PUBLIC AFFAIRS REPORT for WPXK-TV JELLICO, TENNESSEE for THIRD QUARTER ENDING SEPTEMBER 30, 2013

In accordance with Section 73.3526(a) 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. Organizational Ideas
- 2. Volunteering
- 3. Building a Business
- 4. Women in Business
- 5. Keep Pets Safe
- 6. Alzheimers
- 7. Holiday Survival Solutions
- 8. Volunteer Medical Providers
- 9. Charity
- 10. Green Living

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".

THE ACCESS TOGETHER PROJECT is a one-half hour community affairs program covering a variety of topics in the Memphis, Germantown and surrounding communities. The programs are designed to promote community involvement in legal, health, education and senior issues. The Access Together Project format includes twelve regularly scheduled shows and several special features. Included in this report are: Crosstalk, Legalease, What's Up Doc, Tennessee Talks, Let's Talk Money, Living Well and Mentors.

Program: Living Well

Title/Topic: Downright Domestic: 10 Organizing Ideas

My Generation: Fountain of Youth

Show #: LW118

Air Date: Tuesday 7/2/13 at 6:00am

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

Living Well is a one hour public 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".

Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas. Are you in a mess? Host Rebecca Webster gives tips on organizing small living spaces, closets and even car trunk space. Even ideas for items like a photo album and under the bed storage are offered and you can find out how to go from clutter to cash.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference. Age is just a number and this episode features individuals who are making the most of their years now that humans are living longer. There are 5 blue zones in the world where people are living much longer due to low-stress environments and staying physically active every day. AARP Magazine has selected positive people to model and be featured in their "Faces of 50" shoot as they share their tips for living a fulfilling life after 50. In addition to financial tips as you grow older this episode also features the Rails to Trails program where old railroad tracks are transformed into biking and hiking paths helping community members pursue an active lifestyle. The average gamer is 32 years old and 1 in 4 gamers are over 50 and the Wii gaming console is bringing families together and bringing joy to older players.

Program: Let's Talk Money

Air Date: Thursday 7/4/2013 at 6:00am

Duration: 30 minutes Style/Type: Interview Source: GHS-TV

Host(s): Harvey Cook, Sr. VP - Merrill Lynch & Kelly Bolton, Sr. VP - Merrill Lynch

Issues Addressed: Building a Business

Hosts Harvey Cook and Kelly Bolton, both Sr. VPs of Merrill Lynch, interview Scott Fuelling, President of Phoenix Unequaled Home Entertainment – a custom home entertainment system installer concentrated in the Memphis, TN area. Topics discussed include other areas of installation that the business has covered, how the business was started and where it might grow from it's current market niche. Mr. Fuelling also offers advice to small business entrepreneurs as they currently struggle to make a name for themselves in this difficult economic climate. Other guests include Jay Myers, Founder and CEO of Interactive Solutions – a video conferencing company serving the local Memphis and Nashville areas. Mr. Myers furthers the discussion by offering advice for small business owners that includes how to recognize market potentials for your business designed to increase client base.

Program: Let's Talk Money

Air Date: Thursday 7/4/2013 at 6:30am

Duration: 30 minutes Style/Type: Interview Source: GHS-TV

Host(s): Harvey Cook, Sr. VP - Merrill Lynch & Kelly Bolton, Sr. VP - Merrill Lynch

Issues Addressed: Women in Business

Hosts Harvey Cook and Kelly Bolton, both Sr. VPs of Merrill Lynch, interview Stacy McCall, President and CEO of ServiceMaster by Stratos, a contract janitorial company serving the Memphis, TN area. The interview covers subjects such as how the business got started 32 years ago, what went behind naming the business and what venues make up their main client base. Other subjects covered include how to acquire, train and retain an employee base that focuses on the core values of the business all from a professional woman's perspective.

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Pet Pointers

My Generation: Mind Matters

Show #: LW119

Air Date: Tuesday 7/9/13 & Thursday 7/11/13 at 6:00am

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas. If you are a pet owner you will want to watch this episode as host Rebecca Webster lists tips to help keep your pet safe, happy and healthy. Weight assessment and dietary needs are vital and with the help of your vet you can create a plan to keep your loved one at a healthy weight. This episode also shows training and behavior tips and how to keep your pet comfortable while travelling or moving. While cleanliness, health and behavior topics are covered, tips for styling your pet are also included.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference. As baby boomers are nearing retirement the number of Alzheimer's cases are on the rise and with no cure available families of these sufferers are also being put under financial and emotional stress as they take on their loved one's well being. Maria Shriver talks about her experience and awareness since her father was diagnosed with the disease. Dr. Dharma Singh Khalsa, a yogi and medical researcher discusses the benefits of meditation and healthy lifestyle to help prevent memory loss. Particularly Kirtan Kriya meditation only takes 12 minutes a day and a study shows that individuals with memory complaints and Alzheimer's benefited from the practice. Also in this episode celebrity chef Sara Moulton discusses how she manages a very full work schedule while taking care of her household and the winners of the AARP magazine's "Faces of 50+" feature are revealed.

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Winter Survival Solutions

My Generation: Off the Beaten Path

Show #: LW120

Air Date: Tuesday 7/16/13 & Thursday 7/18/13 at 6:00am

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas." When winter approaches you want to be prepared, and in this episode host Rebecca Webster lists the solutions to survive the season. From hot delicious recipes to organizing your mud room with shelves and bins down to trendy fashion tips, this list will be sure to keep you cozy. After all the cooking is done Rebecca also shares cleaning tips for your kitchen, sealing windows and doors and how to keep your fireplace nicely maintained. Even with all the at-home tips this episode also features tips for a winter getaway.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference." This episode of My Generation celebrates real originals as it showcases people and events that you won't find just anywhere. Blobfest is an annual sci-fi festival which celebrates the classic film "The Blob" in its very own filming location, Phoenixville, PA. Beginning as an annual screening of the film it has since grown into a family filled event with contests, vendors and re-enactments from the film. Glenn Close uses her fame and name to advocate for Fountain House and Puppies Behind Bars, which are organizations that help fight the stigma of mental health and support animal rights respectively. Fashion designer Carmen Marc Valvo was set up to be a medical doctor by his father but now he is using scissors and thread to dress women. Also a colorectal cancer survivor he is helping spread awareness and boosting women's spirits through fashion. The ultimate cheapskate, Jeff Yeager makes another appearance giving a tour of his home which is furnished and sometimes built from recycled materials.

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Holiday Helpers

My Generation: Connections

Show #: LW121

Air Date: Tuesday 7/23/13 & Thursday 7/25/13 at 6:00am

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas." You can count on holidays bringing the family together and this episode lists different tips for enjoying the season. Rebecca Webster gives tips for creating decorative and inviting environments for when guests come in to visit. To get into the holiday spirit recipes, crafty favors and gift ideas for all members of the family are listed, even for the beloved pets in the household.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference." This episode highlights that there are people who can come into your life for the better and set a precedence to affect the communities we live in. Volunteers In Medicine is an organization made up of volunteer medical providers to give healthcare to the working and constructive members in the community who would otherwise not be able to afford it. Volunteers like Dr. Lynn Helmer is reminded of why she went to medical school every day she works for the organization. The Bennholds family is an example of a couple who adopted internationally and couldn't be happier. As more families look to international adoption My Generation discusses the circumstances and tips surrounding what can be an emotionally enriching and even intense experience. Artists Rosemary Williams and Patsy Helmetag are the founders of Paw Posies, a small business that uses dog paws to create watercolor floral art. What began as a seemingly innocent incident has turned into a way for pet owners to have priceless keepsakes created by their animals. This episode also features a "My Money" segment discussing long term care insurance strategies and "Gadgets for Grownups" which features digital products that can be used today.

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Magnificent Makeovers

My Generation: Pass It On

Show #: LW122

Air Date: Tuesday 7/30/13 at 6:00am

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas." In this episode host Rebecca Webster highlights different makeovers such as beauty, fashion and home makeovers. Even diet and recipe makeovers are covered to help with your personal health.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference." Blobfest is an annual sci-fi festival which celebrates the classic film "The Blob" in its very own filming location, Phoenixville, PA. Beginning as an annual screening of the film it has since grown into a family filled event with contests, vendors and re-enactments from the film. AARP magazine's Bill Newcott, also a film editor, stops in to give trivia about the classic film and cover some his favorite horror films. The My Money segment covers how you can save for retirement, including going over your budget to determine what costs can be cut and moved to a personal savings or retirement account. The U.S. doesn't have a high voter turnout rate, but one way to turn that around is by parents setting an example for their kids and taking them to the polls with them.

Program: Let's Talk Money

Air Date: Thursday 8/1/2013 at 6:00am

Duration: 30 minutes Style/Type: Interview Source: GHS-TV

Host(s): Harvey Cook, Sr. VP - Merrill Lynch & Kelly Bolton, Sr. VP - Merrill Lynch

Issues Addressed: Building a Business

Hosts Harvey Cook and Kelly Bolton, both Sr. VPs of Merrill Lynch, interview Scott Fuelling, President of Phoenix Unequaled Home Entertainment – a custom home entertainment system installer concentrated in the Memphis, TN area. Topics discussed include other areas of installation that the business has covered, how the business was started and where it might grow from it's current market niche. Mr. Fuelling also offers advice to small business entrepreneurs as they currently struggle to make a name for themselves in this difficult economic climate. Other guests include Jay Myers, Founder and CEO of Interactive Solutions – a video conferencing company serving the local Memphis and Nashville areas. Mr. Myers furthers the discussion by offering advice for small business owners that includes how to recognize market potentials for your business designed to increase client base.

Program: Let's Talk Money

Air Date: Thursday 8/1/2013 at 6:30am

Duration: 30 minutes Style/Type: Interview Source: GHS-TV

Host(s): Harvey Cook, Sr. VP - Merrill Lynch & Kelly Bolton, Sr. VP - Merrill Lynch

Issues Addressed: Women in Business

Hosts Harvey Cook and Kelly Bolton, both Sr. VPs of Merrill Lynch, interview Stacy McCall, President and CEO of ServiceMaster by Stratos, a contract janitorial company serving the Memphis, TN area. The interview covers subjects such as how the business got started 32 years ago, what went behind naming the business and what venues make up their main client base. Other subjects covered include how to acquire, train and retain an employee base that focuses on the core values of the business all from a professional woman's perspective.

PUBLIC AFFAIRS REPORT THIRD QUARTER, 2013

Program: Living Well

Title/Topic: Downright Domestic: 10 Halloween How-To's

My Generation

Show #: CCLW123

Air Date: Tuesday 8/6/13 & Thursday 8/8/13 at 6:00am

Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life

Issue(s) Addressed: Renovations & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

Val Zavala (Producer, My Generation)
Bettina Shoreman (Owner, The Bread Bar)
Andrea Hein (Owner, Andrea Hein Occasions)

Romina Torre (Party Packagers)

Ronan Tynan (Doctor, Tenor, Athlete, motivational speaker)

Chief Brian O'Keefe (National Naval Medical Center)

Blake Mycoskie (Founder, Toms Shoes) Jennifer Hermening (Toms Shoes 'Vagabond')

Justin Cook (Toms Shoes 'Vagabond')

Tom Hill (Conservationist)
Ted Leonsis (Filmanthropist)

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Description:

"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of "Downright Domestic" Rebecca offers creative ideas on designing some spooky Halloween treats. Creepy cupcakes, severed fingers and eyeball hors d'oeuvres are just a few of the freaky ideas she shares.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this special episode, Ronan Tynan is interviewed about his career as a doctor, tenor, athlete and his efforts to encourage others with disabilities as a motivational speaker. Then visit Toms Shoes; a charitable business that donates a pair of shoes to needy people all over the world for every pair of shoes they sell. Then meet Tom Hill, who has started a program to save lions in Africa by offering to reimburse anyone who loses cattle to lions. In the past, the lions were hunted down to save the cattle. Now, they are paid for their loss instead which spares the lions and the local economy. Ted Leonsis is a wealthy film enthusiast who funds films about true life events that inspire charity and goodwill around the world.

PUBLIC AFFAIRS REPORT THIRD QUARTER, 2013

Program: Living Well

Title/Topic: Downright Domestic: 10 Holiday How-To's

My Generation

CCLW124 Show #:

Air Date: Tuesday 8/13/13 & Thursday 8/15/13 at 6:00am

58:30 minutes Duration: Style/Type: **Human Interest** Source: **ION Life**

Issue(s) Addressed: Renovations & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

Jonathan Pond (Contributor, My Generation) Bill Boggs (Segment Producer, My Generation) Chef Bonnie Stern (Author, 'Friday Night Dinners')

Dara Greene (Hallmark)

Michelle Raino (Special Gifts Officer, Canadian Feed The Children)

Mary Kitchen (Reporter, Fashion Television Channel)

Chef Emerie Brine (Bernardin) Mark Marsi (Pop-Classical Vocalist) Danny Fernandes (Singer and Songwriter)

Aahona Banerjee (Hallmark)

Jocelyn Stephen (Stanley Black & Decker Tools)

Ray Herndon (Nurse, former publisher)

Stephanie Curtis (Nurse, former land surveyor) Matthew Tibbs (Nurse, former IT specialist) Stephanie Weatherbee (Stay At Home Mom)

Robin Remsburg, RN, PhD (School of Nursing Dir, George Mason Univ)

Sonya Almond (RN Nurse Educator) Josephine Counts (Cafeteria Worker) Robert G Romasco (AARP Board Member) Tom Nelson (AARP, Chief Operating Officer) Charles Strouse (Broadway composer) Cristo & Jeanne-Claude (Artists)

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Description:

"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of "Downright Domestic" Rebecca offers gift ideas, recipes and music suggestions. She shows how to customize greeting cards, showcases the latest fashions and music and shows how to wrap the perfect present. She also encourages viewers to give to the less fortunate.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this special episode, meet people who changed for their old career to become nurses in order to help others. And meet retirees who have to keep working past retirement age due to lost 401k plans. Then get financial advice for the My Generation finance expert. Then Bill Boggs interviews Broadway composer legend about his music has touched so many lives. Then meet exceptional artists who use fabric on a massive scale, such as covering Arkansas River.

PUBLIC AFFAIRS REPORT THIRD QUARTER, 2013

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Steps To Make Your Home Holiday Ready

My Generation

Show #: CCLW125

Air Date: Tuesday 8/20/13 & Thursday 8/22/13 at 6:00am

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Renovations & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

Ron Burley (Contributor, My Generation) Debbie Travis (Host, All For One) Andrea Hein (Holiday Decorator)

Ryan Peters (A Golden Touch Home Services)

Grace (Baking Expert)
Bobby Haas (Photographer)
Marie Arana (Author)
Ken Rudin (Collector)

Nancy Altman (Social Security Expert)

Bill Newcott (AARP Magazine)

Junious Hinton (Sugar Ray Leonard Boxing Center)

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Description:

"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas. This episode continues the recent theme of holiday preparations. Rebecca and her guests offer ideas to prepare your home for the holiday season. Decorating your table, selecting and decorating the perfect tree, and outdoor decorations are just a few of the festive suggestions offered.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this special episode, meet an amateur photographer who uses his camera to take aerial photos to share his love for the planet. Then learn tips from Ron Burley on how to protect yourself from shipping liability when shopping online. Then meet an avid collector who has amassed over 75,000 political buttons, as well as other memorabilia from political campaigns. Then Cynthia interviews Nancy Altman on how to make the most of the social security benefit program. Bill Newcott, from AARP Magazine then reviews several current movies for grown ups. Finally, meet Junious Hinton who coaches boxing to young people to help instill values and motive them to greater goals in life.

PUBLIC AFFAIRS REPORT THIRD QUARTER, 2013

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Beauty Basics

My Generation

Show #: CCLW126

Air Date: Tuesday 8/27/13 & Thursday 8/29/13 at 6:00am

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Renovations & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

Monika Schnarre (Model/TV Personality) Kelly A. Blair (Fashion Consultant) Jane McKay (M.A.G. Senior Artist) Melissa Forrest (TIPS Salon)

Tara Shirazi (Stylist, First Choice in Haircutters)

Kahleen Miller (WonderBra) Bruce Pearson (Medical Traveler)

Josef Woodman (Author)

Rick Carlisle (Owner, Orpheus Records) Scooter (Manger, Road House Oldies) Steven L Miller (Street Photographer)

Julie Jansen (Author)
Marlen McKinney (Shopper)
Jayne O'Donnell (USA Today)
Patsy Helmetag (Artist)
Rosemary Williams (Artist)

Michelle Ullrich-Kownacki (Paws Pet Boutique)

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Description:

"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas. This episode focuses on beauty tips and tricks. They begin with the proper method for walking in high heels and continue with multiple other tips such as applying makeup, hairstyling and storing your shoes and other fashion accessories.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this special episode, meet medical travelers who decide to go to foreign countries for their treatment which costs 30-80% less and is often less invasive. Meet record shop owners where music lovers still gather and support vinyl LPs in the face of the current trend of digital media music downloads.

Then meet street photographer, Steven, who wanders the streets engaging average citizens to tell their stories through photographs. Learn some shopping tips from experts on how to save money and spot the good sales. Then meet a business that takes paw prints from the pets of animal lovers and creates artwork from it.

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Ways to Save

My Generation: Groundbreakers

Show #: LW101

Air Date: Tuesday 9/3/13 at 6:00am

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Finances & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas. On this episode of "Downright Domestic" we show you great ways to put your money where it should be...back in your wallet, with our list of '10 Ways to Save. Join host Rebecca Webster as she shares cooking, shopping & home maintenance tips to save money.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode of "My Generation" meet groundbreakers who inspire change. The MS Philadelphia Coalition overcomes a racist past. Fashion icon, Gloria McFadden reveals the meaning behind her designs. Revisit the birthplace of the modern gay rights movement. Visit the home of Jazz in bean town.

Program: Tennessee Talks

Air Date: Thursday 9/5/2013 at 6:00am

Duration: 30 minutes Style/Type: Interview **GHS-TV** Source: Host(s): Ruth Dunning

Issues Addressed: Green Living (pt. 1)

Host Ruth Dunning interview Clay Francis, Adjunct Professor of Political Science at Middle Tennessee State University. Topics discussed include Professor Francis' origins as an advocate for the environment and alternative fuels. Later, the discussion follows the basics of how we use nuclear and fossil fuels to power today's societies. Part one of interview ends with a presentation of how global warming is affecting our atmosphere and weather - including it's causes and fossil fuels contributions.

Program: Tennessee Talks

Air Date: Thursday 9/5/2013 at 6:30am

Duration: 30 minutes Style/Type: Interview Source: GHS-TV Host(s): Ruth Dunning

Issues Addressed: Green Living (pt. 2)

Host Ruth Dunning continues her conversation with MTSU Adjunct Professor Clay Francis. Part 2 of the discussion includes subjects such as what can be done as a society to reduce carbon foot prints in the interest of reducing climate change. More efficient use of current resources is also addressed. The conversation then addresses how homes can be better insulated to create less demand of current power grids. Part 2 concludes with a discussion about what current political issues around the world are having a secondary affect on environmental issues as a whole.

Program: <u>Living Well</u>

Title/Topic: Downright Domestic: 10 Terrific Transformations

My Generation: Healthy Options

Show #: LW102

Air Date: Tuesday 9/10/13 & Thursday 9/12/13 at 6:00am

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas. On this episode we'll show you a series of makeovers including interior design, fashion and cosmetic procedures, in our list of 10 Terrific Transformations. Join host Rebecca Webster as she highlights a series of makeovers including home renovations and personal transformations.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

This week meet doctors and dentists providing free care to patients. Discover a simple lifesaving checklist for your next hospital stay. Get your retirement on track. Entertainer Ben Vereen also discusses his career and his mission to spread diabetes awareness.

Program: Living Well

Title/Topic: Downright Domestic: 10 Better Health How To's

My Generation: Connections

Show #: LW103

Air Date: Tuesday 9/17/13 & Thursday 9/19/13 at 6:00am

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas. Everyone wants good health so in this episode we give you 10 great tips for having a healthier lifestyle. Join host Rebecca Webster as we talk about exercise, a raw food diet, vitamins, allergies, and so on.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

This episode features the importance of good relationships and strong connections and features a local eatery that bringing people together and building stronger communities. Greg Mortenson connects children to build schools around the world. Learn the art of making a good first impression in an ever evolving technological world and there's something special on the menu at Jodie's Café.

Program: Living Well

Title/Topic: Downright Domestic: 10 Ways to Funk Your Junk

My Generation: Have a Heart

Show #: LW104

Air Date: Tuesday 9/24/13 & Thursday 9/26/13 at 6:00am

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Lifestyle & Community Issues

Guests: Rebecca Webster (Host of "Downright Domestic")

Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: "Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas. In this episode, we take used, unwanted trash and transform it into amazing treasure. Join host Rebecca Webster as she restores antique items, clothes and paintings to a modern setting.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

This episode gets straight to the heart of the matter. Comedian Joan Rivers dishes up her serious side as her charity "God's Love We Deliver" is highlighted. See a medical procedure that may cut down complications, may be safer and is more comfortable for the patient. Dr. & former U.S. Senator, Bill Frist shares tips for a healthy heart. Money expert Jonathon Pond gives tips on family finance fixes and we ask "are vinyl records forever?" Also kids share what they really think about grandma and grandpa.