


# Subject: Appearance on DayBreak OC

This is how I was asked to do an appearance on Orange County's local morning news program—DayBreak OC.

The producer emailed me and asked if I could do a short, 3 to 5 minute, segment on “What to pack for a perfect day at the beach with your family.” 

After much panicking, I sent the email off that said, “sure would love to.” Which I mean sincerely, but I'm now terribly nervous.

“What is the worse thing that could happen?” asked Larry.

Oh, so very many things: mispronouncing a word I have no business using in the first place, flop sweat ala Broadcast News, forgetting my name, blank vacant staring (by me or host), appearing to be teenager because of the way I speak, mispronouncing a word (I am really afraid of doing this), someone standing up and saying, “Hey! You've never had a perfect day at the beach with your family!” exposing me as a fraud, smiling incessantly, ~~misspelling a word~~, or accidentally cursing.

My best chance of survival and not coming off as a goof? Preparation!

I have been busily collecting beach supplies and tips from parents who are far more qualified than I to speak about the subject.

If you have any beachy ideas, please pass them on.

One thing I don't yet have is a great read for the beach—anyone?