

PUBLIC AFFAIRS REPORT
For
KPXL-TV
Uvalde, Texas
For
3rd QUARTER ENDING SEPTEMBER 30, 2015

In accordance with Section 73.3526(e)(11)(i) of the Federal Communications Commission's rules, the following, in the opinion of **KPXL**, 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. **Efficient Kitchen:** The hosts of "Home to Go" help some roommates with different taste creatively bring their existing furniture together. Viewers also learn how to make a kitchen island out of book shelves as well as other simple storage solutions for the kitchen
2. **Convertible Meals:** Two cooking hosts learn how to prepare meals for meat eaters or vegetarians by creating so-called "convertible dishes", which start out with the same basic preparations and then can either contain meat or a meat alternative.
3. **Remodeling on a budget:** The "Home to Go" Team provides a couple with inexpensive solutions for making their small one bedroom apartment more efficient. Solutions include making room for a home office, building secret nooks for storage and even re-inventing their kitchen.
4. **Cooking with Wine:** Two cooking hosts prepare recipes that contain alcohol for two wine experts over for dinner. They also test different preservation methods on the best way to store leftover wine.
5. **De-Clutter Your Life:** The "Home to Go" Team offers practical yet stylish solutions to renters who desire to eliminate clutter they've accumulated over the years, and build storage that is trendy and functional.
6. **Home Make-over:** winners of a HGTV home makeover, learn affordable solutions to upgrading their home without spending a lot of money since they plan to move into a larger home.
7. **Home Improvement:** Adding door and window weather stripping can help make heat and air conditioning your home more efficient. Storm doors are easy to install and can help save money on energy bills.
8. **Campground Cooking:** Two cooking hosts try their hand at cooking various dishes over a wood fire then serve them to a wildlife chef to get his opinion on how well they did.
9. **Light and Color:** The "Home to Go" Team add color and light to a renter's small dark attic apartment in a very old house, which adds charm and character- giving it a sense of more spaciousness.
10. **Chinese Cooking:** Two cooking hosts prepare traditional Chinese dishes as well as learning the best way to brew and serve Chinese tea when they visit a Chinese tea shop.

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 “**Home to Go**” and “**Anna & Kristina’s Grocery Bag**”.

These programs aired on Tuesdays and Thursdays from 5:00am-6:00am.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW318/AKB218
Air Date: Thursday, July 2, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Doug Bryce, Aurelie Hatch, Sabrina Linn
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Nico Schuermans

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Description:

“**Home to Go**” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.

Renters Doug and Aurelie need help with creating a theme that turns mismatched into a look that is as unique as they are. Peter Fallico and Sabrina Linn show creative ways to bring existing pieces together that aren't hard or expensive. Also learn how to make a kitchen island out of book shelves as well as other simple storage solutions for the kitchen.

In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

Anna and Kristina test out the book “The Flexitarian Table” by Peter Berley. A book that shows how to make dishes for meat eaters or vegetarians by creating so-called “convertible dishes”, which start out with the same basic preparations and then can either contain meat or a meat alternative. They test out recipes such as “Crispy pressed chicken or tofu with garlic mint marinade” and “cauliflower polenta with crispy shallots” and need to impress Chef Nico Schuermans, a high profile chef who has worked in restaurants all over the world. They will also visit a culinary school to test out four different types of Dutch Ovens and a yoga studio to test four different brands of tofu.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW319/AKGB219
Air Date: Tuesday, July 7, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go
Host: Peter Fallico
Guests: Larissa Giroux, Mimi Pineau
Anna & Kristina's Grocery Bag
Hosts: Anna Wallner & Kristina Maticic
Guests: Neil Ingram, Michaela Morris, Ingo Grady

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Larissa has lived in Paris, travelled in Thailand, and likes to keep a global sense of style in her home. Imagine a combination of contemporary sensibilities, touches of faded luxury, new Asian influences, and unexpected color combinations. The makeover includes a facelift for the kitchen, a new unifying look for the furniture, and a TV console built by Peter.

In “Anna & Kristina's Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

Anna & Kristina have been known to enjoy a glass of wine from time to time, but cooking a meal where every recipe contains alcohol might be too much even for them especially when they have two wine experts over for dinner. The two hosts also test different preservation methods finds out the best way to store leftover wine. chef Stephan MacIntyre from Burgoo Bistro samples and critiques the recipes they make. Anna and Christina also show a taste test of four brands of granola bars and test out brands of kitchen scales.

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW319/AKGB219
Air Date: Thursday, July 9, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go
Host: Peter Fallico
Guests: Larissa Giroux, Mimi Pineau
Anna & Kristina's Grocery Bag
Hosts: Anna Wallner & Kristina Maticic
Guests: Neil Ingram, Michaela Morris, Ingo Grady

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW320/AKGB220
Air Date: Tuesday, July 14, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: David & Alexandra Altrow, Beth Halstead
Hosts: Chef Jonathan Chovancek, John van der Lieck

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David and Alexandra have a one year-old son, a house on the horizon maybe in a couple of years. In the meantime they're in their apartment with a LOT of hand-me-down furnishings. Peter designs a tray to convert an ottoman into a coffee table, a dining room is given a dramatic look and is reorganized for both entertaining and working, and the entire house gets baby-proofed for a child on the verge of toddling.

In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

Tapa style dining is all the rage, but will recipes from a cookbook full of Small Bites be able to substitute a full course meal? Better yet, will it impress Chef Jonathan who happens to be a master of hors d'oeuvres? In this episode Anna and Kristina tackle this challenge and also follow the old adage: “when life gives you lemons, test lemon juicers.”

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW320/AKGB220
Air Date: Thursday, July 16, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: David & Alexandra Altrow, Beth Halstead
Hosts: Chef Jonathan Chovancek, John van der Lieck

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Description:

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In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW321/AKGB221
Air Date: Tuesday, July 21, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Renters Julie & T.J., Designer Teresa MacDonell, Mark Wedman
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Martin Yan

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Description:

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Roommates Julie and T.J. entertain out of town guests on a regular basis in their small two bedroom apartment. They are looking for a change in color and furniture arrangement. Peter Fallico and Designer Teresa MacDonnell along with Julie's brother Mark work together as team to rearrange and update Julie's and T.J.'s apartment so they and their guests can enjoy the space much more.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

In this episode Anna and Kristina learn about traditional Chinese cooking and test the cookbook **“The Chinese Kitchen”** by Eileen Yin-Fei Lo. They prepare recipes from the book such as Hot and Sour Soup, Beggar's Chicken and Shrimp with Green Tea Leaves. Can their creations impress Chef Martin Yan? They also visit a Chinese tea shop and learn about the best way to brew and serve Chinese tea. They also test out four different types of chopsticks and four different types of bagged green teas.

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3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW321/AKGB221
Air Date: Thursday, July 23, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Renters Julie & T.J., Designer Teresa MacDonell, Mark Wedman
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Martin Yan

Description:

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW322/AKGB222
Air Date: Tuesday, July 28, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Renter Heather Libby, Designer Virginie Martocq.
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Warren Geraghty, Executive Chef Grant Achatz, Physicist Dr. Robbin Coop, Bison Farmer Dalton Henrich, Ralph Sposito.

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Description:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces.

Heather is a busy professional who loves cottage life. She would like to turn her two bedroom “plain-Jane” apartment into an elegant and relaxing city college. Peter Fallico and Designer Virginie Martocq will show how simple projects, a change of colors and rearrangement of furniture can give Heather's apartment the desired Cape Cod cottage feel.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In this episode Anna and Kristina take on the cookbook ALINEA by Grant Achatz, which is based on the recipes of the ALINEA Restaurant in Chicago. The ALINEA restaurant is famous for food that is a total sensory experience. They fly to Chicago and visit the ALINEA Restaurant to learn more about the preparation involved in recreating such complex food. Back home they will recreate dishes for Chef Warren Geraghty to taste. The girls will visit bison farmer Dalton Henrich to learn more about bison meat and will learn more about bison cooking methods from Ralph Sposito of IslandBison.com.

They also meet with Physicist Robbin Coop to test out four different types of vacuum sealers. Will they be able to master the techniques to recreate such complex dishes such as Black Truffle Explosion with Romaine and Parmesan or Bison with Braised Pistachios, Potato and Sweet Spices?

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PUBLIC AFFAIRS REPORT
3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW322/AKGB222
Air Date: Thursday, July 30, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Renter Heather Libby, Designer Virginie Martocq.
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
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3rd Quarter 2015**

Program: **Living Well**
Title/Topic: **Home to Go**
Anna & Kristina's Grocery Bag
Show #: **LW323/AKGB223**
Air Date: **Tuesday, August 4, 2015**
Time: **5:00am-6:00am**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Home to Go Host: Peter Fallico**
Guests: Glenn McCoy and Chantel deRaucourt,
Christina Song
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &
Kristina Maticic
Guests: Chef Pino Posteraro, Ingo Grady

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Description:

For these out-doorsy types, living indoors in a one-bedroom can be a tight squeeze, but great ideas for storage and function have to be portable and inexpensive. Solutions include making room for a home office, building secret nooks for storage and even re-inventing a kitchen.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

Anna and Kristina put Gourmet Magazine to the test in this episode. While the magazine features intricate dishes the hosts will also see if the quickie meals hold up. Not only are they making mozzarella from scratch, but they are looking to impress high maintenance Chef Pino Posteraro.

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3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW323/AKGB223
Air Date: Thursday, August 6, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Glenn McCoy and Chantel deRaucourt,
Christina Song
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &
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Guests: Chef Pino Posteraro, Ingo Grady

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW324/AKGB224
Time: 5:00am-6:00am
Air Date: Tuesday, August 11, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Marcus & Michelle Tateishi, Sabrina Linn
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Terry Chandler

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Description:

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Michelle and Marcus, are our HGTV winners of a makeover for their charming house that's only got one problem: the charmless kitchen. Since they plan to move to a bigger home soon, affordable and portable solutions are the order of the day. This episode provides fantastic tips on how to add charm through architectural details and a select few personality pieces.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

Anna and Kristina mosey on down to the ranch to cook up some cowboy cuisine for a real Texas chuck wagon chef. With the help from some cowboys they figure out which grade of beef is best. They also take on a pecan pie recipe, but can it hold up to Chef Terry's beloved grandma's recipe?

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW324/AKGB224
Time: 5:00am-6:00am
Air Date: Thursday, August 13, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Marcus & Michelle Tateishi, Sabrina Linn
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Terry Chandler

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Michelle and Marcus, are our HGTV winners of a makeover for their charming house that's only got one problem: the charmless kitchen. Since they plan to move to a bigger home soon, affordable and portable solutions are the order of the day. This episode provides fantastic tips on how to add charm through architectural details and a select few personality pieces.

In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

Anna and Kristina mosey on down to the ranch to cook up some cowboy cuisine for a real Texas chuck wagon chef. With the help from some cowboys they figure out which grade of beef is best. They also take on a pecan pie recipe, but can it hold up to Chef Terry's beloved grandma's recipe?

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW325/AKGB225
Time: 5:00am-6:00am
Air Date: Tuesday, August 18, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Michelle Leduc, Designer Beth Halstead
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Executive Chef Robert Clark, Brian Yip

“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 “Home to Go” and “Anna & Kristina's Grocery Bag”.

Description:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. One space that must act as living area, dining area and home office can be challenging but not impossible. In this episode we meet Michelle, a young aspiring actor who has a great sense of style but the house she is about to rent is quite the opposite. Can low and modest be turned into upscale and eclectic?

In “Anna & Kristina's Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina take on the challenge of cooking with sustainable seafood by testing out recipes in the book “A Good Catch” by Jill Lambert. Executive Chef Robert Clark will taste their recreations such as “Shaved Geoduck Salad with Sesame Soy Vinaigrette”, “Ginger Cantaloupe Soup with Spiced Crab and Spot Prawns” and “Fanny Bay Oyster Pie”. They also visit an oyster farm where they learn about picking out oysters. They also show us how to pick out salmon and go out on a boat to try to catch their own.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW325/AKGB225
Time: 5:00am-6:00am
Air Date: Thursday, August 20, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Michelle Leduc, Designer Beth Halstead
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Executive Chef Robert Clark, Brian Yip

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Description:

“**Home to Go**” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. One space that must act as living area, dining area and home office can be challenging but not impossible. In this episode we meet Michelle, a young aspiring actor who has a great sense of style but the house she is about to rent is quite the opposite. Can low and modest be turned into upscale and eclectic?

In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina take on the challenge of cooking with sustainable seafood by testing out recipes in the book “A Good Catch” by Jill Lambert. Executive Chef Robert Clark will taste their recreations such as “Shaved Geoduck Salad with Sesame Soy Vinaigrette”, “Ginger Cantaloupe Soup with Spiced Crab and Spot Prawns” and “Fanny Bay Oyster Pie”. They also visit an oyster farm where they learn about picking out oysters. They also show us how to pick out salmon and go out on a boat to try to catch their own.

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS
3rd Quarter 2015

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW326/AKGB226
Air Date: Tuesday, August 25, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Clare Preuss, Stuart Swing
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Daniel Boulud, Chef Stephane Istel, Chef Dale McKay

“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 **“Home to Go”** and **“Anna & Kristina's Grocery Bag”**.

Description:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode Peter takes on the ultimate “Home To Go” challenge of a small attic apartment in a very old house. Renter Clare is looking to be more organized as well as have a sense of more spaciousness and light. We will learn simple tricks that will add charm and character to this small apartment.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook “Chef Daniel Boulud Cooking In New York City” by Triple Michelin Chef Daniel Boulud, who will also be their guest chef tasting their re-creations from the book along with two other chefs. They will also learn about which hobby greenhouse is the best to grow vegetables in and they test four brands of Dijon mustard. Will Anna and Kristina be able to impress these chefs and successfully make “Warm White Asparagus with Poached Egg Dressing”, “Open Lobster Ravioli and Pea Puree” and “Coconut Rocher”?

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS
3rd Quarter 2015

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW326/AKGB226
Air Date: Thursday, August 27, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Clare Preuss, Stuart Swing
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Daniel Boulud, Chef Stephane Istel, Chef Dale McKay

“**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 “**Home to Go**” and “**Anna & Kristina's Grocery Bag**”.

Description:

“**Home to Go**” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode Peter takes on the ultimate “Home To Go” challenge of a small attic apartment in a very old house. Renter Clare is looking to be more organized as well as have a sense of more spaciousness and light. We will learn simple tricks that will add charm and character to this small apartment.

In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook “Chef Daniel Boulud Cooking In New York City” by Triple Michelin Chef Daniel Boulud, who will also be their guest chef tasting their re-creations from the book along with two other chefs. They will also learn about which hobby greenhouse is the best to grow vegetables in and they test four brands of Dijon mustard. Will Anna and Kristina be able to impress these chefs and successfully make “Warm White Asparagus with Poached Egg Dressing”, “Open Lobster Ravioli and Pea Puree” and “Coconut Rocher”?

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS
3rd Quarter 2015

Program: **Living Well**
Title/Topic: **Home to Go**
Anna & Kristina's Grocery Bag
Show #: **LW301/AKB201**
Air Date: **Tuesday, September 1, 2015**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Home To Go Host: Peter Fallico**
Guests: Scott Magee, Mimi Pineau
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &
Kristina Maticic
Guests: Chef Julian Bond, Faith Dempster

“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:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.

In this episode dancer, Lisa Otto's apartment is transformed into a personalized, cozy, yet functional space which she can retreat to after a long day of work. Guests, Scott Magee and Mimi Pineau help maximize storage space and bring the room together by using a color scheme throughout.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

In this episode Anna and Kristina are taking recipes from the Best Light Recipe showcase to Chef Julian Bond. They have him taste their light versions of roasted artichoke dip, chicken Caesar salad, Fettuccini alfredo, oven-fried chicken and New York Style cheesecake and see how they hold up to their high fat counterparts.

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Program: **Living Well**
Title/Topic: **Home to Go**
Anna & Kristina's Grocery Bag (encore)

Show #: **LW301/AKB201**
Air Date: **Thursday September 3, 2015**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Home To Go Host: Peter Fallico**
Guests: Scott Magee, Mimi Pineau
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Julian Bond, Faith Dempster

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Description:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.

In this episode dancer, Lisa Otto's apartment is transformed into a personalized, cozy, yet functional space which she can retreat to after a long day of work. Guests, Scott Magee and Mimi Pineau help maximize storage space and bring the room together by using a color scheme throughout.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

In this episode Anna and Kristina are taking recipes from the Best Light Recipe showcase to Chef Julian Bond. They have him taste their light versions of roasted artichoke dip, chicken Caesar salad, Fettuccini alfredo, oven-fried chicken and New York Style cheesecake and see how they hold up to their high fat counterparts.

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW302/AKGB202
Air Date: Tuesday, September 08, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Katherine & Andres, Christina Song, Judy Stevens
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Umberto Menghi, Naomi Laura Salmond, Pasquina Pellici

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 **Home to Go** and **Anna & Kristina's Grocery Bag**.

Description:

Home to Go is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode renters Katherine and Andres are looking to update their apartment with style they can take with them when they move in the future. We also learn how to separate living space by creating the illusion of walls.

In **Anna & Kristina's Grocery Bag** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina are travel to the Italian region of Tuscany where they take some cooking classes at a school and spend time with local pasta expert Pasquina Pellici to learn proper techniques. They then recreate seven dishes from the cookbook Essentials of Italian Cooking by Marcella Hazan for Chef Umberto Menghi to taste test.

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW302/AKGB202
Air Date: Thursday, September 10, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Katherine & Andres, Christina Song, Judy Stevens
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Umberto Menghi, Naomi Laura Salmond, Pasquina Pellici

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Description:

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In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina are travel to the Italian region of Tuscany where they take some cooking classes at a school and spend time with local pasta expert Pasquina Pellici to learn proper techniques. They then recreate seven dishes from the cookbook Essentials of Italian Cooking by Marcella

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW303/AKGB203
Air Date: Tuesday, September 15, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Simonee Chichester, Virginie Martocq, Paul Ferro
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Michael Allemeier, Nicole Bullock

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Description:

“**Home to Go**” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.

In this episode an actress needs help transforming her rundown 1930's apartment into uptown classic with vintage styles. A home office is hidden in a customized armoire and coordinating fabrics for cushions, kitchen, and window treatments creates French country style in the dining room. Peter uses Chimney liners to create bedroom shelving to create “rustic elegance”.

In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

This week, can The French Laundry Cookbook really teach Anna and Kristina how to become four-star chefs? Author Thomas Keller's cooking style is never rushed and recipes may even take days to cook. This is why Anna and Kristina take on just 2 recipes to impress Chef Michael Allemeier.

**KPXL-TV, Uvalde, Texas
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3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW303/AKGB203
Air Date: Thursday, September 17, 2015
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Simonee Chichester, Virginie Martocq, Paul Ferro
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Michael Allemeier, Nicole Bullock

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Description:

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In “**Anna & Kristina's Grocery Bag**” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

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**KPXL-TV, Uvalde, Texas
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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW304/AKGB204
Air Date: Tuesday, September 22, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Jason, Kristin Palin, Christina Song, David Dunsmore
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Chili Thom, John Simms

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Description:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.

In this episode a young couple who cherish their flea market finds, learn how changing the hardware can dramatically change an apartment. A kitchen makeover without renovations is made possible with upgrades that are not only inexpensive, but portable. A Kitchen island work area is given a new top by Peter, one that can be later reincarnated as a dining room table top.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

This week Anna and Kristina head off to the great outdoors to test out a camping cookbook, Campground Cooking. They'll have to cook seven dishes over a wood fire. We'll find out if they succeed at impressing wildlife chef, Chili Thom.

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Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag (encore)
Show #: LW304/AKGB204
Air Date: Thursday, September 24, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home to Go Host: Peter Fallico
Guests: Jason, Kristin Palin, Christina Song, David Dunsmore
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Chili Thom, John Simms

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Description:

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In this episode a young couple who cherish their flea market finds, learn how changing the hardware can dramatically change an apartment. A kitchen makeover without renovations is made possible with upgrades that are not only inexpensive, but portable. A Kitchen island work area is given a new top by Peter, one that can be later reincarnated as a dining room table top.

In **“Anna & Kristina's Grocery Bag”** hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.

This week Anna and Kristina head off to the great outdoors to test out a camping cookbook, Campground Cooking. They'll have to cook seven dishes over a wood fire. We'll find out if they succeed at impressing wildlife chef, Chili Thom.

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3rd Quarter 2015**

Program: Living Well
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: LW305/AKGB205
Air Date: Tuesday, September 29, 2015
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Robert Batulis, Mimi Pineau, Amanda Schuler
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Claudia Ibarondo

“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 “Home To Go” and “Anna & Kristina’s Grocery Bag”.

Description:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it’s time to pick up sticks. In this episode Robert, a renter with a lot of home theater equipment, wants his living space to be more of a home but needs portable design solutions that will be suitable for when he moves into a loft.

In “Anna & Kristina’s Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina want to make authentic Mexican cuisine and make Guacamole, Warm Carjeta Pudding with fresh berries, and Pork Tacos with Pickled Onions and Oaxacana Black Mole with Braised chicken from the cookbook Mexican Kitchen by Rick Bayless. Chef Claudia Ibarondo samples their dishes. They also test out different electric griddles and learn about different types of chili peppers.