

PUBLIC AFFAIRS REPORT
For
WPXK-TV
JELLICO, TENNESSEE
FIRST QUARTER ENDING MARCH 31, 2017

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. Preparing the Perfect Fall Feast
2. French Bistro Style Meals
3. Cooking Belgian Dishes
4. Preparing Greek Dishes
5. Perfect Wine and Food Pairings
6. Cooking a Classic Italian Feast
7. Preparing Jamaican Cuisine
8. Throwing a Great Dinner Party
9. Making a Healthy Meal
10. Cooking for an Impromptu Beach Party

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 that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in *Living Well* are "Fresh with Anna Olson" and "Loving Spoonfuls".

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 419
Air Date: Tuesday, January 3, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Cathy Palumbo, Susan Palumbo

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh With Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s relatives are coming over and she’s preparing a harvest supper. She begins with a unique dish of Salmon with Horseradish Panko Crust served with a lemon dill butter sauce. Next, Anna prepares her Dandelion Greens Salad with pancetta and apple cider. She finishes the meal with a Pumpkin Crème Brulee for dessert. All these seasonal ingredients combine to make the perfect fall feast for the Olson family.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Cathy Palumbo is a spicy Sicilian who tells it like it is while making Veal Parmigiana and mouthwatering Italian bread.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 419
Air Date: Thursday, January 5, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Cathy Palumbo, Susan Palumbo

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh With Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s relatives are coming over and she’s preparing a harvest supper. She begins with a unique dish of Salmon with Horseradish Panko Crust served with a lemon dill butter sauce. Next, Anna prepares her Dandelion Greens Salad with pancetta and apple cider. She finishes the meal with a Pumpkin Crème Brulee for dessert. All these seasonal ingredients combine to make the perfect fall feast for the Olson family.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Cathy Palumbo is a spicy Sicilian who tells it like it is while making Veal Parmigiana and mouthwatering Italian bread.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 420
Air Date: Tuesday, January 10, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Wayne Philbrick, Theresa and John Ross Mcfarlane
Mahassin Bukhari

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s throwing together a spontaneous dinner party with French flare. With little notice she prepares an entrée of Turkey Escalope with Citrus Haricots Vert and Crème Fraiche Mashed potatoes. After a trip to the Upper Canada Cheese Co, she serves a Frisee Salad with warm camembert, followed by a Plum Clafoutis for dessert. Even though she’s short on time, Anna is able to pull off a French bistro style meal that is definitely not short on taste!

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

The wife of a former Sudanese diplomat, Mahassin Bukhari teaches us about international diplomacy, Islam and serves the finest coffee on earth.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 420
Air Date: Thursday, January 12, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Wayne Philbrick, Theresa and John Ross Mcfarlane
Mahassin Bukhari

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s throwing together a spontaneous dinner party with French flare. With little notice she prepares an entrée of Turkey Escalope with Citrus Haricots Vert and Crème Fraiche Mashed potatoes. After a trip to the Upper Canada Cheese Co, she serves a Frisee Salad with warm camembert, followed by a Plum Clafoutis for dessert. Even though she’s short on time, Anna is able to pull off a French bistro style meal that is definitely not short on taste!

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

The wife of a former Sudanese diplomat, Mahassin Bukhari teaches us about international diplomacy, Islam and serves the finest coffee on earth.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 421
Air Date: Tuesday, January 17, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Kent Kraemer-Niagra's Best Brewery
Yvonne Kennedy-Grandmother
John F. Kennedy-Yvonne's Husband
Giselle-Family friend

"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 "Fresh with Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh with Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna cooks family comfort foods to enjoy after a busy week at work. She makes Pot Roast with Fluffy Dumplings, Mae's Broccoli Cheddar Salad and Apple Cranberry Crisp. Anna also visits a local brewery.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Belgian Grandmother Yvonne Kennedy, whose husband also happens to be named John F. Kennedy. They discuss Yvonne's life in Antwerp during WWII and make Rabbit, Endive Rolled in Ham and Cooked Red Cabbage with Apples and Onions.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 421
Air Date: Thursday, January 19, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Kent Kraemer-Niagra's Best Brewery
Yvonne Kennedy-Grandmother
John F. Kennedy-Yvonne's Husband
Giselle-Family friend

"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 "Fresh with Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh with Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna cooks family comfort foods to enjoy after a busy week at work. She makes Pot Roast with Fluffy Dumplings, Mae's Broccoli Cheddar Salad and Apple Cranberry Crisp. Anna also visits a local brewery.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Belgian Grandmother Yvonne Kennedy, whose husband also happens to be named John F. Kennedy. They discuss Yvonne's life in Antwerp during WWII and make Rabbit, Endive Rolled in Ham and Cooked Red Cabbage with Apples and Onions.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 422
Air Date: Tuesday, January 24, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Bob Patterson-Herbs By Daniel
Sophie Tzoitis-Grandmother

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna cooks a romantic dinner for two. She makes Tomato Basil Tart with Tender Green Salad, Seafood In Parchment Parcels and Crème Brulee Cheesecakes. She visits a greenhouse that specializes in fresh herbs.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Greek Grandmother Sophie Tzoitis. They make Moussaka, Egg-Lemon (Chicken) Soup, and Greek Salad. They also discuss Sophie’s life in Greece as a Jewish kid during WWII.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 422
Air Date: Thursday, January 26, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Bob Patterson-Herbs By Daniel
Sophie Tzoitis-Grandmother

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna cooks a romantic dinner for two. She makes Tomato Basil Tart with Tender Green Salad, Seafood In Parchment Parcels and Crème Brulee Cheesecakes. She visits a greenhouse that specializes in fresh herbs.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Greek Grandmother Sophie Tzoitis. They make Moussaka, Egg-Lemon (Chicken) Soup, and Greek Salad. They also discuss Sophie’s life in Greece as a Jewish kid during WWII.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 423
Air Date: Tuesday, January 31, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Tom and Ann Weiss-Pennachietti, Dolores Fabiano, Michael Olson
Aida and Primo Oducado

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

On a recent trip to Alsace, France, Anna and Michael were inspired by the sights and flavors of the region. On this episode Anna prepares a traditional Alsatian meal to share with friends as they reminisce about their travels. She heads to a local winery to find the perfect pairings for her Tarte Flambee, Choucroute Garni and Pain d’epices.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Aida Oducado prepares exotic Phillipino dishes and wins a ten dollar bet with David.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 423
Air Date: Thursday, February 2, 2017 at 6:00am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Tom and Ann Weiss-Pennachietti, Dolores Fabiano, Michael Olson
Aida and Primo Oducado

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

On a recent trip to Alsace, France, Anna and Michael were inspired by the sights and flavors of the region. On this episode Anna prepares a traditional Alsatian meal to share with friends as they reminisce about their travels. She heads to a local winery to find the perfect pairings for her Tarte Flambee, Choucroute Garni and Pain d’epices.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Aida Oducado prepares exotic Phillipino dishes and wins a ten dollar bet with David.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 424
Air Date: Tuesday, February 7, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Mario and Barbara Pingue, Dolores Fabiano
Francoise Bradette-Nimbley

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s friends, the Pingues, are local producers of fine meats who are passionate about Italian food. So Anna is preparing a classic Italian feast to share with them. Featuring a spectacular antipasto platter, osso bucco with acini di pepe pasta and an arugula pineapple salad – it’s all the tastes of Italy right at home.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Francoise Bradette-Nimbley is a French-Canadian "grand-mere" who (along with her sisters) teaches David about touritiere and poutine.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 424
Air Date: Thursday, February 9, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Mario and Barbara Pingue, Dolores Fabiano
Francoise Bradette-Nimbley

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s friends, the Pingues, are local producers of fine meats who are passionate about Italian food. So Anna is preparing a classic Italian feast to share with them. Featuring a spectacular antipasto platter, osso bucco with acini di pepe pasta and an arugula pineapple salad – it’s all the tastes of Italy right at home.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Francoise Bradette-Nimbley is a French-Canadian "grand-mere" who (along with her sisters) teaches David about touritiere and poutine.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 425
Air Date: Tuesday, February 14, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Jessie Salmon-Grandmother
Shana-Jessie's Granddaughter

"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 "Fresh with Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh with Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna plans a casual evening with friends and makes Tapas. Anna talks about how Tapas are a colorful and creative way to serve many flavors. She makes Spanish Pinchos, Potato Tortilla with Chorizo Sausage, San Sebastian Crab Tarts and Gambas A La Plancha. She also takes a trip to her store to pick up some traditional Spanish ingredients.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Jamaican Grandmother Jessie Salmon and they make Christmas Cake, Rice and Peas and Jerk Chicken. Jessie also shows David how to pick out a good coconut in the store.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 425
Air Date: Thursday, February 16, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Jessie Salmon-Grandmother
Shana-Jessie's Granddaughter

"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 "Fresh with Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh with Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna plans a casual evening with friends and makes Tapas. Anna talks about how Tapas are a colorful and creative way to serve many flavors. She makes Spanish Pinchos, Potato Tortilla with Chorizo Sausage, San Sebastian Crab Tarts and Gambas A La Plancha. She also takes a trip to her store to pick up some traditional Spanish ingredients.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Jamaican Grandmother Jessie Salmon and they make Christmas Cake, Rice and Peas and Jerk Chicken. Jessie also shows David how to pick out a good coconut in the store.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 426
Air Date: Tuesday, February 21, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: April Turpin-Picard's Peanuts
Ann Lytwyn-Grandmother

"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 "Fresh with Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh with Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna plans a fun evening with friends playing Charades. She makes Quesadillas, Vegetable Chowder with Warm Confetti Corn Bread and Caramel Peanut Popcorn. We also visit Picard's Peanuts so Anna get pick up some fresh peanuts for the popcorn.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Ukrainian Grandmother Ann Lytwyn. They talk about Ann's life experiences over the years, while making Miaso Na Patechky, Rohalky, and Nalysnyky.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 426
Air Date: Tuesday, February 21, 2017 at 6:00am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking
Hosts: Fresh With Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: April Turpin-Picard's Peanuts
Ann Lytwyn-Grandmother

"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 "Fresh with Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh with Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

In this episode Anna plans a fun evening with friends playing Charades. She makes Quesadillas, Vegetable Chowder with Warm Confetti Corn Bread and Caramel Peanut Popcorn. We also visit Picard's Peanuts so Anna get pick up some fresh peanuts for the popcorn.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Ukrainian Grandmother Ann Lytwyn. They talk about Ann's life experiences over the years, while making Miaso Na Patechky, Rohalky, and Nalysnyky.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 401
Air Date: Tuesday February 28, 2017 at 6:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Juanita Berry

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Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. Watch as Anna takes us through the essentials of throwing a great dinner party. For her guests, Anna prepares a Mediterranean Potato Salad, juicy BBQ Back Ribs, and tops tender greens and grilled apricots with her Marinated Flank Steak. The table is set, the company is great and the food is delicious.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Juanita Berry, a "Grandma from Alabama" cooks up Sweet Potato Pie, Southern Fried Rabbit and teaches David how to play 'ball and jacks'.

WPXK, JELLICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 401
Air Date: Thursday March 2, 2017 at 6:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Juanita Berry

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. Watch as Anna takes us through the essentials of throwing a great dinner party. For her guests, Anna prepares a Mediterranean Potato Salad, juicy BBQ Back Ribs, and tops tender greens and grilled apricots with her Marinated Flank Steak. The table is set, the company is great and the food is delicious.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Juanita Berry, a "Grandma from Alabama" cooks up Sweet Potato Pie, Southern Fried Rabbit and teaches David how to play 'ball and jacks'.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 402
Air Date: Tuesday March 7, 2017 at 6:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
Sylvia Evans

“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 “Fresh With Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh With Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna makes a healthy meal for a group of firefighters that tastes great served warm or cold. Anna makes Salmon Chickpea Toss, Sweet Potato Soup and Peach Oatmeal Griddle Cookies.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Sylvia Evans who is an English grandmother. Sylvia teaches David how to prepare a proper English tea and they make English Sherry Trifle and Scones.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 402
Air Date: Thursday March 9, 2017 at 6:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
Sylvia Evans

“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 “Fresh With Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh With Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna makes a healthy meal for a group of firefighters that tastes great served warm or cold. Anna makes Salmon Chickpea Toss, Sweet Potato Soup and Peach Oatmeal Griddle Cookies.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Sylvia Evans who is an English grandmother. Sylvia teaches David how to prepare a proper English tea and they make English Sherry Trifle and Scones.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 403
Air Date: Tuesday March 14, 2017 at 6:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Mary Finson, Rose Reisman

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s good friend Jennifer is getting married and Anna’s gift is a wedding cake, not just a wedding cake, but a fabulous 4 tier White Chocolate Wedding Cake filled with local fresh berries and topped with green fondant. In this episode Anna also makes time to deliver three hors d’oeuvres to the bridal party before the event: Artichoke Asiago Squares, Devilled Eggs, and Champagne Shrimp on Endive.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode we meet Jewish grandmother Mary Finson and her daughter, cookbook author Rose Reisman. They go head to head in a low-fat vs. high-fat mother/daughter cookie war!

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 403
Air Date: Thursday March 16, 2017 at 6:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Mary Finson, Rose Reisman

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s good friend Jennifer is getting married and Anna’s gift is a wedding cake, not just a wedding cake, but a fabulous 4 tier White Chocolate Wedding Cake filled with local fresh berries and topped with green fondant. In this episode Anna also makes time to deliver three hors d’oeuvres to the bridal party before the event: Artichoke Asiago Squares, Devilled Eggs, and Champagne Shrimp on Endive.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode we meet Jewish grandmother Mary Finson and her daughter, cookbook author Rose Reisman. They go head to head in a low-fat vs. high-fat mother/daughter cookie war!

WPXK, JELLICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 404
Air Date: Tuesday March 21, 2017 at 6:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Charlotte de Neve

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

It’s beautiful outside, so why not join Anna and her friends for an impromptu beach party. Anna prepares Roasted Pepper and Eggplant Salad and Three-Bean Salad before heading over to Minors Fisheries to pick up fresh local fish for her pièce de résistance: Lakeside Paella. Her friends enjoy helping her cook on the beach- roasting their Potato Prosciutto Kebabs in an open fire and stirring the slow cooking Lakeside Paella to perfection right on the beach.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Indo-Dutch grandmother Charlotte de Neve makes Gado-Gado Salad and tells stories of her Grandfather, the former Governor of Borneo.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 404
Air Date: Thursday March 23, 2017 at 6:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Charlotte de Neve

“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 “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

It’s beautiful outside, so why not join Anna and her friends for an impromptu beach party. Anna prepares Roasted Pepper and Eggplant Salad and Three-Bean Salad before heading over to Minors Fisheries to pick up fresh local fish for her pièce de résistance: Lakeside Paella. Her friends enjoy helping her cook on the beach- roasting their Potato Prosciutto Kebabs in an open fire and stirring the slow cooking Lakeside Paella to perfection right on the beach.

“Loving Spoonfuls” This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

Indo-Dutch grandmother Charlotte de Neve makes Gado-Gado Salad and tells stories of her Grandfather, the former Governor of Borneo.

WPXK, JELLICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 405
Air Date: Tuesday March 28, 2017 at 6:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Eva and Peter Ouzas'

"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 "Fresh With Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh With Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna prepares a relaxed lunch for friends at home before heading off to the racetrack. Her casual menu includes triple chocolate brownies, pea meal sandwiches with red cabbage slaw, slow roasted BBQ pea meal pork loin and french-fries with Caesar dressing.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Eva Ouzas' who along with her husband shows David how to make Greek cuisine. They make spanakopita, lamb and stuffed grape leaves.

WPXK, JELICO, TN
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2017

Program: Living Well Episode # 405
Air Date: Thursday March 30, 2017 at 6:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Eva and Peter Ouzas'

"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 "Fresh With Anna Olson" and "Loving Spoonfuls".

Description:

"Fresh With Anna Olson" This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna prepares a relaxed lunch for friends at home before heading off to the racetrack. Her casual menu includes triple chocolate brownies, pea meal sandwiches with red cabbage slaw, slow roasted BBQ pea meal pork loin and french-fries with Caesar dressing.

"Loving Spoonfuls" This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

In this episode David visits the home of Eva Ouzas' who along with her husband shows David how to make Greek cuisine. They make spanakopita, lamb and stuffed grape leaves.