

PUBLIC AFFAIRS REPORT
for
WPXK-TV
JELLICO, TENNESSEE
for
FOURTH QUARTER ENDING DECEMBER 31, 2014

In accordance with Section 73.3526(e)(11)(i) of the Federal Communications Commission's rules, the following, in the opinion of WPXK-TV, are the problems and needs of the community for the period noted above. They are not necessarily listed in order of importance. Each is identified by significant public affairs and/or public service programming in response to these needs.

Issues:

1. How to Put in Distressed Wood Floor
2. Annual Conservation Tillage Event of Gibson County
3. The Greenville Lodge for 4-Hers
4. How to Build a Workbench
5. Birdfeeder Project for Family
6. How to Maintain a Fireplace
7. Bathroom and Kitchen Remodeling
8. How to Install a Doggie Door
9. UTK Introduces the New Brehm Food & Science Bldg and the Equine Medical Hospital
10. Tour of UT's Arboretum

A detailed summary of each program's content, including guests, affiliations and date of broadcast is included in this report.

LIVING WELL is a one hour community affairs program covering human interest related issues and affairs that are important to the community. Living Well provides programming that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in Living Well are "Downright Domestic" and "My Generation".

UT CONNECTIONS is a one-half hour community affairs program covering issues that are important to the state of Tennessee. The show highlights The University of Tennessee's programs designed to educate the community in areas of Agriculture, Environment, Conservation and Animal Science/Medicine.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: UT Connections
Air Date: 10/2/14 at 6:00am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: The Annual Conservation Tillage Event of Gibson County

The largest of its kind in the nation, the event was host to presenters and farmers alike interested in the different ways that conservations skills could be applied to the various farming industries and techniques currently in use. In addition to “no till” techniques, in which a seed is planted directly on top of the residue of the previous year’s crop, farmers were shown how to address such issues as weed control, irrigation and seed treatments designed to add precision to their specific harvests.

Program: UT Connections
Air Date: 10/2/14 at 6:30am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: The Greenville Lodge

Host Chuck Denney takes the viewer on a tour of the Greenville Lodge: an anonymously donated multi use building available to “4-Hers” located at the Clyde Austin 4-H Center in Greenville. Features of the structure include retreat facilities that have been made available to students, councilors and businesses alike.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 206
Air Date: 10/7/14 & 10/9/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Andrew Mitchel, Gregg Watling, Dennis Rhodes, Casey Arnold, Terry Ray, D.J. Mills, Bill Taylor, Daniel Wasson, Robert Goegel

Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode flooring experts show us how to put in a distressed wood floor that adds an elegant touch to any room. Jeff visits a home and garden show where he shares some great ideas on how you can spruce up your home. Joe Sherinski shows us how to build an outdoor staircase of natural stone. The Dirt Doctor, Howard Garrett shows how to organically control plant fungus and Stephanie Young teaches how you can cool down your attic using solar power.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin shows us how to prepare a meal that is specifically designed to enhance brain thinking and clarity. She also teaches us some tricks to successfully set goals.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 207
Air Date: 10/14/14 & 10/16/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Robert Goegel

Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode learn how to make a workbench that can fold out of the way when you need the space. We will also learn how to bring natural light into almost any room. Joe Sherinski shows us a birdfeeder project that is fun to do with the whole family. Dirt Doctor Howard Garrett teaches us how to organically plant a tree and Teresa will also show us tips on oven maintenance.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin shows us a cleaned up version of smothered chicken fried steak with mushroom gravy and mashed sweet potatoes as well as some other classic southern dishes. She will also teach some beneficial exercise moves to do when you are short on time.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 208
Air Date: 10/21/14 & 10/23/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Steve
Wilson, Stanley Quist

Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode learn how to update the style and feel of your kitchen. We will also take a look at the latest developments in dishwasher technology. Joe Sherinski shows us how to create an indoor garden for cats. Organic gardener Howard Garrett will show us creative uses for orange oil. We will also learn tips on keeping your clothes dryer running safely and efficiently.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode Robin makes healthy versions of dishes. She also talks about different types of body images and realistic expectations to have for each body type.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 209
Air Date: 10/28/14 & 10/30/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Steve Wilson Joe Sherinski, Howard Garrett "The Dirt Doctor", John Brown,

Southern Fried Fitness Host: Robin Shea

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Your House & Home" and "Southern Fried Fitness".

Description:

"Your House & Home" is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa installs a screen door with a retractable screen. Jeff creates a perfect perch for trophies and collectables. Joe Sherinski shows how to make an old fashioned plant press that is perfect for kids of all ages. "The Dirt Doctor" Howard Garrett shows us how to brew and use compost tea for the garden and learn an easier way to maintain your fireplace.

"Southern Fried Fitness" is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin recreates and cleans up two classic Southern dishes.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 210
Air Date: 11/4/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane Watts, Steve Wilson, Joe Sherinski, Howard
Garrett and Stephanie Young
Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode hosts Jeff and Teresa go through a kitchen remodel by showing how to install new countertops and a backsplash. Joe Sherinski shows how you can preserve and update your lawn chairs and Stephanie Young gives quick and easy steps to help maintain the range hood in your kitchen. Also, the Dirt Doctor shows the equipment and techniques you can use to grow bulbs inside and without soil.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. This episode is all about Robin’s favorite 20% recipes and she shows two classic southern recipes; Fried Green Tomatoes and Fried Catfish as well as a dessert recipe for your ice cream.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: UT Connections
Air Date: 11/6/2014 @ 6:00am
Duration: 30 minutes
Style/Type: Interview
Source: UT Institute of Agriculture
Host: Chuck Denny
Issues Addressed: 2 New Facilities

Host Chuck Denny introduces us to the brand new Brehm Food and Animal Science Building 8 years in the making and 4H students are invited to come by and learn how to judge livestock. We take a look at the new, \$21m Equine Medical Hospital where horses will receive hi tech surgery and a state of the art rehab center along with cutting edge stem cell research. 4H kids attend their 66th annual Congress in Nashville where the future leaders vote on Bills to battle childhood obesity and school security. Other topics include: John Sevier School gains praise from IPM for combatting pest. After school program, Excel teaches kids chemistry with the help of Mentos and Diet Coke. The future of food, feeding 9 billion people in 2050. Parenting Apart, parent classes and finical lessons for divorced moms and dads. Pig Weed problem, the cost of herbicide and yield loss reaches \$120m.

Program: UT Connections
Air Date: 11/6/14 @ 6:30am
Duration: 30 minutes
Style/Type: Interview
Source: UT Institute of Agriculture
Host: Chuck Denny
Issues Addressed: Arboretum

Chuck Denny takes us on a tour of UT's Arboretum in Oak Ridge with a look at a Field Day that was held there recently. A look at a prison in Davidson Co. where inmates grow their own food on a 100 acre farm saving tax payers \$400k a year with plans to double by next year. Interviews with local farmers and Gov. Bill Haslam about the drought in TN and the effects on crops and livestock. Young 4H students learn to run a business and earn money for 4H camp. A UT student is recognized on CNN for his work in Ag Social Media. Other topics include: Irrigation Systems and cost. Stink Bug problems. Northeast TN Beef Expo. TN's infamous Bell Witch and the tourist dollars she draws in.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 211
Air Date: 11/11/14 & 11/13/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane Watts, Steve Wilson, Joe Sherinski, Howard
Garrett and Stephanie Young
Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode host Jeff walks you through a bathroom remodel featuring new sinks and countertops. Teresa along with Steve Wilson install brick veneers to make a textured accent wall. This episode also features how to install a doggie door in your wall, how to make herbal tea with your own home grown herbs and tips for maintaining a clean and efficient washer.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. This episode features more of Robin’s 20% recipes including the one that started it all for her and Southern Fried Fitness. We’re introduced to her double duty recipes that can carry over from an appetizer dish to a delicious soup using the same ingredients.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 212
Air Date: 11/18/14 & 11/20/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Steve Greenberg, Reed Granger, Nikki Krueger, Pat Lynch, Scott Schmid, David Mansberry, Tim Kelley, and Howard Garrett.
Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, Steve Greenberg takes us to the World’s Largest Home Builder Convention. Reed Granger shows us the latest energy efficient washers & dryers. Pat Lynch describes how the “Radiant Barrier Sheathing” can save money on energy bills. Scott Schmid shares his engineered custom made doors. David Mansberry introduces us to the World’s Most Intelligent Oven. Paint expert Tim Kelley shows us the latest styles and techniques of indoor paint colors and textures. The Dirt Doctor shows us how to make our trees healthier. Host Jeff Schmidt gives tips and ideas for the basic proper maintenance of Spas and Hot tubs.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode Robin celebrates her early “Eat-Clean” victories by preparing one of her most memorable clean dishes, “Herb Stuffed Pork Tenderloin” and also a delicious “Romesco Sauce.” For a special treat, Robin prepares a “Rum Raisin Bread Pudding” covered with a sweet warm vanilla sauce!

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 213
Air Date: 11/25/14 & 11/27/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Steve Greenberg, Gary Brown, Marianne Cusato, Tim Kelley, and Howard Garrett.
Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, Steve Greenberg takes us to the World’s Largest Home Builder Convention normally closed to the public to show new home products. Here he also showcases Cusato Cottages which could change how we view emergency shelters after natural disasters strike. Teresa gets a demonstration from Gary Brown about Insulated Concrete Forms being used in new homes making them sturdy and energy efficient. Howard Garrett shows tips on how to upgrade your fence and Jeff repairs a ceiling after a leak has done its damage.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. Our habits are passed down through generations, both good and bad and passing on a “clean” and “fit” lifestyle to our children is a beautiful legacy. On this episode Robin prepares two classic Southern recipes with a clean twist and gives us the scoop on good and bad types of fat we encounter. As always Robin also shares her recipe for an indulgent dessert.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 214
Air Date: 12/2/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Sam Carreon, Tony Pratt, Ryan Garbett, Steve Greenberg, Jon Bittenbender, Joe Sherinski, Mike Seasmans, Bob Rodenbeck, Stephanie Young, Steve Wilson

Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description: *“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live.* In this episode learn how to update a living room by making a switch in the flooring plan from carpet to beautifully laminated wood and we’ll travel to Orlando, FL for the International Builders Show where Steve Greenberg takes a look at the next generation in radiant heating and fire sprinkler systems for your house and home. Joe Sherinski has some great tips on getting your outdoor power equipment ready for this year’s action. Plus Steve Greenberg heads to Las Vegas for The Consumer Electronics Show where he’ll show us some amazing products he found in The Next Gen Project House.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin shows us how to make healthy snacks to keep ready in the fridge. Robin will also share a life changing gift that you can give and receive.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: UT Connections
Air Date: 12/4/2014 @ 6:00am
Duration: 30 minutes
Style/Type: Interview
Source: UT Institute of Agriculture
Host: Chuck Denny
Issues Addressed: 2 New Facilities

Host Chuck Denny introduces us to the brand new Brehm Food and Animal Science Building 8 years in the making and 4H students are invited to come by and learn how to judge livestock. We take a look at the new, \$21m Equine Medical Hospital where horses will receive hi tech surgery and a state of the art rehab center along with cutting edge stem cell research. 4H kids attend their 66th annual Congress in Nashville where the future leaders vote on Bills to battle childhood obesity and school security. Other topics include: John Sevier School gains praise from IPM for combatting pest. After school program, Excel teaches kids chemistry with the help of Mentos and Diet Coke. The future of food, feeding 9 billion people in 2050. Parenting Apart, parent classes and finical lessons for divorced moms and dads. Pig Weed problem, the cost of herbicide and yield loss reaches \$120m.

Program: UT Connections
Air Date: 12/4/14 @ 6:30am
Duration: 30 minutes
Style/Type: Interview
Source: UT Institute of Agriculture
Host: Chuck Denny
Issues Addressed: Arboretum

Chuck Denny takes us on a tour of UT's Arboretum in Oak Ridge with a look at a Field Day that was held there recently. A look at a prison in Davidson Co. where inmates grow their own food on a 100 acre farm saving tax payers \$400k a year with plans to double by next year. Interviews with local farmers and Gov. Bill Haslam about the drought in TN and the effects on crops and livestock. Young 4H students learn to run a business and earn money for 4H camp. A UT student is recognized on CNN for his work in Ag Social Media. Other topics include: Irrigation Systems and cost. Stink Bug problems. Northeast TN Beef Expo. TN's infamous Bell Witch and the tourist dollars she draws in.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 215
Air Date: 12/9/14 & 12/11/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Duane Putz, Mike Brewer, Steve Greenberg, Farell
Beddome, Frank Daly, Joe Sherinski,

Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description: *“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live.* In this episode we’ll learn how new windows all around your house and home can be one of the best investments. Steve Greenberg clears the air on the latest developments in bathroom fan technology. Joe Sherinski has a drain system guaranteed to keep water from your foundation and a visit to the International Builder’s Show in Orlando, FL.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin takes us on a culinary journey of the sense and she talks about how real success can be found when you look at life through the eyes of a child.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 216
Air Date: 12/16/14 & 12/18/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Larry Atkins, Jesus Escumilla, Joe Sherinski, Steve Wilson
Stephanie Young

Southern Fried Fitness Host: Robin Shea

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa transforms a family room and kitchen with beautiful porcelain tile. Jeff gives a shower a bold new look with updated fixtures and a bright touch of tile. Joe Sherinski has great tips for attracting beautiful birds to your house and home, then Stephanie replaces an old patio sliding door with a new energy efficient door that will last a lifetime.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin will address America’s #1 killer and she will create a bountiful salad and make an amazing maple frosted carrot cake.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 217
Air Date: 12/23/14 & 12/25/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Steve Wilson Joe Sherinski, Davis Rowe, Steve Wilson,
Kyle & Calli Thoma, Randy Ogle, Stephanie Young

Southern Fried Fitness Host: Robin Shea
Guest: Doris Burr (Robin's Mother)

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Your House & Home" and "Southern Fried Fitness".

Description:

"Your House & Home" is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Jeff will give a house a fresh approach by installing a new front door that combines the rich look of wood with the durability of fiberglass. Teresa shows you how to get a cool breeze going in your house and home by changing a lighting fixture and putting in a ceiling fan. Joe Sherinski has some tips you won't want to miss on easy inexpensive ways to upgrade your landscape. Then it's a high tech toilet that's build for comfort.

"Southern Fried Fitness" is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. Robin is a guest in this episode of Southern Fried Fitness. Learn how to prepare a cleaned up version of a hamburger and French fries. They will also show you how to make a chocolate malt.

WPXK-TV, Jellico, Tennessee
PUBLIC AFFAIRS REPORT
FOURTH QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 218
Air Date: 12/30/14 @ 6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Phillipe Mergaux, Casey Arnold, Rick & Lisa Shaw, Joe Sherinski, Steve Greenberg, Stephanie Young, Barbara Hearne & Pat Murphy.
Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, Teresa meets with Phillipe Mergaux and together they show us how a European technique called, “decopierre” can make any wall look like natural stone. Rick & Lisa Shaw from Beaver Pool Services demonstrates how you can turn your pool from fowl friendly to family friendly. Joe Sherinski shares two “kid friendly” planting projects, a hanging basket tomato & herb garden. Steve Greenberg shows how drilling a hole in your wall can give you & your cat more living space. Stephanie Young explains how door & window weather stripping basics can help make your heat and air conditioning more efficient.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode, Robin shares two delicious and healthy Breakfast recipes. Maple Nut Granola and Wildflower Granola. . Robin also shares the importance of “Blazing your own Trail” by building a strong and solid self-reliant system. Plus Robin’s 20% Indulgent recipe, Stuffed Brioche French Toast w/Peach, Pecan and Vanilla honey syrup.