

sovereign grounds-figure it out yourself, but don't shoot each other. Another question we have is, when will this end? That's really what viewers want to know, and I do too. In the meantime, I'm more than ready to keep following this story.

## Gold & Silver Circle Profiles



### **GOLD & SILVER CIRCLE** PROFILES

by Kevin Wing



*Gold & Silver Circle Profiles* returns in the August issue of *Off Camera*.

## Soundbites



If you have lived and worked in the San Francisco Bay Area for the last 25 years, you know **Diane Dwyer**. But, how well do you know this Emmy Award-winning journalist? This month, the anchor and reporter who has worked for KTVU Channel 2 and KNTV NBC Bay Area tells all (well, almost), including her love for mint chocolate chip ice cream from Baskin-Robbins, her growing-up years in the Bay Area, family life, and her career, which has taken her all over California and the western United States, ultimately bringing her right back to the Bay Area.

### **Where did you grow up?**

I was born at Kaiser in San Francisco and spent the first few years of my life in Daly City. We moved to the Peninsula where I technically "grew up" my junior year at Burlingame High School - that's the year I grew 8 inches and was no longer the shortest kid in the school.

### **Do you have siblings?**

I'm from a big Irish Catholic family, so I have lots of siblings! I have two older sisters and four older brothers. My mom used to joke that she decided the "rhythm method" wasn't working very well after getting pregnant with me and apparently came up with another plan (I didn't ask for details).

**Please tell me about your Mom and Dad.**

Thanks for asking. My mom and dad were/are amazing parents. My mom was the crazy one of the pair: she once managed to sneak onto the floor of the NYSE when women weren't allowed (reminds me of when I managed to get onto the field with the Russian team during the Opening Ceremony of the Olympics in Italy). She passed away unexpectedly 14 years ago while we were on vacation. I still miss her very much. My dad is 92 and still mourning the death of my mom. He's the responsible one who is always fair. I love my big weird happy family.

**What were you like growing up as a Bay Area kid?**

I was really short and really shy: I obviously have changed a bit ;).

**When did you first realize that you wanted to be in television news?**

I graduated from the undergrad business school at Cal in accounting and finance, so it wasn't until a year of corporate banking that I realized I needed a new career. I learned my first day as an TV intern in Palm Springs that getting a "bite" didn't mean lunch, other than that I loved it.

**Where was your first job in TV? What was it like there?**

My first PAID job (after the internship in Palm Springs) was at KXLF in Butte, Montana (big copper mining town in the 1920s). I left Palm Springs in December of 1988 and headed north to experience the second coldest winter on record in Butte. Despite the cold, I loved the job! We did stories on everything from hog farmers and miners to **Evel Knievel** (who was born in Butte, in case you didn't know) and the aftermath of the massive fire in Yellowstone.

**Who has inspired you in your career?**

I admire creative writers who can use average words but spin them in a new way. I'm analytical and just don't have that type of writing talent. **Charles Kuralt, Bob Mackenzie** and **George Watson** were/are all wonderfully gifted writers. That said, I learned the most from **Fred Zehnder, Jim Branson, Earl Frounfelter, Mike Kelly,**



**Photo Courtesy  
Diablo Magazine**



**Tony Hodrick** and many others at KTVU.

**Who has inspired you as a person?**

My crazy, wonderful, kind, silly, smart, funny mom.

**Before you joined KTVU Channel 2 and KNTV NBC Bay Area, where did you work?**

I worked at KESQ in Palm Springs (1988), KXLN in Butte, Montana (1988-1989), KHSL in Chico (1989-1990) and then KTVU, starting in September of 1990. I was 24 when I started at KTVU, and I was completely awestruck getting to work with **Dennis Richmond**. I also thought it was pretty cool working with weatherman **Pat**

**Early KTVU years, with cameraman Tony Hodrick**

**McCormick**, whom I grew up watching on *Dialing for Dollars* and *Charley and Humphrey*.

**You worked at KTVU for many years. You not only reported, but you anchored, too, including the morning newscasts. What was that like?**

I also was a writer at KTVU. Anyone who worked at KTVU in the 1990s (or before) knows that was a special place with an incredible mixture of quirky and very smart people. I loved it.

**What's your favorite ice cream flavor?**

Mint chocolate chip from Baskin-Robbins -  
- no question.

**How do you spend your weekends?**

**You are quite involved in your children's activities, who, by the way, seem to be growing by leaps and bounds!**

Up until a few weeks ago, I spent my weekends anchoring the news at NBC Bay Area (I worked weekends either writing, reporting or anchoring for 22 of the last 24 years in the Bay Area). I always managed to watch soccer, basketball or volleyball games before heading to work. Now, I'm loving my Saturday and Sunday nights with my family.

**What charitable organizations are nearest to your heart?**

That's a tough question. There are so many amazing organizations and people in the Bay Area. Curry Senior Center in the Tenderloin in SF (serving low-income



and homeless seniors - I'm on the board) **On vacation in Machu Picchu, with husband, and De Marillac Academy (providing free education in the Tenderloin) are two of my favorites. I also love the International House at Cal (also on the board), Summit Bank Foundation, Asian American Donor Program, Rebuilding Together Peninsula, Golden State German Shepherd Rescue.** **Tim, and their two children.**

### **Perfect meal for dinner?**

Anything I didn't cook.

### **Any guilty pleasures?**

Napping. I'm a pro!

### **Cal, or Stanford? (Trick question)**

Hmmm, that's just insulting J.

### **Would you rather be on a nice, tropical sun-kissed beach, under a palm tree, where the temperature might be 100 degrees? Or, would you rather be on a cruise to see the polar bears in Alaska?**

Kevin, you know me better than that! I used an electric blanket under the desk at NBC to keep me warm while I anchored the news; I'm always cold and LOVE the warm weather.

### **How long have you and your husband, sportscaster Tim Sharp, been married? How did you two meet?**

Awhhhh - that's so nice of you to ask. Tim and I met our junior year at Burlingame High School (is that adorable or lame?). We went to our senior prom together, but then we didn't date through college. We got back together in 1991 and married in 1992.



### **Covering the 2004 Torino Olympics, with Raj Mathai for KNTV NBC Bay Area**

**You've worked at KNTV NBC Bay Area for a dozen years now. Last month, you left the weekend anchor desk there, but you'll still continue to be a prominent presence in the newsroom. What are you going to be doing?**

I'm going to miss my regular gig at KNTV, but I'm excited to be doing some special projects. My first project involves my alma mater and the anniversary of the Free Speech Movement.

### **When you're not at KNTV NBC Bay Area, you're juggling other jobs that are rewarding to you. Please tell me about them.**

Well, I've been teaching at the Berkeley-Haas School of Business for 5 years, and I must say it is intensely rewarding and challenging. I created the class called Media Consulting & Innovation. I also regularly guest lecture at the Design School at Stanford. I also have been doing a fair amount of media consulting work with companies including Emeryville-based Leap Frog, Oakland-based Pet Food Express and a nano-technology company called QSI.

It's an eclectic collection of companies, and I love the variety.

**What do you do to relax?**

I love to hike. My favorite hike is the Bay Area Ridge Trail at Tilden (starting at the steam trains). The views are amazing!

**Who is your favorite television journalist?**

**Jon Stewart** or **Stephen Colbert**.

**Favorite read: *San Francisco Chronicle*, or *USA Today*?**

Those are my only two choices?

**What's your favorite TV show?**

*Modern Family* - love love love it.

**See any good movies lately?**

*Running for Jim*. It's a documentary that a friend made, and it's an inspiring story about ALS. On a much lighter note, I also thought *We're the Millers* was hilarious.

**Personality-wise, are you more of a goof than you are serious?!**

My kids would definitely say I'm a goof who tries to embarrass them mostly at my own expense.

**If you could do it all over again, is there anything you would change about your life?**

I'd love to be able to sing in tune (ask anyone who has worked with me, I'm completely tone deaf).

**Favorite vacation destination? Where have you yet to travel to?**

My favorite vacation had to be trekking to Machu Picchu, besides when I barfed all night on some bad beef and had to hike 8 miles the next day at 11,000-foot elevation! I want to go to Rwanda to see the gorillas.

**Favorite music? What's in your iPod (if you have one) or collection of CDs?** I'm super lame when it comes to music since I'm tone deaf. I love the 60s to the 80s mostly



**June 8, 2014: Receiving a warm sendoff from her weekend colleagues at KNTV NBC Bay Area, Diane Dwyer signs off the weekend anchor desk for the final time.**

from **Luther Vandross** and **Simon & Garfunkel** to **Bob Marley** and **the Rolling Stones**.

### **Wine tasting, or a cold bottle of beer?**

Wine

### **What's the craziest thing you've ever done?**

Tough call, but probably one of the most memorable things I've done is pour a beer on **Tom Cruise's** head back in 1986.

### **Favorite spot in the Bay Area?**

Picnic table on the Bay Area Ridge Trail (between upper and lower Big Springs Trail) at Tilden Park with 360 degree views of the Bay Area.

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### **Stay tuned!**

You know her voice. You've heard her for many years on Bay Area radio, including on the legendary KFRC. And now, you see her on TV, too! In next month's *Soundbites*, get to know **Celeste Perry**, who does double duty every weekend on KOFY TV 20 in San Francisco and mid-mornings and mid-afternoons during the week on Big 103.7 FM!

## **The Health Reporter**

# *the* **Health Reporter**

by Karen Owoc



## **Do You Need Enhanced Water?**

In a day's work, your body loses about 8-12 cups of water... and all of that fluid needs to go back in. Water not only quenches your thirst, it's vital for your organs to function. It's needed for digestion, to carry nutrients and oxygen, control blood pressure, and to even lubricate joints. Without enough water, skin, the largest organ in the body, can become dry and wrinkled. Beverage companies know this and continue to tinker with ways to sell water.

Some companies have added vitamins and/or caffeine to water with the latest innovation in replenishment being "liquid water enhancers". These concentrated flavors come in tiny, two-inch squeeze bottles, but beware.

You need to look beyond the trendy hype and know what you're drinking. Water is essential and drinking it plain and pure is good for you. But when water contains chemical additives, such as artificial colorants (which are derived from petroleum), preservatives, and artificial sweeteners, nature's most important nutrient becomes a manufactured