# PUBLIC AFFAIRS REPORT For KSPX-TV Sacramento, CA For First Quarter Ending March 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. 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.

Program: Bay Area Vista Episode: #561

Air Date: Tuesday, January 5, 2016 6:00am

Topic/Title: Bay Area Vista: The Box SF/Active Networking

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

Guests: Mark E Sackett, Founder – The Box

Janice Edwards is on location at "The Box SF." The Box SF is a collection of people in the Media, Advertising and Graphic design that are looking to improve their careers. The gatherings are about Active Networking, making connections, exchanging business cards, finding work and celebrating our passions.

The first segment is a series of interviews with the attendees as they explain why they came and how the meetings allow them to network, exchange ideas and create opportunities. Janice then speaks with Mark E. Sackett, a one on one interview from the building he owns in San Francisco. Mark explains that he founded "The Box" in 2009 when the economy was tanking. He explains that the meetings allow a great platform for people to broker conversation and network with one another. He arranges key speakers for motivation. Mark also explains that each participant answer the following questions within a: 30 time period:

1 - Who are you? 2- What is it you do or want to do for a living? 3 - Why are you here tonight? 4 – What in your life is your passion?

The last segment is a video showcase highlighting some of Mark's advertising and graphics campaigns. Janice closes with a phone number for The Box SF: 415-602-9500

Program: California Living With Aprilanne Episode: #1018

Air Date: Tuesday, January 5, 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: #583

Air Date: Thursday, January 7, 2016 6:00am

Tuesday, January 12, 2016 6:00am

Topic/Title: Bay Area Vista: Men of Quality

Duration: 28:05 minutes Style/Type: Interview

Source: Bay Area Vista

Issues Addressed: Entertainment, History

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

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

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

Program: California Living With Aprilanne Episode: #1029

Air Date: Thursday, January 7, 2016 6:30am

Topic/Title: California Living: 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: California Living With Aprilanne Episode: #1002

Air Date: Tuesday, January 12, 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 Episode: #582

Air Date: Thursday, January 14, 2016 6:00am

Tuesday, January 19, 2016 6:00am

Topic/Title: Bay Area Vista: Willie Brown

Duration: 26:25 minutes Style/Type: Interview

Source: Bay Area Vista
Issues Addressed: Education, History
Host: Janice Edwards

Guests: Willie Brown, Politician

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

Program: California Living With Aprilanne Episode: #1028

Air Date: Thursday, January 14, 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: California Living With Aprilanne Episode: #1011

Air Date: Tuesday, January 19, 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: #604

Air Date: Thursday, January 21, 2016 6:00am

Tuesday, January 26, 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: #1025

Air Date: Thursday, January 21, 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: California Living With Aprilanne Episode: #1004

Air Date: Tuesday, January 26, 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 Episode: #596

Air Date: Thursday, January 28, 2016 6:00am

Tuesday, February 2, 2016 6:00am

Topic/Title: Bay Area Vista: Aisha Tyler/Rob Reiner/USIIC

Duration: 28:30 minutes
Style/Type: Interview
Source: Bay Area Vista
Issues Addressed: Alternative Health
Host: Janice Edwards

Guests: Rob Reiner, Director – The Bucket List

CEO Mahnaz Khazen, CEO – US Immigration Investment Center

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

Program: California Living With Aprilanne Episode: #1010

Air Date: Thursday, January 28, 2016, 6:30am Topic/Title: California Living: Bodega Bay, CA

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

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

Host: Aprilanne Hurley

Guests: Claire Ramage – Links at Bodega Harbor

Mark Dierkshing, Chef - Blue Water Bistro

Marco Galazzo – Inn at the Tides

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

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

The Inn at the Tides: Aprilanne interviewed Marco Galazzo about how the Inn at the Tides is situated among the Bodega Bay coast. Galazzo discusses the amenities of the Inn at the tides, including dining options. This included a tour of the Inn, a brief history of the local area including the cameos seen in the movie "The Birds." Galazzo then further offers examples of areas of interest that provide visitors a taste of sea life, wine, cheese, as well as locally produced chocolates.

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

Real estate at Bodega Bay: Aprilanne interviewed Dennis and Kathleen Erba, owners of Coldwell Banker Coast Properties about how to find a home on the coast. Kathleen talked about the importance of having a local agent representing the buyer. Dennis talked about the considerations in buying a home at the coast. Dennis talked about how Bodega Bay has become a resort destination. Kathleen talked about how Bodega Bay is close to San Francisco (about an hour's drive north of San Francisco.)

Program: California Living With Aprilanne Episode: #1024

Air Date: Thursday, February 2, 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: #578

Air Date: Thursday, February 4, 2016 6:00am

Tuesday, February 9, 2016 6:00am

Topic/Title: Bay Area Vista: 100 Black Women

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

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Eriq La Salle, Actor and Author – The Laws of Depravity

Lee Reed, Founding President – 100 Black Women of San Francisco

Eriq La Salle, actor and author of "The Laws of Depravity," talked about what had inspired him to write a book. According to Erig, everything is about storytelling, and writing is another way of telling a story. He was inspired to write his book by an article that he read about how most of Jesus' disciples were brutality murdered. John was the only disciple who wasn't killed. Eriq came up with a modern day serial killer who is killing corrupt clergy in the fashion that the apostles were killed. Then he came up with the heroes, who are very human and searching for love and spiritual reconciliation. Eriq talked about Shakespeare essentially never wrote about a bad character but he wrote about people doing bad things. In their minds, they were justified. Eriq gave the example of Richard III (Eriq studied Shakespeare at Julliard.) Eriq wanted to create the enemy to have certain empathy for the readers. He also wanted to show the dark side for the heroes as well. He creates characters that make him want to play with them like a child. He talked about the person (Clay Stevenson, who ran the Hartford Stage Summer Program/Old Plays and was Erig's mentor) who helped him with fulfilling his dreams of acting. (Erig was in an inner city program in Hartford, CT in the 1970's that had exposed him to different things that he wouldn't have been exposed to normally). Clay had found a play that Eriq can be in that Eriq didn't have to sing. Clay convinced Eriq to apply to Julliard. He talked about the love story between Quincy and Elena (two of the characters in the book) and what had inspired him to write this love story in his book. He wanted to create a hybrid book. He wanted to put in lyricism so that it balances out the gruesome element. Quincy and Elena were in searching all of their lives for the right one and they never truly gave themselves to anyone until they met. It is a high standard for love, but according to Eriq, there is a high payoff for that type of love. Quincy and Elena became to metaphor for holding out for true love. 100 Black Women of San Francisco: I. Lee Reed, Founding President, talked about the various programs that the 100 Black Women of San Francisco provide for women and girls. They provide programs that provide equity for women and girls in leadership. Economic development, education, domestic violence, anything that pertains to women is what they advocate for. They have programs for

Program: California Living With Aprilanne Episode: #1006

Air Date: Thursday, February 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: California Living With Aprilanne Episode: #1026

Air Date: Tuesday, February 9, 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, co-owner of Sam's Anchor Café, about the specialty oyster dish, Oyster's Brian, that they make. Aprilanne and Maggie had the Oyster's Brian and a glass of wine. Then Brian brought the crab dish. He talked about using good, fresh seafood for the dishes. Danny the chef talked about some of his secrets of presenting food. He talked about making the food look right (98% of it is visual).

Program: Bay Area Vista Episode: #529

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

Thursday, February 16, 2016 6:00am

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

Source: Bay Area Vista

Issues Addressed: Entertainment, History

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

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

Program: California Living With Aprilanne Episode: #1009

Air Date: Thursday, February 11, 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: California Living With Aprilanne Episode: #1013

Air Date: Tuesday, February 16, 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: #581

Air Date: Thursday, February 18, 2016, 6:00am

Topic/Title: Bay Area Vista: Dr. Sasha Bardey/EMQ Families Firs

Duration: 26:35 minutes Style/Type: Interview

Source: Bay Area Vista

Issues Addressed: Entertainment, History

Host: Janice Edwards

Guests: Dr. Sasha Bardey, Co-Producer – Side Effects

Dr. Sasha Bardey, Co-Producer of "Side Effects," and a Forensic Psychiatrist, talked about the story line for the film, "Side Effects." He wants people to take away from watching "Side Effects" is that more people are leaving the psychiatrists with prescriptions in their hands. As more people are using these medications, there are going to be more side effects to deal with. He talked about how these medications are very effective in improving people's lives. He talked about how people have lost the ability to cope with various stresses. He talked about how society wants results right away; have people feel better quickly. As a professional, he tries to get people to work through their problems and to make changes in their lifestyles and relationships that will have an enduring effect on their well-being, instead of popping a pill. He talked about his work as a Forensic Psychiatrist. He loves to find out answers so that he can explain to a jury, DA, or defense attorney and see what impact it has on the outcome of a case. He talked about the signs that will determine if a child will become a psychopath. He talked about the signs of someone who is really not truly presenting himself/herself to be. He talked about the stigma of mental illness is real and it touches every family and how many people don't get the proper treatment because of the stigma. He talked about how the reality shows that deal with hoarding or substance abuse are getting people to understand these things. He talked about if more people get more treatment for mental illness, then the stigma will be removed. He talked about watching the actors master their emotional reactions. He talked about boundaries between psychiatrist and patient and how it can be breached. He talked about how he got into Forensic Psychiatry.

EMQ Families First: it is a non-profit organization that includes addiction prevention. Their program is helping children deal with problems, keep them safe, and give them life skills. The video is provided by the EMQ Families First.

Program: California Living With Aprilanne Episode: #1001

Air Date: Thursday, February 18, 2016 6:30am
Topic/Title: California Living: Old World Italian Cooking

Duration: 28:30 minutes

Style/Type: Interview

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

Guests: Granziano Perozzi, Owner – Graziano's Restaurant

Demon Calegari, Customer – Graziano's Restaurant Sonia Perozzi, Co-Owner – Graziano's Restaurant

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

Program: Bay Area Vista Episode: #605

Air Date: Tuesday, February 23, 2016 6:00am Thursday, February 25, 2016 6:00am

Topic/Title: Bay Area Vista: Rolls Restaurant Grand Opening

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

Issues Addressed: Entertainment, Food, Culture

Host: Janice Edwards

Guests: Windi Truong, Financial Advisor, Entrepreneur

Martin Yan, Celebrity Chef - Yan Can Cook

Kai Duong, Chef – Tolls Restaurant

Chef Chu, Chef

Jose Esteves, Mayor of Milpitas

Ash Kalra, City Councilman of San Jose

Ron Gonzalez – CEO – Hispanic Foundation of Silicon Valley

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

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

Program: California Living With Aprilanne Episode: #1003

Air Date: Tuesday, February 23, 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: California Living With Aprilanne Episode: #1018

Air Date: Thursday, February 25, 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: #592

Air Date: Thursday, March 1, 2016 6:00am

Tuesday, March 3, 2016 6:00am

Topic/Title: Bay Area Vista: Miko Mark

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, Marks talks about her youth and growing up listening to various music types including country. 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 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. 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. In addition Miko Marks discusses projects and organizations she supports in giving back to society such as; Habitat for Humanity, breast cancer, thanksgiving relief, etc.

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

Program: California Living With Aprilanne Episode: #1027

Air Date: Tuesday, March 1, 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.

Program: California Living With Aprilanne Episode: #1029

Air Date: Thursday, March 3, 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: #599

Air Date: Thursday, March 8, 2016 6:00am Tuesday, March 10, 2016 6:00am

Bay Area Vista: Jesse Jackson Signature Silicon Valley

Duration: 28:30 minutes
Style/Type: Interview

Topic/Title:

Source: Bay Area Vista

Issues Addressed: Equality, Education, Business

Host: Janice Edwards

Guests: Reverend Jesse Jackson, Civil Rights Leader – Rainbow Push Coalition

This episode of Bay Area Vista shares an interview with Rev. Jesse Jackson. The focus of the interview is on a meeting hosted by Intel in the Silicon Valley and organized by Rev. Jackson's Rainbow Push Coalition directed toward more diversification in the technology industry. The civil rights leader encourages companies to take more of a commitment to seek out a more diversified talent to fill their current ranks. His goal is in seeking greater opportunities for all individuals and seeing racial equality impact larger firms like that of Google, Twitter, Microsoft, and Facebook.

Program: California Living With Aprilanne Episode: #1007

Air Date: Tuesday, March 8, 2016 6:30am Topic/Title: California Living: Tiburon Getaway

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

Program: California Living With Aprilanne Episode: #1011

Air Date: Thursday, March 10, 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: #548

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

Thursday, March 17, 2016 6:00am

Topic/Title: Bay Area Vista: Omega Boys Club

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

Issues Addressed: Exercise, Fitness, Health

Host: Janice Edwards

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

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

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

Program: California Living With Aprilanne Episode: #1006

Air Date: Tuesday, March 15, 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: California Living With Aprilanne Episode: #1028

Air Date: Thursday, March 18, 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: #594

Air Date: Tuesday, March 22, 2016 6:00am

Thursday, March 24, 2016 6:00am

Topic/Title: Bay Area Vista: Howard Hewett/Tally

Duration: 28:30 minutes Style/Type: Interview

Source: Bay Area Vista
Issues Addressed: Entertainment
Host: Janice Edwards

Guests:

This week's episode takes viewers to Lodi, CA at the Hutchins Street Square and features the musical talents of Howard Hewett and the Bay Area's own Tally. The show offers interviews from the local group as well as the show's headliner Howard Hewett, gospel and R & B singer.

Program: California Living With Aprilanne Episode: #1004

Air Date: Tuesday, March 22, 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: California Living With Aprilanne Episode: #1026

Air Date: Tuesday, March 24, 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, co-owner of Sam's Anchor Café, about the specialty oyster dish, Oyster's Brian, that they make. Aprilanne and Maggie had the Oyster's Brian and a glass of wine. Then Brian brought the crab dish. He talked about using good, fresh seafood for the dishes. Danny the chef talked about some of his secrets of presenting food. He talked about making the food look right (98% of it is visual).

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

Program: Bay Area Vista Episode: #544

Air Date: Tuesday, March 29, 2016 6:00am

Thursday, March 31, 2016 6:00am

Topic/Title: Bay Area Vista: Visionary Women

Duration: 27:25 minutes
Style/Type: Interview
Source: Bay Area Vista

Issues Addressed: History, Entertainment, School Programs, Education

Host: Janice Edwards

Guests: Bonnie Bruderer, Founder – V.I.S.S. International

Mary Savoie Stephens, Client - V.I.S.S. International

Sage Levine, Founder – Purpose 2 Prosperity

This show is about two Women with a vision and how to set goals and turn your dreams into reality. The first segment is an interview with Bonnie Bruderer founder of V.I.S.S International. Bonnie explains how her "Vision Boards" enable us to set goals and how to make your dreams come true. Mary Savoie Stephens a client of V.I.S.S Intl. explains how she was able to use Bonnie's techniques to change her life.

The second segment is an interview with Sage Levine, founder of "Purpose 2 Prosperity." Sage explains how to turn your passions into profit. Sage also discusses how her work is making a difference for Women living in Bali.

Program: California Living With Aprilanne Episode: #1024

Air Date: Tuesday, March 29, 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: California Living With Aprilanne Episode: #1008

Air Date: Thursday, March 31, 2016 6:30am 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.