

PUBLIC AFFAIRS REPORT  
for  
WPXK-TV  
JELLICO, TENNESSEE  
for  
FIRST QUARTER ENDING MARCH 31, 2014

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. Pet Safety
2. Winterizing Your House
3. Creating an Inviting Environment for the Holidays
4. Showcasing Women Business Ventures
5. Presenting Executive Initiatives
6. Saving for Retirement
7. Business Demands
8. Local & National Politics
9. Motivate and Instilling Values in Young People
10. DIY Projects

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.

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

Program: Let's Talk Money  
Air Date: 1/2/2014 at 6:00am  
Duration: 30 minutes  
Style/Type: Interview  
Source: GHS-TV  
Host: Harvey Cook & Kelly Bolton  
Issues Addressed: Women in Business

Guest Stacy McCall, President and CEO of ServiceMaster by Stratos, a contract janitorial company that serves the local Memphis, TN area, discusses the challenges and opportunities for women in business in the 21<sup>st</sup> century and beyond. After addressing specifics about the company, including what services can be rendered, the conversation focuses on venues that have been clients and how they vary in their needs. Finally, the interview focuses on direct policy as it pertains to worker retention and competition among rivals as well as hiring within the company, itself.

Program: Let's Talk Money  
Air Date: 1/2/2014 at 6:30am  
Duration: 30 minutes  
Style/Type: Interview  
Source: GHS-TV  
Host: Harvey Cook & Kelly Bolton  
Issues Addressed: Executive Initiative

Interviewed is Mike Gallagher, President of Centro, Inc., a sales representative and distributor for valves, pumps, mixers and other products that are part of the flow control industry. Subject discussed included company history, corporate sales and client lists. Mr. Gallagher also discussed the various business models utilized by the company and how they determine their customer service expectations and guidelines. After addressing his personal business history, Mr. Gallagher then shifts his comments to adapting to the shifting and challenging economy and how the company was able to, not only succeed, but grow sales. Finally the conversation shifts to measuring the success of the company in it's future endeavors as well as how it has shifted it's focus from the previous owners.

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Pet Pointers  
My Generation: Mind Matters  
Show #: LW119  
Air Date: 1/7/14 & 1/9/14 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.*

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.*

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Winter Survival Solutions  
My Generation: Off the Beaten Path  
Show #: LW120  
Air Date: 1/14/14 & 1/16/14 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.

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Holiday Helpers  
My Generation: Connections  
Show #: LW121  
Air Date: 1/21/14 & 1/23/14 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."*

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.

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Magnificent Makeovers  
My Generation: Pass It On  
Show #: LW122  
Air Date: 1/28/14 & 1/30/14 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.

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Halloween How-To's  
My Generation  
Show #: CCLW123  
Air Date: 2/4/14 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.

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

Program: Let's Talk Money  
Air Date: 2/6/2014 at 6:00am  
Duration: 30 minutes  
Style/Type: Interview  
Source: GHS-TV  
Host: Harvey Cook & Kelly Bolton  
Issues Addressed: Women in Business

Guest Stacy McCall, President and CEO of ServiceMaster by Stratos, a contract janitorial company that serves the local Memphis, TN area, discusses the challenges and opportunities for women in business in the 21<sup>st</sup> century and beyond. After addressing specifics about the company, including what services can be rendered, the conversation focuses on venues that have been clients and how they vary in their needs. Finally, the interview focuses on direct policy as it pertains to worker retention and competition among rivals as well as hiring within the company, itself.

Program: Let's Talk Money  
Air Date: 2/6/2014 at 6:30am  
Duration: 30 minutes  
Style/Type: Interview  
Source: GHS-TV  
Host: Harvey Cook & Kelly Bolton  
Issues Addressed: Executive Initiative

Interviewed is Mike Gallagher, President of Centro, Inc., a sales representative and distributor for valves, pumps, mixers and other products that are part of the flow control industry. Subject discussed included company history, corporate sales and client lists. Mr. Gallagher also discussed the various business models utilized by the company and how they determine their customer service expectations and guidelines. After addressing his personal business history, Mr. Gallagher then shifts his comments to adapting to the shifting and challenging economy and how the company was able to, not only succeed, but grow sales. Finally the conversation shifts to measuring the success of the company in it's future endeavors as well as how it has shifted it's focus from the previous owners.

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Holiday How-To's  
My Generation  
Show #: CCLW124  
Air Date: 2/11/14 & 2/13/14 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")  
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.

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

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.

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Steps To Make Your Home Holiday  
Ready  
My Generation  
Show #: CCLW125  
Air Date: 2/18/14 & 2/20/14 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.

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

Program: Living Well  
Title/Topic: Downright Domestic: 10 Beauty Basics  
My Generation  
Show #: CCLW126  
Air Date: 2/25/14 & 2/27/14 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

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

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.

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

Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 201  
Air Date: 3/4/14 at 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: Jeffrey Schmidt and Teresa Garrett  
Southern Fried Fitness Host: Robin Shea  
Steve Wilson, Howard Garrett, Joe Sherinski, Stephanie Young,  
Mike Williams, Chip Rawlinson.

“Living Well” is a one hour community affairs 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 Jeffrey and Teresa along with special guests show step by step instructions for installing overhead garage storage units, an easy way to label your circuit panel and how to prune plants the natural way. In the *Pets Projects* segment we learn how to keep pets safe from fleas and ticks and *Safe at Home* shows how to put together your family’s emergency preparedness kit.

*“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.* On this episode Robin talks about the importance of cardiovascular nutrition and shares her protein packed pre-workout and post-workout recipes as well as her “20%” indulgent recipe.

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

Program: Let's Talk Money  
Air Date: 3/6/2014 at 6:00am  
Duration: 30 minutes  
Style/Type: Interview  
Source: GHS-TV  
Host: Harvey Cook & Kelly Bolton  
Issues Addressed: Building a Business

Interviewed is Dick Sweebe, President and CEO of Diamond Companies, a trucking transportation service provider. Mr. Sweebe discusses his own business history and he came to be involved with the company as well as how he addresses certain business demands in today's market. After addressing topics like distribution areas and main states of operation, Mr. Sweebe speaks about managing over 600 employees as well as advice for those looking to start and manage similar services.

Program: Tennessee Talks  
Air Date: 3/6/2014 at 6:30am  
Duration: 30 minutes  
Style/Type: Interview  
Source: GHS-TV  
Host: Ruth Dunning  
Issues Addressed: Election Results w/Jackson Baker

Jackson Baker, senior editor of The Memphis Flyer, discusses politics on both a local and national level. Topics of discussion include how the mid term elections have shifted the focus away from the typical demographics that certain politicians have come to rely upon, as well as how these shifting priorities from the constituency will affect future elections and how candidates can adapt.

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

Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 202  
Air Date: 3/11/14 & 3/13/14 at 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: Jeffrey Schmidt and Teresa Garrett  
Guests: Howard Garrett, Joe Sherinski, Scott Creager  
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, hosts Theresa and Jeffrey give step by step instructions for do it yourself projects you can do in just a day. They show how to stain your concrete, how to build an under the cabinet slide out trashcan and how to fix a leaky toilet. The Dirt Doctor, Howard Garrett, talks about the benefits of gardening with vinegar including making your own organic herbicide for killing weeds. Joe Sherinski gives information about bats that you can share with your kids as well as how to build a house for the bats to reside in during the Spring.

*“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.* On this episode Robin shares how you can respect your body and brain with a delicious steak recipe paired with sweet potatoes. Robin also shares how you can stay focused on your goals of healthy living as well as sharing a dessert recipe that will spoil you.

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

Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 203  
Air Date: 3/18/14 & 3/20/14 at 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: Jeffrey Schmidt and Teresa Garrett  
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Scott  
Crum  
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 host Theresa asks the expert for helpful information when buying a new home, Jeff learns a painting technique for faux stone walls and Stephanie Young gives her tips on sprucing up the front of your home to add curb appeal. The Dirt Doctor and Joe Sherinski make appearances to discuss the benefits of organic fertilizer and how to build your own wind chimes.

*“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.* Jumping straight into clean eating isn’t necessarily easy. In this episode Robin shows two different recipes for clean eating that are basic enough to help get you on the right track. In true 80/20 lifestyle fashion you can always expect a treat and in this episode Robin is preparing a fruit and yogurt parfait.

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

Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 204  
Air Date: 3/25/14 & 3/27/14 at 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: Jeffrey Schmidt and Teresa Garrett  
Guests: Howard Garrett, Joe Sherinski, Stephanie Young,  
Jeanette Anders  
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 Theresa gains landscaping tips to make your home more comfortable even if you live in a busy city. Howard Garrett goes over how to grow your very own oak tree, and Joe Sherinski is chopping them down giving step by step instructions for cutting and stacking your own firewood during the winter. Host, Jeff Schmidt takes a trip to a Home & Garden Show to gain ideas for your own home from new paving equipment to outdoor furniture and more. In the Close to Home segment Stephanie Young is giving information and instructions for your smoke detector.

*“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 breaks down the importance of nutrition in our lives and helps us gain perspective. Clean eating doesn’t have to be hard, and she prepares two dishes that are “Green and Clean” any novice can prepare. Once your perspective is clear, Robin introduces techniques to help overcome “old” habits and start building new ones! As always, expect a sweet treat in the end!