PUBLIC AFFAIRS REPORT For KPXL-TV Uvalde, Texas For 1st QUARTER ENDING MARCH 31, 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. <u>Efficient Kitchen:</u> 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. <u>Convertible Meals</u>: 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. <u>Dads Volunteer at School:</u> Braucle Elementary School's Dads of Great Students, also known as Watch DOGS share why they like volunteering at their children's schools.
- **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.
- 5. <u>Cooking with Wine:</u> 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.
- 6. <u>Blind Awareness Campaign:</u> Kindergarten teacher created a Blind Awareness Campaign at her elementary school to foster understanding, acceptance and respect for the visually impaired after noticing the children had lots of questions regarding her son, who is also visually impaired. NISD's Visually Impaired Dept has professional staff and resources that service 110 students throughout the district.
- 7. <u>Campground Cooking:</u> 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.

- 8. <u>Music Programs:</u> NISD has a music curriculum in all of the elementary schools. Teachers have found that playing instruments not only adds up to fun, but it provides an opportunity for all of the students to develop life skills such as team work and problem solving.
- 9. <u>Light and Color:</u> 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. The show 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.**

The featured shows in the new season are "Fresh with Anna Olson" and "Loving Spoonfuls".

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

Inside Northside Video Magazine is a locally produced thirty minute program that showcases local schools, teachers and achievements in the Northside Independent School District (NISD).

These programs aired on February 25, 2016 and March 31, 2016 from 5:00am-6:00am.

Program: Living Well Episode# 319

Air Date: Tuesday, January 5, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic

Guests: Larissa Giroux, Mimi Pineau, Neil Ingram, Michaela

Morris, Ingo Grady

"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.

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 Matisic put popular cook books 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.

Program: Living Well (encore) Episode# 319

Air Date: Thursday, January 7, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic

Guests: Larissa Giroux, Mimi Pineau, Neil Ingram, Michaela

Morris, Ingo Grady

"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.

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 Matisic 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.

Program: Living Well Episode# 320

Air Date: Tuesday, January 12, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic
Guests: David & Alexandra Altrow, Beth Halstead

Chef Jonathan Chovancek, John van der Lieck

"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.

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 Matisic 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."

Program: Living Well (encore) Episode# 320

Air Date: Thursday, January 14, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic
Guests: David & Alexandra Altrow, Beth Halstead
Chef Jonathan Chovancek, John van der Lieck

"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.

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 Matisic 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."

Program: Living Well Episode# 321

Air Date: Tuesday, January 19, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness. Hosts: Peter Fallico Anna Wallner & Kristina Matisic

Guests: Renters Julie & T.J., Designer Teresa MacDonell, Mark

Wedman, Chef Martin Yan

"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.

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 MacDonnel 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 Matisic 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.

KPXL, Uvalde, Texas PUBLIC AFFAIRS REPORT 1st Quarter 2016

Program: Living Well (encore) Episode# 321

Air Date: Thursday, January 21, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico Anna Wallner & Kristina Matisic

Guests: Renters Julie & T.J., Designer Teresa MacDonell, Mark

Wedman, Chef Martin Yan

"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.

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 MacDonnel 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 Matisic 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.

Program: Living Well Episode#322

Air Date: Tuesday, January 26, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic
Guests: Renter Heather Libby, Designer Virginie Martocq.

Chef Warren Geraghty, Executive Chef Grant Achatz, Physicist Dr. Robbin Coop, Bison Farmer Dalton

Henrich, Ralph Sposito.

"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.

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 Matisic 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?

Program: Living Well (encore) Episode#322

Air Date: Thursday, January 28, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic
Guests: Renter Heather Libby, Designer Virginie Martocq.

Chef Warren Geraghty, Executive Chef Grant Achatz, Physicist Dr. Robbin Coop, Bison Farmer Dalton

Henrich, Ralph Sposito.

"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.

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 Matisic 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?

Program: Living Well Episode #323
Air Date: Tuesday, February 2, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness. Hosts: Peter Fallico, Anna Wallner & Kristina Matisic

Guests: Glenn McCoy and Chantel deRaucourt,

Christina Song, Chef Pino Posteraro, Ingo Grady

"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:

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 reinventing a kitchen.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic 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.

Program: Living Well (encore) Episode #323

Air Date: Thursday, February 4, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic

Guests: Glenn McCoy and Chantel deRaucourt,

Christina Song, 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 reinventing a kitchen.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic 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.

On Tuesday, February 9, 2016 "Living Well – Home to Go" Episode #324 did not air due to a technical issue in program scheduling. The program was rescheduled on Thursday, February 11, 2016.

Program: Living Well Episode #324

Air Date: Thursday, February 11, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic
Guests: Marcus & Michelle Tateishi, Sabrina Linn

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 Matisic 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?

Program: Living Well Episode #325

Air Date: Tuesday, February 16, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic
Guests: Michelle Leduc, Designer Beth Halstead

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 Matisic 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.

Program: Living Well (encore) Episode #325

Air Date: Thursday, February 18, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic
Guests: Michelle Leduc, Designer Beth Halstead

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 Matisic 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.

Program: Living Well Episode #326

Air Date: Tuesday, February 23, 2016 5:00am
Title/Topic: Home to Go/Anna & Kristina's Grocery Bag

Duration: 58:30 minutes
Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Hosts: Peter Fallico, Anna Wallner & Kristina Matisic

Guests: Clare Preuss, Stuart Swing

Chef Daniel Boulud, Chef Stephane Istel,

Chef Dale McKay

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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 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 Matisic 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?

Program: Inside Northside Video Magazine Episode #90

Air Date: Thursday, February 25, 2016 5:00am

Topic/Title: Inside Northside
Duration: 30:00 minutes
Style/Type: Documentary

Source: Northside Independent School District

Issues addressed: Education Host: Laurie Salazar

Monroe May Elementary School showcases diverse programs geared towards a large number of various nationalities; NISD students honor veterans at several Veterans' day events; Jay High School students raise money for shoe and toy drive for elementary students; Reddix Interns with special needs focus on transitioning from the classroom into the workforce; Linton Elementary School students learn the art of ballroom dancing; The 1966 Marshall High School State Boys Basketball Championship Team celebrates its 50th Anniversary.

Program: Inside Northside Video Magazine Episode #89
Air Date: Thursday, February 25, 2016 5:30am

Topic/Title: Inside Northside
Duration: 30:00 minutes
Style/Type: Documentary

Source: Northside Independent School District

Issues addressed: Education
Host: Laurie Salazar

NISD dedicated its 75th elementary school after business owner Herbert G. Boldt; Adams Hill ES gains a new music teacher who came from the Air Force Band of the West; The O'Connor HS Ag Fair features high school students raising farm animals & sharing the knowledge with elementary students; Dads of Great Students, also Known as Watch DOGS share why they like volunteering at their children's school; Ward ES selects super powers theme to support teacher battling breast cancer & to Encourage students to find their super powers; Garcia Middle School students take On city hall, asking for a sidewalk in front of their school and they win! Pease MS Takes on anti-bullying and pledge to be drug free.

Program: Living Well Episode #401

Air Date: Tuesday, March 1, 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'.

Program: Living Well (encore) Episode #401
Air Date: Thursday, March 3, 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'.

Program: Living Well Episode #402

Air Date: Tuesday, March 8, 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.

Program: Living Well (encore) Episode #402

Air Date: Thursday, March 10, 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.

Program: Living Well Episode #403

Air Date: Tuesday, March 15, 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!

Program: Living Well (encore) Episode #403

Air Date: Thursday, March 17, 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!

Program: Living Well Episode #404

Air Date: Tuesday, March 22, 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.

Program: Living Well (encore) Episode #404

Air Date: Thursday, March 24, 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.

Program: Living Well Episode #405

Air Date: Tuesday, March 29, 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.

Program: Inside Northside Video Magazine Episode #89 (encore)

Air Date: Thursday, March 31, 2016 5:00am

Topic/Title: Inside Northside
Duration: 30:00 minutes
Style/Type: Documentary

Source: Northside Independent School District

Issues addressed: Education Host: Laurie Salazar

NISD dedicated its 75th elementary school after business owner Herbert G. Boldt; Adams Hill ES gains a new music teacher who came from the Air Force Band of the West; The O'Connor HS Ag Fair features high school students raising farm animals & sharing the knowledge with elementary students; Dads of Great Students, also Known as Watch DOGS share why they like volunteering at their children's school; Ward ES selects super powers theme to support teacher battling breast cancer & to Encourage students to find their super powers; Garcia Middle School students take On city hall, asking for a sidewalk in front of their school and they win! Pease MS Takes on anti-bullying and pledge to be drug free.

Program: Inside Northside Video Magazine Episode #90 (encore)

Air Date: Thursday, March 31, 2016 5:30am

Topic/Title: Inside Northside
Duration: 30:00 minutes
Style/Type: Documentary

Source: Northside Independent School District

Issues addressed: Education
Host: Laurie Salazar

Monroe May Elementary School showcases diverse programs geared towards a large number of various nationalities; NISD students honor veterans at several Veterans' day events; Jay High School students raise money for shoe and toy drive for elementary students; Reddix Interns with special needs focus on transitioning from the classroom into the workforce; Linton Elementary School students learn the art of ballroom dancing; The 1966 Marshall High School State Boys Basketball Championship Team celebrates its 50th Anniversary.