

it's 'her' call

An Interview with LYNN DOYLE - CN8's Executive Producer/Host of It's Your Call!

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HER JOB DEMANDS SHE WEAR MANY HATS, which she manages exceptionally well. From Dr. Seuss caps to military gear and pink-feathered tiaras, Lynn Doyle boldly, and often quite literally, dresses the part of the many stories she tells.

She's a dynamic dame who courageously outfits herself with such necessary garments as compassion, kindness, beauty, wit and charm, naturally connecting with the camera, the crowd and the core of her subjects. Her

kind-hearted character is a natural welcoming for her candid walk in the shoes of those she interviews. From Terry Francona and Mikael Gorbacev to Miss America and Mary Higgins Clarke, Doyle's repertoire of 'It's Your Call' (IYC) expert and celebrity guests is anything but one-dimensional.

IYC covers a broad spectrum of topics including home, family, money, government, sports, health, and significant current events. Add to the mix down-to-earth engaging conversations with numerous rising and established artists and experts (including the likes of Pattie Labelle and Miss Manners), and IYC's got something for everyone.

Designed with a viewer-input layout, including web-polls, on-air visits & phone calls, emails and subject nominations, Doyle has effectively encouraged a shift from 'audience response' to 'audience participation.' Given the diversity of topics and her interactive approach, piloted by her mediating expertise, Lynn Doyle brings 'Smart TV' to CN8.

As CN8's Political Director, IYC's Executive Producer and Host, Lynn

Doyle undoubtedly has a very demanding career. In addition though, she manages to maintain a rich family life as a wife and mother of two, and a full social calendar, along with a productive weekly fitness and a healthy nutrition regimen. How does she do it? We recently slowed her down long enough to find out.

PhillyFit: What 3 words best describe you:

Lynn Doyle: Loyal. Versatile. Smart.

PF: In 10 words or less, describe IYC:

LD: It's like talk radio on television, but with a moderator.

PF: Wow, you're good- that was 10 words exactly.

What was the hardest obstacle you've ever come across professionally?

LD: Dealing in a compassionate way with 9/11 without exploiting the situation.

PF: Personally?

LD: Dealing with the death of my father at a very young age, which required me to grow up overnight.

Lynn with her lil' pal



"I walk regularly, love spin classes, lift weights, do yoga and play tennis".

PF: I'm so sorry for your loss.

PF: Do you mind sharing a fitness-related obstacle that you have had to overcome?

LD: Sure, rehabbing from a very serious knee injury at the age of 44.

PF: Would you say you are the same person on and off the air? Explain.

LD: Yes, although I'm a bit more reserved on the air most of the time because of the seriousness of the issues I cover. I think I'm versatile in the topics we discuss, ranging from teen suicide and murder cases to the latest beauty crazes and reality TV. And, I'm versatile in my personal life as well. I can be very much at home both in jeans and a sweatshirt, hanging with my friends or family, or dressed in formal attire attending a black tie event with the rich and famous. On the air, I try to be objective and compassionate with my guests, and I strive for this personally, too. The biggest difference between the two is that I'm much more opinionated in person, because I can be. Whereas on the air, it's the guests' opinion that matters, not mine.

PF: Using three words, describe your family life:

LD: Loving. Evolving. Fun.

PF: Using three words, describe your professional life:

LD: Challenging. Rewarding. Fun.

PF: What's the key to balancing the two?

LD: Know what's important and make decisions accordingly.

PF: What is the best advice you can offer someone interested in following your career path?

LD: I always suggest that people work on their writing skills,

read as much as they can to be well versed in many subjects, and to get as much practical experience, even unpaid, as possible.

PF: And, advice you'd give on looking and feeling your best?

LD: Find out what is best for you and put the emphasis on that; accept yourself and accentuate the positives.

PF: What do you do to stay in shape, where do you workout and do you have a trainer?

Lynn's show "It's Your Call" just recently won their 4th EMMY for outstanding talk series. Lynn is married to Michael Doyle, the president of the Eastern Division of Comcast Cable and the founder of CN8. Lynn told us, "I get a lot of the credit for CN8 because I'm on the air, but he's the brains behind the operation. The network wouldn't exist without him"



LD: Yes, I do have a trainer, Jim Johnston, and he's fabulous! Because my schedule is so full, it's more convenient for me to be able to work out at home. But, I also belong to a gym in LBI called Dawn's Elite Fitness, which is great, because it allows me to take classes and strength train when I spend time there. I am pretty versatile in my fitness routine: I walk regularly, LOVE spin classes, lift weights, do yoga and play tennis.

PF: Can you give us the general format of your weekly fitness regimen?

LD: A class or walk or elliptical every weekday, followed by a half hour of strength training, tennis twice a week, and longer cardio on the weekends.

PF: Give us an average day of your nutritional intake.

LD: I usually start the morning with coffee and a meal two hours before my workouts, follow my workout with a protein shake or a meal, and then eat 3-4 times (small meals) for the remainder of the day. Usually, I try to have each of those meals contain a balanced portion of protein, carbs and fat.

PF: Which aspect of the triathlon would you excel in?

LD: The celebrating at the end!

PF: Using one word, describe your feelings about exercise:

LD: NECESSARY.

PF: Are you proud of the way you look?

LD: Let's say, I'm 90% satisfied...there's definitely room for improvement!

PF: Is there too much emphasis on beauty?

LD: I think there's been too much of an emphasis on a certain

type of beauty and I'm glad to see that's changing to reflect more diversity and body types.

PF: Very nicely put. So, if you were asked to pose for Playboy with the agreement that the proceeds would be donated to favorite charity would you?

LD: NO

PF: If you had to give your measurements to keep your job, would you?

LD: Yes

PF: If your career ladder has 20 rungs, on which rung would you say you are currently perched?

LD: Probably 15. I'm not doing the TODAY show, but then, I never really pursued the 20th rung that aggressively because there were other important factors in my life, like my marriage and my children. But, I'm incredibly happy with where I am in my career and what I've accomplished so far.

PF: What drives you to do what you do?

LD: The sense that we are able to actually help people at times. I know that sounds trite, but honestly, if one victim of domestic violence leaves because of a show we did, or one mother gets help because of our advice on post partum depression, then it's really incredibly satisfying. Plus, it's an always-changing environment, which allows me to expand my horizons and expand my knowledge constantly. I like that.

PF: If Oprah, Katie, or Julia were to hand over their jobs, which would you take and could you handle it?

LD: Katie Couric in a heartbeat. And yes, I could handle it,

because I've been doing that kind of work for over 25 years. I've interviewed thousands of people, many of them in the five-minute format on 'Comcast Newsmakers', which is essentially the format that the TODAY Show uses. And, I cover many of the same breaking news stories and headline-grabbing cases on IYC that her show does, so I'm ready on a moment's notice! Call me!

PF: Your three most favorite interviews:

LD: Mikhail Gorbachev for the historical significance, Johnnie Cochran because of my interest in the subject matter (OJ), and Terry Francona because of the sheer joy he experienced and shared.

PF: Is there one show you wish never aired?

LD: No, there are some I wish I had done differently, though.

PF: If you could fill the set with a group of any 10 interviewees, for the best hour ever, whom would you choose?

LD: I have a lot of regulars who routinely make up great hours and I couldn't possibly name them all. But among my choices would be (in no particular order) Chuck Peruto and Tariq el Shabazz, Sadie Ladov, Gloria Allred, Ed Turzanski, Charles Barkley, Bill Devlin, Michael Smerconish, Howard Eskin and Ed Rendell.

PF: What is most and least favorite topic to cover on your show?

LD: Favorite – OJ – so many components to the story, so much visceral reaction, even now, so much speculation. Least Favorite? Any show that deals with a child being abused or murdered. It's hard to contain my emotions.

PF: Who was a more interesting subject to interview, Mikhail, Terry, Elizabeth Edwards, Mary Higgins Clark, or miss America?

LD: Mikhail Gorbachev because he has made contributions which literally have changed the world and they have happened in my lifetime. To spend time with someone who worked with an American President to end the cold war was absolutely compelling.

PF: If you could interview anyone in the world, who would it be and what would be the most important question you would ask?

LD: Osama bin Laden-when will you strike America again and where?

PF: What was it like interviewing the former PLO terrorist Walid Shoebat?

LD: Surreal. Here was a man who admitted being part of horrific murders, yet sitting across from me he seemed like he could have been talking about the latest in the Michael Jackson trial. Eerie. Informative and interesting, but eerie.

PF: What's the most powerful question you have asked someone and what was the answer?

LD: I interviewed a woman after 9/11 who was in the building opposite the world trade center who, after evacuating her employees and office staff, stayed at her desk and watched the events in the floors above the fires. She saw three people step onto a ledge, hold hands, and consciously make the decision to jump. Just before they did, they spotted her and locked eyes. Then, they were gone. My most powerful question to her? Why did you stay there, why did you watch? And her answer?

Because I didn't want them to die alone. That's my most powerful moment.

PF: How would you change the world and why?

LD: If there was a way to wipe out hatred, that would be first on my list. Hatred causes so much pain, from little children hurting each other, to world leaders engaging in wars. Education, acceptance, tolerance and equality are all needed to wipe out hate, so unfortunately, it would take a lot to change the world.

PF: So, which would you say, specifically, is the societal issue that most disturbs you and why?

LD: Child abuse. I cannot fathom how people inflict the pain and suffering on children that they do and even though I've covered it countless times in my career, each new case sickens me to my core. When you think of all the people in the world who desperately want children but can't have them, and then you see the people who abuse and kill children, it really makes you question "WHY?"

PF: What is your life philosophy/personal motto?

LD: Never forget where you came from.

PF: If you were asked to sing any song of your choosing in front of a large, live audience, what would you sing?

LD: "PROUD TO BE AN AMERICAN," by Lee Greenwood.

PF: Three musical artists of different eras you listen to.

LD: Frank Sinatra, Rolling Stones, Dixie Chicks.

PF: Your favorite place to eat in both Philly and Jersey?

LD: There are too many great choices in Philly, but in Jersey there's no place better than Lorenzo's in Trenton!

PF: What do you do to relax and where do you do it?

LD: We recently bought a beachfront home in LBI and that's been an incredible place to rest and relax. But, on a weekly basis, I meet with my seven best friends every Friday afternoon for "fellowship" and that's a great way to wind down from the week and kick off the weekend. Talking, laughing, and being together make for the best relaxation.

PF: If you were to produce a movie about your life, as you know it, what would you title it?

LD: It's My Call

It's Your Call with Lynn Doyle airs on CN8 Weeknights at 9PM & Midnight and Sunday Evenings at 8PM. Visit www.cn8.com for more information on IYC. Be sure to check out our publisher, Jami Appenzeller, on Lynn's show December 21 at 9pm, where she is Lynn's featured guest on her holiday show. They'll be sharing their fitness secrets and helping us all stay fit for the holidays!

Carmen Elizabeth Greger is the owner of both KARMA CULTURE based in Philadelphia, PA and YOGA AVALON in Avalon, NJ. She is a Wellness Journalist, a Yoga instructor and a Holistic Health Practitioner, as well as a certified Personal Trainer and Sports Nutritionist. She hosts Lectures, Workshops and Master Classes in the US and Internationally. She has studied extensively with Yogi Masters David Swenson, Seane Corn, Jonny Kest, Baron Baptiste, David Life, Sharon Gannon, Beryl Bender Birch, Rodney Yee, Gurmukh Khur Khalsa and Bryan Kest. Carmen is currently working on completing her first Creative Non-Fiction Novel. She is also working on her Masters in Creative Writing and Transpersonal & Somatic Psychology.