



« [Rude Awakening \(11/15\): Bond Girls, throwing the ultimate Thanksgiving dinner party with Colin Cowie, Health Benefits of Making Music with NAMM, Tony Potts from Access Hollywood, The Smart Money with Michael Konik and much more!](#)

[Rude Awakening \(11-17\): The Amazing Jonathan! Cindy Margolis! Plus: the Wonderjock, Irish Drinking Songs for Ctas, The Luke Johnson Phone Experiment, and West of the Equator! And that's just to get us warmed up...!](#) »

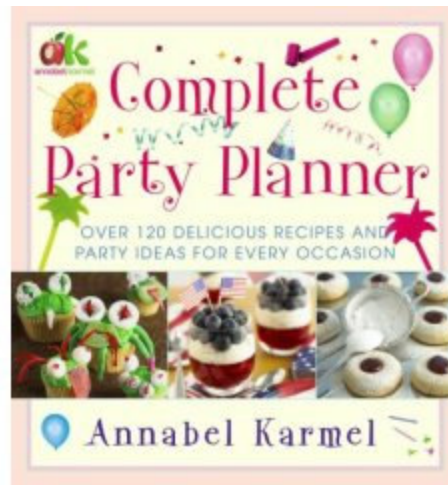
[Rude Awakening \(11/16\): Katherine Lanpher, Jack McBrayer from "30 Rock," Paige Kimble of the Scripps National Spelling Bee, the Little Drummer Baby, and Complete Party Planner Annabel Karmel. AND, the only place you'll find A Thousand Pounds of Movie Reviews! Plus, our ALWAYS witty banter...!](#)

As always, tune in at 7:00 to get your surf report from Lee down at [Malibus Surf Shop](#), 8Th Street & the boards in Ocean City, MD. *Not an Eastern Shore local? Check out Malibus' new website! Order awesome Malibus gear from the convenience of home and they'll deliver a little piec of Ocean City right to your door!*

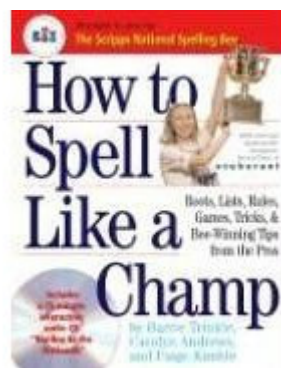


[ANNABEL KARMELE](#) — author of "**[The Complete Party Planner](#)**" — which is full of fun ways to get your kids to eat healthy this holiday season. It's hard enough getting kids to eat healthy any time of the year – but the holidays are the hardest. Kids are tempted by sweet treats no matter where they go. Good luck trying to get them to eat their broccoli. Annabel has a knack for turning healthy foods into meals that even the pickiest eaters reach for. Annabel says the trick is to celebrate the season by making the food festive and fun. She is author of the newly released book **The Complete Party Planner** where she shares 120 recipes and party ideas for every occasion. She has creative ways to turn even the most boring foods in to exciting and fun meals that children won't be able to resist.



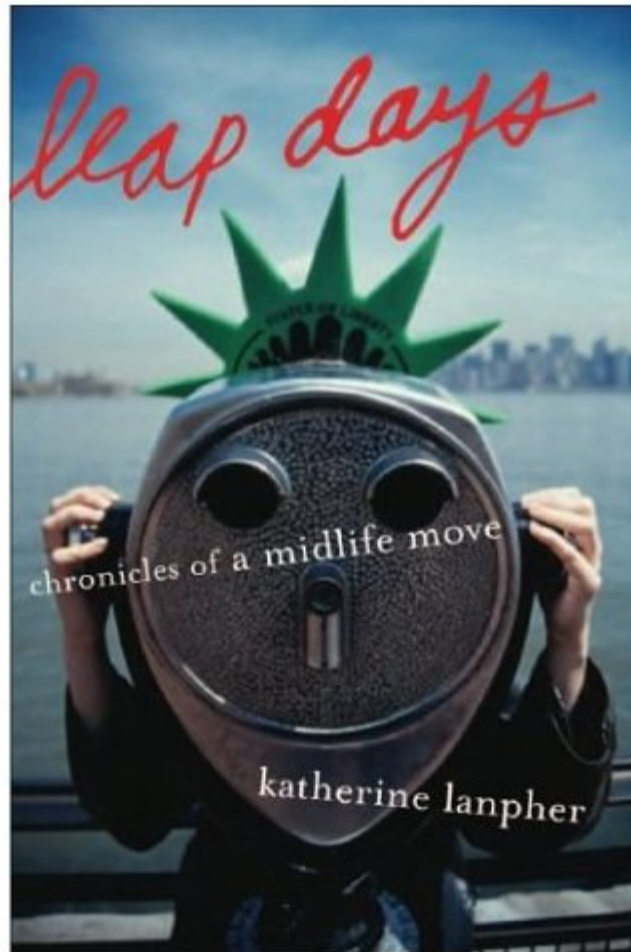


PAIGE KIMBLE — she's the director of the [Scripps National Spelling Bee](#). And she was also the 1981 National Spelling Champion (her word was "sarcophagus"). She's also a co-author of "[How To Spell Like A Champ](#)." Spelling has never been hotter: books, movies, documentaries, even a musical about spelling bees attest to the revival of interest in this critical and educational, skill. Now, from the authorities behind the Scripps National Spelling Bee comes the indispensable guide for all kids age 9 and up who are studying for a spelling bee at any level. Young spellers will learn not only what to study, how to study, and how much to study, they'll receive an education in the etymology, word roots, and spelling patterns. In addition, the book comes with a 75-minute audio CD taking listeners on an interactive journey from one girl's school bee all the way to the National Spelling Bee in Washington. The CD also includes practice spelling words presented by Dr. Jacques Bailly, the official voice of the National Spelling Bee. *Chapters like Roots, Branches, Trees, and Forest and A Few Good Rules and Many Annoying Exceptions teach kids the tricks and pitfalls of spelling, while sidebars and spelling lists keep them entertained along the way. For example, as readers learn sounds and spelling for every language from Latin to Sanskrit, they'll also be getting "A Short History of the English Language" and some tips from Nupur Lala, the 1999 National Spelling Bee champion, on how to spell your way to the top. Chapter 6, The Thrill of a Bee, takes kids inside the National Spelling Bee to show them what to expect when all their hard work pays off. The authors describe everything from how big the stage to how the words are chosen (the actual process takes nearly a year) to how to get Mom and Dad to chill on the Big Day. Peppered throughout the book are valuable bits of advice from past National Bee winners (try whispering the spelling of a word under your breath before stepping up to the microphone and carrying review note cards with you wherever you go). The book's final chapter consists of dozens of word games and puzzles to help hone kids' skills before they to try their luck on the CD against a crack young speller as she climbs the ladder to the Nationals. This book is a complete spelling package that's destined to become the essential primer for serious-minded spellers everywhere.*





[KATHERINE LANPHER](#) — best known for her work on Al Franken's radio show, she's the author of "[LEAP DAYS: Chronicles of a Midlife Move.](#)" It's a highly anticipated debut of her collection of essays. In her fresh and original voice—a combination of detached wit and emotional insight, Katherine considers her move from a rooted life in the Midwest to the uncertainties of a new job and unknown surroundings in New York City. Moving on a leap day, Katherine confronts her new Manhattan existence with conflicting emotions—excitement and trepidation, fascination and frustration, humor and despair—and in LEAP DAYS, she explores some of the discoveries she makes about her new city, and herself, along the way. These experiences inspire her to reflect on the past life and loves that helped prepare her for her new home.



BERNADINO PAVONE — he's the father of a toddler who is calling the shots in a new reality show—the toddler that is! If you know a 2 year-old musical prodigy who's looking to be in a rock band, then this could be their ticket to the big time. That's because there's a new reality show that is searching for pintsize musicians to be in a band with ""a 2 year-old drummer prodigy. The show is currently called "Finding Julian's Band," in honor of the diaper-wearing drummer, **Julian Pavone**. Producers are asking musicians under the age of 10 to audition and are especially interested in kids who can sing, play bass, guitar, piano, trumpet, violin or saxophone. But while

the kids have to pass muster with the producers, it's Julian who has the final say, according to his dad, Bernadino. As he puts it, "Julian doesn't just play with anyone. If he doesn't like what you're playing, then he just sits there." For example, during one recent jam session, the stickmaster stopped playing when a 16 year-old guitar player tried to upstage him. Says Pavone: "The guitar player was trying to shred, but just couldn't keep up and Julian just stopped and said `Dad I just don't like it.'"





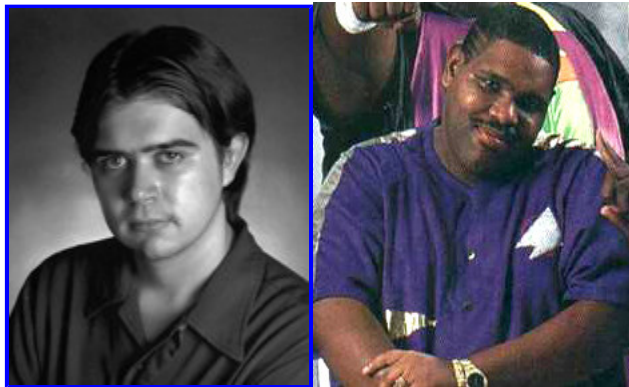
JACK McBRAYER — he plays Kenneth, the over-eager NBC page on NBC's new hit comedy "30 Rock" starring Tina Fey and Alec Baldwin. Emmy Award winner Tina Fey ("Saturday Night Live," "Mean Girls") writes, executive-produces and stars as Liz Lemon in "30 Rock," a workplace comedy where the workplace exists behind-the-scenes of a live variety show. The show is told through the comedic voice of Fey and features Alec Baldwin ("Jack Donaghy") as the brash new network executive who has turned the show upside down with his meddling ways. Single Lemon is living every comedy writer's dream - head writer on a demanding, live TV program in New York City. Her life is jolted when Donaghy interferes with her show, and bullies Lemon into convincing Tracy Jordan (Tracy Morgan, "Saturday Night Live," "The Longest Yard"), a wild and unpredictable African-American movie star, to join the cast. Now Lemon must manage the unmanageable so that the show - and her dream - can go on. **ABOUT JACK:** he has performed at the sketch comedy epicenters of three cities beginning with Second City and ImprovOlympic in Chicago, the Upright Citizens Brigade in NY as well as the UCB and IO outposts in LA. He has made numerous appearances in sketches on "Late Night with Conan O'Brien" and has appeared on "Arrested Development." He was recently seen opposite Will Ferrell in the NASCAR comedy "Talladega Nights: The Ballad of Ricky Bobby."



Jack is the MAN in the picture.



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Rorsky

Cassanova Ace

 [30 Rock](#), [Bernardino Pavone](#), [Jack McBrayer](#), [Katherine Lanpher](#), [little drummer baby](#), [Paige Kimble](#), [Rude Awakening](#), [Scripps National Spelling Bee](#)

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