My appearance on Daybreak OC

Here is the clip of my appearance on Daybreak OC, Orange County's very own morning news program. It's on KDOC from 6 am to 8 am, Monday through Friday. I watch it every morning, which is part of the reason why I was so nervous. Shally Zomorodi made me feel so comfortable and relaxed. If I look at ease in the clip, it's largely because of her.

This video still for the clip is very strange. I couldn't figure out how to change it. If anyone know how to insert a new still into YouTube (beyond the three offered), please let me know.