

PUBLIC AFFAIRS REPORT
For
KPXL-TV
Uvalde, Texas
For
THIRD QUARTER ENDING SEPTEMBER 30, 2016

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. **Taste of Italy:** Cooking host shows viewers how to prepare authentic Italian dishes right at home
2. **Culinary Creations:** Cooking host enthusiastically motivates viewers to try new culinary creations by utilizing fresh foods in their area.
3. **Alsatian Meal:** Cooking host prepares a traditional Alsatian meal for friends as they reminisce about their travels.
4. **Fall Feast:** Cooking Host combines seasonal ingredients to create the perfect fall meal for her family.
5. **Bistro-style meal:** Cooking Host shows viewers how to put together a delicious French bistro style meal that is definitely not short on taste.
6. **Comfort Foods:** Cooking Host shares several comfort foods that are easy to prepare and ready to enjoy after a busy week at work.
7. **Cooking for a crowd:** Cooking host shows viewers that with a little planning, preparing dinner for a crowd can be a fun and gratifying task.
8. **Romantic Dinner:** Viewers learn how to make romantic dinner for two using fresh ingredients from a greenhouse that specializes in fresh herbs.
9. **Food & Wine Pairings:** Cooking host builds a menu around particular wines using flavors that will go well with red wines.
10. **Traditional Spanish Meal:** Cooking host teaches viewers how to make tapas and other traditional Spanish dishes.

“**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**” where each week, host David Gale visits a different grandmother to cook, laugh and learn about her life.

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

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 419
Air Date:	Tuesday, July 5, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anna Olson, 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:

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 Olsen family.

“Loving Spoonfuls” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 419
Air Date:	Thursday, July 7, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anna Olson, 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:

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 Olsen family.

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

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 420
Air Date:	Tuesday, July 12, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anna Olson, 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:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 420
Air Date:	Thursday, July 14, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anna Olson, 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:

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!

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

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 421
Air Date:	Tuesday, July 19, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anna Olson, 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:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 421
Air Date:	Thursday, July 21, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anna Olson, 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:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 422
Air Date:	Tuesday, July 26, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anna Olson, David Gale	
Guests:	Bob Patterson-Herbs By Daniel Sophie Tzoitis-Grandmothe	

“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:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 422
Air Date:	Thursday, July 28, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anna Olson, David Gale	
Guests:	Bob Patterson-Herbs By Daniel Sophie Tzoitis-Grandmothe	

“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:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 423
Air Date:	Tuesday, August 2, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anna Olson, David Gale	
Guests:	Tom and Ann Weiss-Pennachietti, Dolores Fabiano, Michael Olson Aida and Primo Oducado	

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Description:

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

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 423
Air Date:	Thursday, August 4, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anna Olson, 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:

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

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 424
Air Date:	Tuesday, August 9, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anna Olson, David Gale	
Guests:	Mario and Barbara Pingue, Dolores Fabiano Francoise Bradette-Nimbley	

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Description:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 424
Air Date:	Thursday, August 11, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anna Olson, David Gale	
Guests:	Mario and Barbara Pingue, Dolores Fabiano Francoise Bradette-Nimbley	

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Description:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 425
Air Date:	Tuesday, August 16, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anaa Olson, David Gale	
Guests:	Jessie Salmon-Grandmother Shana-Jessie's Granddaughter	

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Description:

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.

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 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” 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.

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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 425
Air Date:	Thursday, August 18, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anaa Olson, David Gale	
Guests:	Jessie Salmon-Grandmother Shana-Jessie's Granddaughter	

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Description:

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.

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 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” 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.

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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 426
Air Date:	Tuesday, August 23, 2016	5:00am
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 & Culturally Diverse Cooking	
Hosts:	Anna Olson, David Gale	
Guests:	April Turpin-Picard's Peanuts Ann Lytwyn-Grandmother	

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Description:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode# 426
Air Date:	Thursday, August 25, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, Healthy, Local & Culturally Diverse Cooking	
Hosts:	Anna Olson, David Gale	
Guests:	April Turpin-Picard's Peanuts Ann Lytwyn-Grandmother	

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Description:

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” 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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #401
Air Date:	Tuesday, August 30, 2016	5:00am
Title/Topic:	Fresh with Anna Olson/Loving Spoonfuls	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
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:

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.

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'.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well (encore)	Episode #401
Air Date:	Thursday September 1, 2016	5:00am
Title/Topic:	Fresh with Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
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:

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.

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'.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #402
Air Date:	Tuesday, September 6, 2016	5:00am
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:	Anna Olson, 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:

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.

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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #402
Air Date:	Tuesday, September 8, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy, local and culturally diverse cooking.	
Hosts:	Anna Olson, 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:

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.

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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #403
Air Date:	Tuesday, September 13, 2016	5:00am
Title/Topic:	Fresh with Anna Olson/Loving Spoonfuls	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
Hosts:	Anna Olson, 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:

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.

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!

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #403
Air Date:	Thursday, September 15, 2016	5:00am
Title/Topic:	Fresh with Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
Hosts:	Anna Olson, 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:

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.

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!

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #404
Air Date:	Tuesday, September 20, 2016	5:00am
Title/Topic:	Fresh with Anna Olson/Loving Spoonfuls	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
Hosts:	Anna Olson, David Gale	
Guest:	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:

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.

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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #404
Air Date:	Thursday, September 22, 2016	5:00am
Title/Topic:	Fresh with Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
Hosts:	Anna Olson, David Gale	
Guest:	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:

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.

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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #405
Air Date:	Tuesday, September 27, 2016	5:00am
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:	Anna Olson, 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:

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.

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.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
THIRD QUARTER 2016**

Program:	Living Well	Episode #405
Air Date:	Thursday, September 29, 2016	5:00am
Title/Topic:	Fresh With Anna Olson/Loving Spoonfuls (encore)	
Duration:	58:30 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy, local and culturally diverse cooking.	
Hosts:	Anna Olson, 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:

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.

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.

