

PUBLIC AFFAIRS REPORT
for
WPXK-TV
JELLICO, TENNESSEE
for
THIRD QUARTER ENDING SEPTEMBER 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. Weather Stripping Basics for Windows and Doors
2. Healthy Breakfast Recipes
3. Summer Celebration for Gardening Enthusiasts
4. Ag Day
5. Benefit of the "Make a Wish Foundation"
6. Do-It-Yourself Water Fountain
7. How to Install a Steeping Whirlpool Bathtub
8. How to Do a Power Circuit at Gym
9. Annual Conservation Tillage Event of Gibson County
10. The Greenville Lodge

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

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

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

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 218
Air Date: 7/1/14 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: Phillipe Mergaux, Casey Arnold, Rick & Lisa Shaw, Joe Sherinski, Steve Greenberg, Stephanie Young, Barbara Hearne & Pat Murphy.
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 meets with Phillipe Mergaux and together they show us how a European technique called, “decopierre” can make any wall look like natural stone. Rick & Lisa Shaw from Beaver Pool Services demonstrates how you can turn your pool from fowl friendly to family friendly. Joe Sherinski shares two “kid friendly” planting projects, a hanging basket tomato & herb garden. Steve Greenberg shows how drilling a hole in your wall can give you & your cat more living space. Stephanie Young explains how door & window weather stripping basics can help make your heat and air conditioning more efficient.

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

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

Program: UT Connections
Air Date: 7/3/2014 at 6:00am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: "Summer Celebration" in Jackson

The Summer Celebration is an event designed to educate both professional and amateur gardening enthusiasts. The annual event, hosted by UT's Department of Agriculture in Jackson, features 18 different lectures that focus on helping participants improve the quality and yield of their favorite household gardens.

Program: UT Connections
Air Date: 7/3/2014 at 6:30am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: AG Day - 2013

AG Day is an event hosted by UT's Department of Agriculture in Knoxville, TN. The event is attended by alumni, retired faculty and friends to celebrate the role the department plays in local outreach and education. Organizers and presenters both underline how much local agriculture is an important part of all the lives and industry that is so much a part of daily life in East Tennessee.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 219
Air Date: 7/8/14 & 7/10/14 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: Stephanie Young, Joe Sherinski, Elizabeth Samudio,
Scott Berger, Steve Wilson, and Mark Popowski.
Southern Fried Fitness Host: Robin Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, we all learn something when our Host, Teresa takes the kids on an adventure through the Elizabeth Anna’s Old World Garden. Elizabeth Samudio, owner of this City Refuge will empower us with all her garden wisdom. Stephanie Young gives us a close-up look at a fascinating new way to treat our window panes. Joining her are Scott Berger and Steve Wilson, who will share with us Stained Glass Overlay Designs and the installation process. Joe Sherinski provides Low Maintenance Landscape tips. Our Host Jeff, along with Mark Popowski demonstrate how Storm Doors are easy to install and can save money on our energy bills.

“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 discusses the concept of not getting hung up on weight scale numbers and to find joy in our daily health and fitness journey. Robin prepares Sea Scallops with Frizzled Spinach and Field Greens, Blue Cheese, Candied Pistachios and Citrus Vinaigrette. Plus an indulgent original recipe from a classic 1962 cookbook- a fun tasting Turtle Cake.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 220
Air Date: 7/15/14 & 7/17/14 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: Diane DeSimone, Mike Whisenand, Joe Sherinski, Steve Greenberg, Stephanie Young and David Norman.
Southern Fried Fitness Host: Robin Shea with special guest Ryland 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, our host Teresa along with guest Diane DeSimone, take us on an Indoor Tour of the “Parade of Homes.” This nationwide event not only showcases the best efficient homes in the industry, but benefits the “Make A Wish Foundation.” Our host Jeff, along with Mike Whisenand, Whiz-Q Stone expert, show us some of the dramatic things we can do with Stone Features & Water Gardens. Joe Sherinski demonstrates how we can enhance our outside walls with a decorative homemade Copper Tubing Hinged Crawling Plant Trellis. Our Gadget expert, Steve Greenberg shows us how we can use technology to make our life simpler. Stephanie Young with David Norman from nVision Systems, teach us the proper way to install a Wall-Mount Flat Screen.

“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. Join Robin and her son Ryland Shea as they discuss how with Great Freedom comes Responsibility. Ryland also shares how “Hunting” is not just about harvesting wild game, but also allows time to quietly reflect on life. Robin prepares two healthy and delicious recipes, Creamed Venison and Savory Mashed Celery Root. Plus Robin’s 20% indulgent recipe, Kentucky Bourbon Cake.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 221
Air Date: 7/22/14 & 7/24/14 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: Diane DeSimone, Robert Adams, Mary Margaret Davis,
Joe Sherinski, Steve Greenberg, Stephanie Young, & Steve
Wilson.
Southern Fried Fitness Host: Robin Shea
Guests: Josh Lyons

“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, join our host Teresa Garrett and Parade of Homes Chairperson, Diane DeSimone, as they share award winning Outdoor Living Ideas that will add space and entertaining value to your home. Host Jeff Schmidt along with Restoration Architect, Robert Adams and Marketing Director, Mary Margaret Davis, tour a 1931 historic renovated art deco railroad terminal that is being turned into a classy residential community. Joe Sherinski brings us a Do-it-yourself Water Fountain that will provide us with peace, tranquility, and even therapy. Gadget expert, Steve Greenberg shows us some products that will provide us with Emergency Preparedness and help save our lives. Are you tired of harsh lighting, high energy bills, and having to replace light bulbs frequently? Let Stephanie Young & Technical advisor, Steve Wilson show you how to address these issues by replacing an existing switch with a Dimmer Switch.

“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. Join Robin today as she visits an amazing indoor arena along with Josh Lyons, a world class horse trainer who believes that Repetition and Patience is the secret to success in your life & health training. Robin prepares Savory Roasted Cornish Game Hens with Garlic and Tuscan Style Beans with Sun Dried Tomatoes and Herbs. Don't miss Robin's 20% indulgent recipe, Marshmallow Delight.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 222
Air Date: 7/29/14 & 7/31/14at 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: Mike Whisenhand, James Whisenhand, Stephanie Young, Robert Jay, Joe Sherinski and Steve Greenberg
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 install a cascading water fountain with limited space and a modern budget. Big wide windows can cost you your privacy and keep your wallet wide open to pay energy bills. We’ve got the solution. Outdoor living in the city means a patio or a terrace today. Steve Greenberg shows how to fix up and enjoy them.

“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 show you how to prepare a fiesta that is 80% clean and healthy. Robin will also show you how to run yourself smart.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 223
Air Date: 8/5/14 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: Scott McCollum, Brandon O'Callaghan, Dana Sacchetti,
Joe Sherinski, Steve Greenberg and Lorraine Sieber.
Southern Fried Fitness Host: Robin Shea

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

Description:

"Your House & Home" is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode we learn how to install a steeping whirlpool bathtub and let more light in the new bathroom with an innovative glass block system. Joe Sherinski shows a kids projects that uses mud to make a planter. Learn how to maximize your living space and how to install storage solutions for the kitchen.

"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 show how to make Elk Tenderloin with a blue cheese shallot sauce, wilted spinach and mushrooms and a classic crepe suzette. Also learn how to do a power circuit at the gym when you are short on time.

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

Program: UT Connections
Air Date: 8/7/2014 at 6:00am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: "Summer Celebration" in Jackson

The Summer Celebration is an event designed to educate both professional and amateur gardening enthusiasts. The annual event, hosted by UT's Department of Agriculture in Jackson, features 18 different lectures that focus on helping participants improve the quality and yield of their favorite household gardens.

Program: UT Connections
Air Date: 8/7/2014 at 6:30am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: AG Day - 2013

AG Day is an event hosted by UT's Department of Agriculture in Knoxville, TN. The event is attended by alumni, retired faculty and friends to celebrate the role the department plays in local outreach and education. Organizers and presenters both underline how much local agriculture is an important part of all the lives and industry that is so much a part of daily life in East Tennessee.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 224
Air Date: 8/12/14 & 8/14/14 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: David Anders, Jeanette Anders, Derek Whisenand,
Elizabeth Samudio and Joe Sherinski.
Southern Fried Fitness Host: Robin Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode watch a dramatic backyard makeover and learn about pool landscaping. Joe Sherinski shows some great gadgets for keeping dogs happy and healthy and learn how to protect your home from rainwater flooding.

“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 makes a delicious roasted rack of lamb, steak cut fries and a secret for dessert.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 225
Air Date: 8/19/14 & 8/21/14 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: Amy Moody, Elizabeth Anna Samudio, Lisa Gowan,
Stephanie Young, Bryan Glueck
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 shows us the new bathtubs that can make taking a bath an exceptional experience. Learn about repairing outdoor faucets and how to repair door locks that no longer work due to shifts in the foundation. Also kids learn about real world gardening.

“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 makes grilled ahi tuna with cilantro lime sauce, mango salsa with brown rice and a 20% dessert at the end.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 226
Air Date: 8/26/14 & 8/28/14 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: Ann Chappel, Norm Lyons, Kate Nelson, Randy Collins,
Amanda Henderson, Randall Schmidt, Johnny Purselley, Barbra
Schmidt, Carla Vogel, Kirk Alland, Janet Howie, Douglas Howie,
Elizabeth Anna Samudio and Bryan Glueck
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 Garret helps build houses for Habitat For Humanity. We will also learn more about the reasons why more people are moving to the country. Elizabeth Anna shows us how to put together a garden that will thrive in cold weather and learn how to upgrade outdoor security lighting.

“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 makes seared salmon with orange glaze, yams with a citrus lime sauce and an Osgood pie for dessert. Robin also discusses understanding your body type.

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 201
Air Date: 9/2/14 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
THIRD QUARTER, 2014

Program: UT Connections
Air Date: 9/4/14 at 6:00am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: The Annual Conservation Tillage Event of Gibson County

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

Program: UT Connections
Air Date: 9/4/14 at 6:30am
Duration: 30 minutes
Style/Type: Interview/Segment
Source: University of Tennessee, Knoxville
Host: Chuck Denney
Issues Addressed: The Greenville Lodge

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

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 202
Air Date: 9/9/14 & 9/11/14 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

“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 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
THIRD QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 203
Air Date: 9/16/14 & 9/18/14 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

“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 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
THIRD QUARTER, 2014

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 204
Air Date: 9/23/14 & 9/25/14 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!

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

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 205
Air Date: 9/30/14 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,
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!