

BECOME A COOKING STAR ON TV30 **ENTER MOTHER'S DAY RECIPE CONTEST**

PLEASANTON, CA – (03.18.14) -- Want to be a cooking star? Did you learn how to make the best cookies from your mother? Now is the chance to be a guest chef on an upcoming episode of "Spice of Life" on TV30. Enter the Second Annual "Spice of Life Mother's Day Recipe Contest." Submit your favorite recipe and a photo of the dish by going to www.tv30.org and click "Spice of Life." One lucky winner will be chosen to showcase their recipe on a future episode of "Spice of Life" and prepare the dish on TV at the Tri-Valley TV studios. Entries are due by April 5th at 11:59 p.m.

For complete rules and to enter the "Spice of Life Mother's Day Recipe Contest," visit the TV30 website at www.tv30.org and click on the "Spice of Life." Be a cooking star on TV30!