracting a Soul Mate

Host: Janice Edwards

Guests: Lara Fernandez & Johnny Fernandez

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

Program: California Living With Aprilanne Episode: #1018

Air Date: Thursday, December 22, 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.

Program: Bay Area Vista Episode: #579

Air Date: Tuesday, December 27, 2016 6:00am

Topic/Title: Cirque du Soleil Worlds Away

Duration: 27:25 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 Soliel

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 waiting 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).

Program: California Living With Aprilanne Episode: #1025

Air Date: Tuesday, December 27, 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 Aprilanne Hurley Val Fiscalini, Designer

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

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

Program: Bay Area Vista Episode: #579

Air Date: Thursday, December 29, 2016 6:00am

Topic/Title: Cirque du Soleil Worlds Away

Duration: 27:25 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 Soliel

Kenny Latimore, Singer – Things That Lovers Do Chante Moore, Singer – Things That Lovers Do

Goalpele, Singer

John Cena, Performer – WWE and Movie 12 Rounds

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Program: California Living With Aprilanne Episode: #1027

Air Date: Thursday, December 29, 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.