

# Travel & Life



PHOTOS BY TIFFANY MCCASLAND /COURTESY, LEFT; MICHAEL WRIGHT PHOTO/COURTESY

## Design show explores how to renovate on a budget

By JOHNNY DIAZ | Staff writer

Looking for easy-to-do, inexpensive home design ideas?

Check out "SoFlo Home Project."

WPLG-Ch. 10 is launching the new weekly, half-hour program at 11 a.m. April 2, hosted by South Florida lifestyle expert and "makeover maestro" Martin Amado.

Viewers may recognize Amado. For the past 11 years, he hosted "Room for Improvement," a home design segment on WSVN-Ch. 7, the Fox affiliate in the Fort Lauderdale-Miami TV market.

Amado also hosts "ION@Home," a national do-it-yourself-home segment on Ion Media Networks, which is based in West Palm Beach. And he has appeared on Spanish television network Telemundo as a design contributor.

"We are extremely excited about our newest locally produced show in our Saturday morning lineup," said Bert Medina, president of WPLG, the ABC affiliate in Fort Lauderdale and Miami, in a release. "And it's great to have Martin Amado hosting the show. His years of experience on local and national TV make him uniquely qualified for this exciting new show."

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### On air

**What:** "SoFlo Home Project"  
**Airs:** 11 a.m.  
Saturdays and online at WPLG.com, starting April 2



Martin Amado

MARTIN AMADO/COURTESY

Unusual wedding ideas ask  
**'Why knot?'**

By JOHNNY DIAZ  
Staff Writer

Tying the knot doesn't always have to mean going to the chapel ... or a ballroom.

Couples nowadays are having fun with different venues (the zoo!) and surprising themes (revisiting the past!).

When Chris and Tiffany McCasland decided to get married, they found inspiration in her parents' nuptials from 36 years ago in South Florida.

"We really wanted to re-create the love that was present the day my parents got married," said Tiffany McCasland, of her father and mother, Fanancy and Debra Anzalone. "Their romance remains alive to this day."

The Bethesda, Md., couple picked the same hotel, the Fort Lauderdale Marriott Pompano Beach Resort & Spa, which back then was the King Neptune Resort Hotel. They did the same poses for their wedding photos.

The bride emulated Debra Anzalone's hairstyle and had her mother's original bouquet re-created and placed on a table for viewing.

They even tried to pick the same day, New Year's Eve, but had to go with the next best choice, New Year's Day, because of a scheduling conflict at the hotel.

Her parents today live in Lighthouse Point. They were "incredibly touched by the re-creation of their wedding elopement," said Tiffany McCasland, 35, a marketing and communications consultant. Chris McCasland, 30, is a ticket broker and owns a bar.

Perhaps re-creating your parents' wedding isn't your thing, but what about a holiday-themed reception?

Last month, the National Hotel Miami Beach offered a "Leap of Faith" package for couples wanting to get

See WEDDINGS, 2

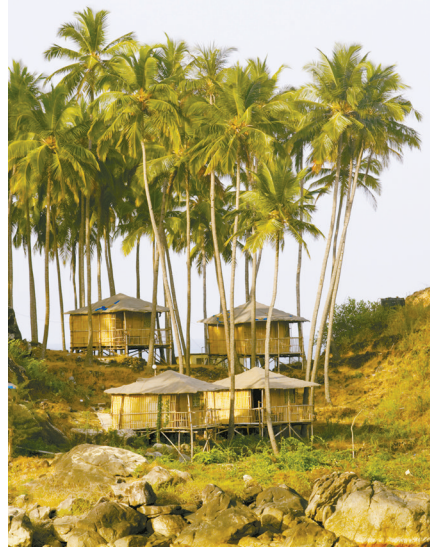


Tiffany and Chris McCasland replicated the wedding of her parents Fanancy and Debra Anzalone (pictured here) from 36 years ago at the Fort Lauderdale Marriott Pompano Beach Resort & Spa by posing on the balcony in the same way and marrying at the same hotel.

### IN TRAVEL

## Goa-long to get along

The former Portuguese colony and hippie haven is still an outpost of peace, love and understanding. **Page 9**



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KISSIMMEE, FL

# Television

## THE TV GUY

# 'Empire,' 'Grantchester' back in style



Hal Boedeker

Cookie Lyon and the Rev. Sidney Chambers are back where they belong: in prime time.

The return of dashing Sidney in PBS' "Grantchester" should ease the pain of losing "Downton Abbey." Cookie's comeback on "Empire," at 9 p.m.

Wednesday on Fox, should please fans of over-the-top drama.

Cookie's conniving, clothing and chatter remain blissfully broad, thanks to Taraji P. Henson's take-no-prisoners approach to the role. The corporate intrigue for the Lyon family turned a bit repetitive in the fall, but "Empire" works to get its groove back with outrageous moves. Patriarch Lucious Lyon (Terrence Howard) fumes flamboyantly about losing his company.

The series ratchets up problems for the sons of Cookie and Lucious. Andre (Trai Byers) deals with loss, visions and marital clashes with Rhonda (Kaitlin Doubleday). Jamal (Jussie Smollett) faces a fan backlash over his personal life. Hakeem (Bryshere "Yazz" Gray) is busy with executive duties and a tangled love life that includes nasty Camilla (Naomi Campbell).

Life with mom Cookie is never easy, and it's never boring, because you don't know if she'll hit, hug or lecture. Wednesday's episode puts jaw-dropping spins on a corporate meeting and father-son relations.

The April 6 episode intensifies the family turmoil through the music. Smollett pulls off two strong numbers: a showy reply to Lucious and a tender song to comfort Andre. The latter is an electrifying change of pace for "Empire," which soon returns to its wild, astonishing



CHUCK HODES/COURTESY

Taraji P. Henson has won a wide following for her performance as Cookie on Fox's "Empire."

ways.

"Grantchester," set in 1950s England, starts a six-episode run at 9 tonight on "Masterpiece." Chambers (James Norton) is a brilliant, hunky vicar. He is also the earnest foil for cynical Inspector Geordie Keating (Robson Green) as they solve crimes.

First up, the men must uncover what happened to a saucy girl whose diary disrupts Sidney's life. The dark story explores small-town desperation, sexual secrets and unsettling hypocrisy. The second episode takes espionage to far-fetched heights.

Yet Norton and Green form a strong team. Norton poignantly plays Sidney's anguish over a lost love and his struggles to move on. Norton makes you care as much about the man as the mystery.

## Hal Boedeker's weekly picks

### 'SUPERGIRL'

The Flash (Grant Gustin) jumps from The CW to the CBS drama and helps Supergirl battle Silver Banshee and Livewire.

Monday, 8 p.m.

### 'CARPOOL KARAOKE'

James Corden's popular "Late Late Show" segment becomes a CBS special featuring Jennifer Lopez, Adele and Elton John.

Tuesday, 10 p.m.

### 'SATURDAY NIGHT LIVE'

Emmy winner Peter Dinklage of "Game of Thrones" hosts the NBC show. Gwen Stefani is the musical guest.

Saturday, 11:30 p.m.

## TV Q&A

# A few ways to make noise about too-loud commercials

BY RICH HELDENFELS  
Akron Beacon Journal

Questions and answers about TV shows past and present.

**Q: Commercials, particularly the local ones, are just obnoxiously loud as compared to the show broadcast. I thought that there was a rule of "acceptable level" that was to be enforced by the FCC. So who is dropping the ball and whom should I contact?**

A: I have an answer, although I don't think you will like it much.

Federal law includes the Commercial Advertisement Loudness Mitigation Act from 2010. FCC rules then apply the law's standards to "TV stations, cable operators, satellite TV operators and other pay TV providers to ensure television commercial advertisements have the same average volume as the programs that they accompany."

So why doesn't everything sound the same? Look at the word "average." As I understand the rules, the average loudness of the commercial is measured by averaging the loudness of all components of the sound (dialogue, background music and so on) over the length of the commercial. Then, the average loudness of the program is measured by averaging the loudness over the length of the program.

So if you come out of a quiet scene into a commercial, it may be loud compared to what you've just been listening to, but not loud on average.

The FCC adds that "you may be able to activate certain settings in your television or home theater system to help stabilize overall loudness. Many televisions and home theater systems have features to control loudness, such as automatic gain control, audio compression or audio limiters, that can be turned



FX

Patrick Wilson in the second season of FX's series " Fargo."

on to provide a more constant volume level across programs and commercials. These functions usually need to be activated through the equipment's 'Set Up/Audio' menu."

If you still think something is wrong, you can complain one of three ways. By telephone: 888-CALL-FCC (888-225-5322); TTY to 888-TELL-FCC

(888-835-5322), or ASL to 844-432-2275. Online: <https://consumercomplaints.fcc.gov/hc/en-us>. And snail mail: Federal Communications Commission, Consumer and Governmental Affairs Bureau, Consumer Inquiries and Complaints Division, 445 12th St., S.W., Washington, DC 20554. Be sure to include your contact information and the details of your complaint.

**Q: Can you tell me if there are plans for a third season of " Fargo"?**

A: There are. According to published reports, the third season of the FX series will be set in 2010, about four years after the end of the first season. There will also be at least one character returning from earlier episodes, although it is not clear who. Entertainment Weekly said in January that a best bet is Lou Solverson, played by Keith Carradine in the first season and Patrick Wilson

in the second. But it also noted that series showrunner Noah Hawley "could just totally surprise us, as he tends to do."

**Q: Michelle Dockery has a role on the upcoming TNT series " Good Behavior." Does it have an air date yet?**

A: Not beyond "coming this fall," as TNT says on its website. Dockery, best known as Lady Mary on the now-done "Downton Abbey," plays a thief and con artist in what the network calls a "seductive thriller based on the Letty Dobesh books by Blake Crouch." A TNT executive has said that "we believe audiences will love watching Michelle Dockery trade in her manners for the life of a sexy, complex ex-con." I believe we should wait and see.

Write to the Akron Beacon Journal, 44 E. Exchange St., Akron, OH 44309 or email [rheldenfels@thebeaconjournal.com](mailto:rheldenfels@thebeaconjournal.com).

## Television tonight

### BROADCAST

(N) = New/Original Programming

Get updated and customized listings 24/7 at [Sun-Sentinel.com/tvlistings](http://Sun-Sentinel.com/tvlistings).

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	
<b>2</b>	WPC 56 "Cry, Cry, Cry"		Secrets of Selfridges		Masterpiece Mystery! (N)		<b>2</b>	Masterpiece Classic: Jimmy Dillon arrives. (N) (HDTV)			Luther ★1	
<b>5</b>	Little Big Shots (HDTV)		Little Big Shots (N) (HDTV)		Carmichael (N)	Crowded (N)	<b>5</b>	Hollywood Game Night (N)	News (N)	Honda 5	Your Money	
<b>12</b>	60 Minutes (N) (HDTV)		Madam Secretary (N)		The Good Wife "Unmanned" (N)		<b>12</b>	Elementary "Ready or Not" (N)	News (N)	Paid Program	The Good Wife	
<b>25</b>	America's Funniest Home Videos		Once Upon a Time (N)		The Family "I Win" (N)		<b>25</b>	Quantico "Turn" (N) (HDTV)	WPBF 25 News First at 11 PM (N)		Rizzoli & Isles	
<b>29</b>	Grease: Live: Summer lovers meet again at high school. (HDTV)						<b>29</b>	News (N)	Bensinger	What Went	Extra ★1	
<b>34</b>	Family Feud	Family Feud	Monopoly Mil.	2 Broke Girls	The Closer "Batter Up"		<b>34</b>	Anger	Anger	2 Broke Girls	King of Queens	Fast Joint Relief
<b>39</b>	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Anger	Monopoly Mil.	<b>39</b>	Seinfeld	Seinfeld	Tosh.0	Tosh.0	Friends
<b>42</b>	Global Health Frontiers		Secrets of Selfridges		Masterpiece Mystery! (N)		<b>42</b>	Masterpiece Classic: Jimmy Dillon arrives. (N) (HDTV)				Austin City Limit
<b>43</b>	Elementary (HDTV)		Showtime ('02) ★ Robert De Niro, Eddie Murphy, Rene Russo.				<b>43</b>	Bones "The Secret in the Soil"	Engagement			Paid Program
<b>51</b>	Ice Age 2: The Meltdown ★★		Gran Hermano (N) (SS)				<b>51</b>	La Biblia (SS)	Noticiero 51			Titulares Tele.

### CABLE

<b>(A&amp;E)</b>	Intervention "Kacy"		Hoarders "Maggie; Ann" (N)		Intervention: Codependent		<b>(A&amp;E)</b>	Intervention "Anne; Digger" (N)	(11:01) The First 48		Hoarders	
<b>(AMC)</b>	The Walking Dead		The Walking Dead "Twice as Far"		The Walking Dead (N) ★10:02		<b>(AMC)</b>	(10:02) Talking Dead (N)	(11:01) Fear the Walking Dead		Comic Men (N)	
<b>(ANT)</b>	Dear John	Dear John	Family Ties	Family Ties	Newhart	Newhart	<b>(ANT)</b>	Johnny Carson: McLean Stevenson; Gene Hackman.	3's Company		3's Company	
<b>(BRV)</b>	The Real Housewives of Atlanta		Housewives/Atl. (N)		Housewives/Potomac (N)		<b>(BRV)</b>	Thicker Than Water (N)	Happens (N)		The Real Housewives of Atlanta	
<b>(COM)</b>	50 First Dates	Forgetting Sarah Marshall ('08) ★★★ Jason Segel, Kristen Bell. ★10:09					<b>(COM)</b>	South Park	South Park	South Park	South Park	Shaun-Dead
<b>(DIS)</b>	The Incredibles ('04) ★★★ Voices of	Craig T. Nelson.			K.C. Undercover	Stuck/Middle	<b>(DIS)</b>	Backstage	Liv and Maddie	K.C. Undercover	Austin & Ally	Jessie
<b>(DSC)</b>	Naked and Afraid		Naked and Afraid		Naked and Afraid (N)		<b>(DSC)</b>	Naked and Afraid (N)		(11:01) Naked and Afraid		Afraid
<b>(ESN)</b>	SportsCenter (N)				30 for 30 ★10:30		<b>(ESN)</b>	30 for 30	SportsCenter (N)			SportsCenter
<b>(FREE)</b>	5:30 ★ Up	Frozen ('13) ★★★ Voices of Kristen Bell, Idina Menzel, Jonathan Groff.					<b>(FREE)</b>	Hop ('11) ★★ Voices of James Marsden, Russell Brand, Kaley Cuoco.				Joel Osteen
<b>(FX)</b>	5:30 ★ Thor: The Dark World	Man of Steel ('13) ★★ Henry Cavill, Amy Adams. ★11					<b>(FX)</b>	8 ★ Man of Steel ('13) ★★	Man of Steel ('13) ★★ Henry Cavill. ★2			
<b>(HALL)</b>	Karen Kingsbury's The Bridge Part 2 ('16) Wyatt Nash.				When Calls the Heart (N)		<b>(HALL)</b>	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls
<b>(HBO)</b>	(7:15) Vacation ('15) ★★ Ed Helms, Christina Applegate. (ESP)				Vinyl (N) (ESP) ★10:02		<b>(HBO)</b>	(10:02) Girls (N)	Together (N)	Last Week To.	Vinyl "The King and I" (ESP)	
<b>(HIST)</b>	American Pickers		American Pickers		American Pickers		<b>(HIST)</b>	American Pickers		(11:03) American Pickers		Amer. Pickers
<b>(LIF)</b>	Double Daddy ('15) Mollee Gray, Brittany Curran.				A Teacher's Obsession ('15)		<b>(LIF)</b>	9 ★ A Teacher's Obsession		(11:02) Double Daddy ('15) Mollee Gray. ★1:02		Friends
<b>(NIK)</b>	Henry Danger	School of Rock	Thundermans		Full House	Full House	<b>(NIK)</b>	Full House	Full House	Friends	Friends	Friends
<b>(SHO)</b>	Shameless "Paradise Lost"		The Circus (N)	The Circus Ins	Shameless "Sleep No More" (N)		<b>(SHO)</b>	Billions "Quality of Life" (N)		Billions "Quality of Life"		The Circus Ins
<b>(SYFY)</b>	6 ★ Superman: The Movie ('78) ★★★ Christopher Reeve.				Chronicles of Narnia: Lion, Witch		<b>(SYFY)</b>	The Chronicles of Narnia: The Lion, the Witch and the Wardrobe ('05)				Batman Returns
<b>(TBS)</b>	2016 NCAA Basketball Tournament (N)				2016 NCAA Basketball Tournament (N)		<b>(TBS)</b>	2016 NCAA Basketball (N)	Inside March (N)	The Detour (N)		
<b>(TCM)</b>	5:15 ★ King of Kings ★★		Easter Parade ('48) ★★★ Judy Garland, Fred Astaire.				<b>(TCM)</b>	Going My Way ('44) ★★★★★ Bing Crosby, Barry Fitzgerald.				King of Kings
<b>(THIS)</b>	The Greatest Story Ever Told ('65)		In the Heat of the Night		In the Heat of the Night		<b>(THIS)</b>	In the Heat of the Night		Cagney & Lacey		Cagney & Lacey
<b>(TLC)</b>	Long Island Medium		Jill & Jessa: Recount (N)		Long Island Medium (N) ★10:01		<b>(TLC)</b>	(10:01) Long Lost Family (N)		(11:03) Long Island Medium		Lost Family
<b>(TNT)</b>	4:30 ★ The Dark Knight Rises		The Mummy: Tomb of the Dragon Emperor ('08) ★★ ★10:15				<b>(TNT)</b>	(10:15) The Mummy: Tomb of the Dragon Emperor ('08) ★★		Brendan Fraser.		
<b>(USA)</b>	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		<b>(USA)</b>	Law & Order: Special Victims Unit	Modern Family	Modern Family	Modern Family	Modern Family
<b>(WGN-A)</b>	The Bodyguard ('92) ★★ Kevin Costner. A bodyguard falls for the singer-actress he must protect.						<b>(WGN-A)</b>	Underground "The Lord's Day"	How I Met	How I Met	How I Met	How I Met