

PUBLIC AFFAIRS REPORT  
for  
WPXK-TV  
JELLICO, TENNESSEE  
for  
SECOND QUARTER ENDING JUNE 30, 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. Maximize Closet Space
2. Pre & Post Strength Training Foods
3. Discussing Solar Power
4. Meals that Enhance Brain Thinking & Clarity
5. Organic Gardening
6. Business Demands in Today's Market
7. Local & National Political Discussion
8. Replacing an Old Patio Door
9. Installing a New Front Door
10. Inexpensive Ways to Upgrade your Landscape

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  
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SECOND QUARTER, 2014

Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 205  
Air Date: 4/1/14 @ 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: Jeffrey Schmidt and Teresa Garrett  
Guests: Howard Garrett, Joe Sherinski, Stephanie Young,  
Steve Davis  
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 Jeff “Asks the Expert” about the process of basic home construction from foundation to framing to a finished home. Theresa shows how to maximize your closet space and Joe Sherinski teaches how to make a DIY fire pit out of inexpensive materials. The Dirt Doctor, Howard Garrett, helps you prepare to plant your trees and plants and Stephanie Young shows how converting to digital thermostats can save you money.

*“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 introduces us to pre and post strength training foods designed to repair, replenish and maximize your weight lifting efforts. This episode has a special treat you won’t want to miss!

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

Program: Let's Talk Money  
Air Date: 4/3/14 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: 4/3/14 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  
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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 206  
Air Date: 4/8/14 & 4/10/14 @ 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

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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 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.

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SECOND QUARTER, 2014

Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 207  
Air Date: 4/15/14 & 4/17/14 @ 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.

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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 208  
Air Date: 4/22/14 & 4/24/14 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: 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.

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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 209  
Air Date: 4/29/14 @ 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.

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Program: Cable Quiz (#3)  
Air Date: 5/1/14 @ 6:00am  
Duration: 30 minutes  
Style/Type: Contest/Game Show  
Source: GHS-TV  
Host: Marinela Zubovic  
Issues Addressed: Trivia Competition (various subjects)

Germantown High School honor students Michael Loyd, Philip Sparks and Jacob Irvine (“red” team) competed against classmates Kristina Leav, Michaela Amos and Raisa Ahmed (“white” team) in a single round elimination trivia competition focusing on subjects such as Science, Geography, History and Literature.

Program: Cable Quiz (#4)  
Air Date: 5/1/14 @ 6:30am  
Duration: 30 minutes  
Style/Type: Contest/Game Show  
Source: GHS-TV  
Host: Marinela Zubovic  
Issues Addressed: Trivia Competition (various subjects)

Once again, moderator Marinela Zubovic questions Germantown High School honor students Randi Griffin, Anand Rajagopal and Candice Herman (“red” team) as they go up against classmates Zion McThomas, Cameron Cox and Cooper Terle (“white” team) in the single round elimination trivia competition.



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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 210  
Air Date: 5/6/14 & 5/8/14 @ 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.

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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 211  
Air Date: 5/13/14 & 5/15/14 @ 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.

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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 212  
Air Date: 5/20/14 & 5/22/14 @ 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

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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. 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 “Romescosauce.” For a special treat, Robin prepares a “Rum Raisin Bread Pudding” covered with a sweet warm vanilla sauce!

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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 213  
Air Date: 5/27/14 & 5/29/14 @ 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.

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SECOND QUARTER, 2014

Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 214  
Air Date: 6/3/14 @ 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

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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 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.

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PUBLIC AFFAIRS REPORT  
SECOND QUARTER, 2014

Program: Cable Quiz (#3)  
Air Date: 6/5/14 @ 6:00am  
Duration: 30 minutes  
Style/Type: Contest/Game Show  
Source: GHS-TV  
Host: Marinela Zubovic  
Issues Addressed: Trivia Competition (various subjects)

Germantown High School honor students Michael Loyd, Philip Sparks and Jacob Irvine (“red” team) competed against classmates Kristina Leav, Michaela Amos and Raisa Ahmed (“white” team) in a single round elimination trivia competition focusing on subjects such as Science, Geography, History and Literature.

Program: Cable Quiz (#4)  
Air Date: 6/5/14 @ 6:30am  
Duration: 30 minutes  
Style/Type: Contest/Game Show  
Source: GHS-TV  
Host: Marinela Zubovic  
Issues Addressed: Trivia Competition (various subjects)

Once again, moderator Marinela Zubovic questions Germantown High School honor students Randi Griffin, Anand Rajagopal and Candice Herman (“red” team) as they go up against classmates Zion McThomas, Cameron Cox and Cooper Terle (“white” team) in the single round elimination trivia competition.

WPXK-TV, Jellico, Tennessee  
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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 215  
Air Date: 6/10/14 & 6/12/14 @ 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

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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 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.

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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 216  
Air Date: 6/17/14 & 6/19/14 @ 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

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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 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.



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Program: Living Well  
Title/Topic: Your House & Home  
Southern Fried Fitness  
Show #: 217  
Air Date: 6/24/14 & 6/26/14 @ 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)

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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 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's 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.