

PUBLIC AFFAIRS REPORT
For
KPXL-TV
Uvalde, Texas
For
QUARTER ENDING September 30, 2014

In accordance with Section 73.3526(e)(11)(i) of the Federal Communications Commission's rules, the following, in the opinion of **KPXL-TV**, are the problems and needs of the community for the period noted above. They are not necessarily listed in order of importance. Each is identified by significant public affairs and/or public service programming in response to these needs.

Issues:

1. **B-Cycle Program:** San Antonio B-cycle, the bike share program located primarily in the downtown area, recently opened a new station in Mission Reach, proving that residents and visitors, alike, are embracing bicycling as a fit and environmentally-friendly method of transportation in our city. B-Cycle riders swipe their credit or debit cards at official bike stations and then rent a cycle. They can return the bikes to that same station or to any of the others located in San Antonio. Since the program's inception in 2011, B-Cycle riders have logged a total of 93,000 trips covering 340,000 miles.
2. **Streetcar Project:** San Antonio is the only one of the four largest cities without an urban rail system. The project was recently tabled, with opposers questioning the high cost (\$272 million to build) and the value of a system that will only travel 4-6 miles, and at most carry about 4,600 people a day. City leaders will redirect the \$32 million that was going to fund the city's portion of the project to build more affordable housing downtown or for street and drainage work.
3. **Border Crisis:** San Antonio recently made national headlines regarding the influx of illegal immigrants to the city. The immigrant children that were temporarily housed at Lackland Air Force Base have been relocated to Karnes County Residential Center- a 29 acre facility which is a temporary home for immigrant women and children detained at the border.
4. **Property Cleanup** County officials continues to crack down on homeowners who have neglected their properties. Landowners could face a fine for their first offense and possible jail time for subsequent offenses.
5. **The Future of Downtown:** the departure of Mayor Julian Castro (President Obama appointed him Secretary of HUD) has many people questioning whether or not the vision for downtown's revitalization projects (that have been going on for a decade) will continue to move forward. It's imperative that the city's leaders continue to build on the foundation that his current administration has in place.
6. **Child Nutrition:** Although local schools are offering healthier menu selections at lunch time, so that children can make smarter choices, there is a new concern that portions may be too small and they are not getting enough to eat.
7. **Toll Roads:** Construction for toll lanes are currently underway. The funding for the project is coming from sales tax money from the Advanced Transportation District sales tax approved by the voters in 2004. The project should be complete in 5 years.
8. **Flu Vaccination:** with flu season right around the corner, local healthcare providers are reminding people of the importance of getting flu shots. Up to one in five

Americans will contract the flu this year, more than 200,000 will be hospitalized and thousands may die.

9. **Volunteerism:** When you donate your time, it is a great way to share your expertise and talents as well as a great way to build relationships within your community. Everyone has unique gifts to share which can make a positive impact on someone's life.

10. **Drought Restrictions:** Although San Antonio has received rain, the city is still below the year to date average and as a result, we are still under Stage 2 Water Restrictions (can only water landscape once a week with sprinkler system). The San Antonio Water System (SAWS) has asked all customers to immediately cut their outdoor water use in half, to avoid going into Stage 3 restrictions (water landscape once every other week).

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

In March, two new featured shows began airing:

*"**Your House & Home**" is a home improvement show that offers straight forward information, inspires new ideas, and empowers knowledge to make your home a better place to live.*

*"**Southern Fried Fitness**" is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence.*

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 April 10, 2014 and May 29, 2014 from 5:00am-6:00am.

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House and Home
Southern Fried Fitness
Show #: LW218/SFF205
Air Date: Tuesday, July 1, 2014
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett
Guests: Phillipe Mergaux, Casey Arnold, Rick & Lisa Shaw, Joe Sherinski, Steve Greenberg, Stephanie Young, Barbara Hearne & Pat Murphy.

Southern Fried Fitness Host: Robin Shea

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

Description:

“**Your House & Home**” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, Teresa meets with Phillipe Mergaux and together they show us how a European technique called, “decopierre” can make any wall look like natural stone. Rick & Lisa Shaw from Beaver Pool Services demonstrates how you can turn your pool from fowl friendly to family friendly. Joe Sherinski shares two “kid friendly” planting projects, a hanging basket tomato & herb garden. Steve Greenberg shows how drilling a hole in your wall can give you & your cat more living space. Stephanie Young explains how door & window weather stripping basics can help make your heat and air conditioning more efficient.

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

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House and Home
Southern Fried Fitness (encore)
Show #: LW218/SFF205
Air Date: Thursday, July 3, 2014
Time: 5:00am-6:00am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett
Guests: Phillipe Mergaux, Casey Arnold, Rick & Lisa Shaw, Joe Sherinski, Steve Greenberg, Stephanie Young, Barbara Hearne & Pat Murphy.

Southern Fried Fitness Host: Robin Shea

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PUBLIC AFFAIRS REPORT
3rd Quarter 2014**

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW219/SFF206
Air Date: Tuesday, July 8, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Stephanie Young, Joe Sherinski, Elizabeth Samudio, Scott Berger, Steve Wilson, and Mark Popowski.

Southern Fried Fitness Host: Robin Shea

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Description:

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

“Southern Fried Fitness is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. On this episode, Robin discusses the concept of not getting hung up on weight scale numbers and to find joy in our daily health and fitness journey. Robin prepares Sea Scallops with Frizzled Spinach and Field Greens, Blue Cheese, Candied Pistachios and Citrus Vinaigrette. Plus an indulgent original recipe from a classic 1962 cookbook- a fun tasting Turtle Cake.

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PUBLIC AFFAIRS REPORT
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LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home**
Southern Fried Fitness (encore)
Show #: **LW219/SFF206**
Air Date: **Thursday, July 10, 2014**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Stephanie Young, Joe Sherinski, Elizabeth Samudio, Scott Berger, Steve Wilson, and Mark Popowski.**

Southern Fried Fitness Host: Robin Shea

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW220/SFF207
Air Date: Tuesday, July 15, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Mike Whisenand, Joe Sherinski,
Steve Greenberg, Stephanie Young and David Norman.

Southern Fried Fitness Host: Ryland Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, our host Teresa along with guest Diane DeSimone, take us on an Indoor Tour of the “Parade of Homes.” This nationwide event not only showcases the best efficient homes in the industry, but benefits the “Make A Wish Foundation.” Our host Jeff, along with Mike Whisenand, Whiz-Q Stone expert, show us some of the dramatic things we can do with Stone Features & Water Gardens. Joe Sherinski demonstrates how we can enhance our outside walls with a decorative homemade Copper Tubing Hinged Crawling Plant Trellis. Our Gadget expert, Steve Greenberg shows us how we can use technology to make our life simpler. Stephanie Young with David Norman from nVision Systems, teach us the proper way to install a Wall-Mount Flat Screen.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. Join Robin and her son Ryland Shea as they discuss how with Great Freedom comes Responsibility. Ryland also shares how “Hunting” is not just about harvesting wild game, but also allows time to quietly reflect on life. Robin prepares two healthy and delicious recipes, Creamed Venison and Savory Mashed Celery Root. Plus Robin’s 20% indulgent recipe, Kentucky Bourbon Cake.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW220/SFF207
Air Date: Thursday, July 17, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Mike Whisenand, Joe Sherinski,
Steve Greenberg, Stephanie Young and David Norman.

Southern Fried Fitness Host: Ryland Shea

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW221/SFF208
Air Date: Tuesday, July 22, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Robert Adams, Mary Margaret Davis, Joe Sherinski, Steve Greenberg, Stephanie Young, & Steve Wilson.

Southern Fried Fitness Host: Robin Shea
Guest: Josh Lyons

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Description:

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

"Southern Fried Fitness" is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. Join Robin today as she visits an amazing indoor arena along with Josh Lyons, a world class horse trainer who believes that Repetition and Patience is the secret to success in your life & health training. Robin prepares Savory Roasted Cornish Game Hens with Garlic and Tuscan Style Beans with Sun Dried Tomatoes and Herbs. Don't miss Robin's 20% indulgent recipe, Marshmallow Delight.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW221/SFF208
Air Date: Thursday, July 24, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Robert Adams, Mary Margaret Davis, Joe Sherinski, Steve Greenberg, Stephanie Young, & Steve Wilson.

Southern Fried Fitness Host: Robin Shea
Guest: Josh Lyons

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Description:

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW222/SFF209
Air Date: Tuesday, July 29, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Robert Adams, Mary Margaret Davis, Joe Sherinski, Steve Greenberg, Stephanie Young, & Steve Wilson.

Southern Fried Fitness Host: Robin Shea
Guest: Josh Lyons

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW222/SFF209
Air Date: Thursday, July 31, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Robert Adams, Mary Margaret Davis, Joe Sherinski, Steve Greenberg, Stephanie Young, & Steve Wilson.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW223/SFF210
Air Date: Tuesday, August 5, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Scott McCollum, Brandon O'Callaghan, Dana Sacchetti, Joe Sherinski, Steve Greenberg and Lorraine Sieber.
Southern Fried Fitness Host: Robin Shea

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Description:

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

“**Southern Fried Fitness**” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin will show how to make Elk Tenderloin with a blue cheese shallot sauce, wilted spinach and mushrooms and a classic crepe suzette. Also learn how to do a power circuit at the gym when you are short on time

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW223/SFF210
Air Date: Thursday, August 7, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Scott McCollum, Brandon O'Callaghan, Dana Sacchetti, Joe Sherinski, Steve Greenberg and Lorraine Sieber.
Southern Fried Fitness Host: Robin Shea

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3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW224/SFF211
Air Date: Tuesday, August 12, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: David Anders, Jeanette Anders, Derek Whisenand,
Elizabeth Samudio and Joe Sherinski.
Southern Fried Fitness Host: Robin Shea

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Description:

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

“**Southern Fried Fitness**” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes a delicious roasted rack of lamb, steak cut fries and a secret for dessert.

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW224/SFF211
Air Date: Thursday, August 14, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: David Anders, Jeanette Anders, Derek Whisenand, Elizabeth Samudio and Joe Sherinski.
Southern Fried Fitness Host: Robin Shea

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

Description:

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

“**Southern Fried Fitness**” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes a delicious roasted rack of lamb, steak cut fries and a secret for dessert.

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW225/SFF212
Air Date: Tuesday, August 19, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Amy Moody, Elizabeth Anna Samudio, Lisa Gowan,
Stephanie Young, Bryan Glueck
Southern Fried Fitness Host: Robin Shea

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

Description:

“**Your House & Home**” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa shows us the new bathtubs that can make taking a bath an exceptional experience. Learn about repairing outdoor faucets and how to repair door locks that no longer work due to shifts in the foundation. Also kids learn about real world gardening.

“**Southern Fried Fitness**” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes grilled ahi tuna with cilantro lime sauce, mango salsa with brown rice and a 20% dessert at the end.

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW225/SFF212
Air Date: Thursday, August 21, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Amy Moody, Elizabeth Anna Samudio, Lisa Gowan,
Stephanie Young, Bryan Glueck
Southern Fried Fitness Host: Robin Shea

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

Description:

“**Your House & Home**” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa shows us the new bathtubs that can make taking a bath an exceptional experience. Learn about repairing outdoor faucets and how to repair door locks that no longer work due to shifts in the foundation. Also kids learn about real world gardening.

“**Southern Fried Fitness**” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes grilled ahi tuna with cilantro lime sauce, mango salsa with brown rice and a 20% dessert at the end.

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW226/SFF213
Air Date: Tuesday, August 26, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Ann Chappel, Norm Lyons, Kate Nelson, Randy Collins, Amanda Henderson, Randall Schmidt, Johnny Purselley, Barbra Schmidt, Carla Vogel, Kirk Alland, Janet Howie, Douglas Howie, Elizabeth Anna Samudio and Bryan Glueck
Southern Fried Fitness Host: Robin Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa Garret helps build houses for Habitat For Humanity. We will also learn more about the reasons why more people are moving to the country. Elizabeth Anna shows us how to put together a garden that will thrive in cold weather and learn how to upgrade outdoor security lighting.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes seared salmon with orange glaze, yams with a citrus lime sauce and an Osgood pie for dessert. Robin also discusses understanding your body type.

KPXL-TV, Uvalde, Texas
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3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW226/SFF213
Air Date: Thursday, August 28, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Ann Chappel, Norm Lyons, Kate Nelson, Randy Collins, Amanda Henderson, Randall Schmidt, Johnny Purselley, Barbra Schmidt, Carla Vogel, Kirk Alland, Janet Howie, Douglas Howie, Elizabeth Anna Samudio and Bryan Glueck
Southern Fried Fitness Host: Robin Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa Garret helps build houses for Habitat For Humanity. We will also learn more about the reasons why more people are moving to the country. Elizabeth Anna shows us how to put together a garden that will thrive in cold weather and learn how to upgrade outdoor security lighting.

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PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home**
Southern Fried Fitness
Show #: **LW201/SFF103**
Air Date: **Tuesday, September 2, 2014**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Southern Fried Fitness Host: Robin Shea
Steve Wilson, Howard Garrett, Joe Sherinski, Stephanie Young,
Mike Williams, Chip Rawlinson.**

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

Description:

“**Your House & Home**” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode hosts Jeffrey and Teresa along with special guests show step by step instructions for installing overhead garage storage units, an easy way to label your circuit panel and how to prune plants the natural way. In the *Pets Projects* segment we learn how to keep pets safe from fleas and ticks and *Safe at Home* shows how to put together your family's emergency preparedness kit.

“**Southern Fried Fitness**” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. On this episode Robin talks about the importance of cardiovascular nutrition and shares her protein packed pre-workout and post-workout recipes as well as her “20%” indulgent recipe.

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PUBLIC AFFAIRS REPORT
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LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home (encore)**
Southern Fried Fitness
Show #: **LW201/SFF103**
Air Date: **Tuesday, September 4, 2014**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Southern Fried Fitness Host: Robin Shea
Steve Wilson, Howard Garrett, Joe Sherinski, Stephanie Young,
Mike Williams, Chip Rawlinson.**

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

Description:

“**Your House & Home**” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode hosts Jeffrey and Teresa along with special guests show step by step instructions for installing overhead garage storage units, an easy way to label your circuit panel and how to prune plants the natural way. In the *Pets Projects* segment we learn how to keep pets safe from fleas and ticks and *Safe at Home* shows how to put together your family’s emergency preparedness kit.

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LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home**
Southern Fried Fitness
Show #: **LW202/SFF102**
Air Date: **Tuesday, September 9, 2014**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett**
Guests: Howard Garrett, Joe Sherinski, Scott Creager

Southern Fried Fitness Host: Robin Shea

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

Description:

“**Your House & Home**” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, hosts Theresa and Jeffrey give step by step instructions for do it yourself projects you can do in just a day. They show how to stain your concrete, how to build an under the cabinet slide out trashcan and how to fix a leaky toilet. The Dirt Doctor, Howard Garrett, talks about the benefits of gardening with vinegar including making your own organic herbicide for killing weeds. Joe Sherinski gives information about bats that you can share with your kids as well as how to build a house for the bats to reside in during the Spring.

“**Southern Fried Fitness**” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. On this episode Robin shares how you can respect your body and brain with a delicious steak recipe paired with sweet potatoes. Robin also shares how you can stay focused on your goals of healthy living as well as sharing a dessert recipe that will spoil you.

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LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home**
Southern Fried Fitness (encore)
Show #: **LW202/SFF102**
Air Date: **Thursday, September 11, 2014**
Duration: **58:30 minutes**
Style/Type: **Human Interest**
Source: **ION Life**
Issue(s) Addressed: **Home Improvement, Nutrition and Fitness.**
Guests: **Your House & Home Hosts: Jeffrey Schmidt and Teresa
Garrett**
Guests: Howard Garrett, Joe Sherinski, Scott Creager

Southern Fried Fitness Host: Robin Shea

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

Description:

“**Your House & Home**” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, hosts Theresa and Jeffrey give step by step instructions for do it yourself projects you can do in just a day. They show how to stain your concrete, how to build an under the cabinet slide out trashcan and how to fix a leaky toilet. The Dirt Doctor, Howard Garrett, talks about the benefits of gardening with vinegar including making your own organic herbicide for killing weeds. Joe Sherinski gives information about bats that you can share with your kids as well as how to build a house for the bats to reside in during the Spring.

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**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014**

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW203/SFF103
Air Date: Tuesday, September 16, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Scott Crum
Southern Fried Fitness Host: Robin Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode host Theresa asks the expert for helpful information when buying a new home, Jeff learns a painting technique for faux stone walls and Stephanie Young gives her tips on sprucing up the front of your home to add curb appeal. The Dirt Doctor and Joe Sherinski make appearances to discuss the benefits of organic fertilizer and how to build your own wind chimes.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. Jumping straight into clean eating isn’t necessarily easy. In this episode Robin shows two different recipes for clean eating that are basic enough to help get you on the right track. In true 80/20 lifestyle fashion you can always expect a treat and in this episode Robin is preparing a fruit and yogurt parfait.

KPXL-TV, Uvalde, Texas
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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW203/SFF103
Air Date: Thursday, September 18, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Scott Crum
Southern Fried Fitness Host: Robin Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode host Theresa asks the expert for helpful information when buying a new home, Jeff learns a painting technique for faux stone walls and Stephanie Young gives her tips on sprucing up the front of your home to add curb appeal. The Dirt Doctor and Joe Sherinski make appearances to discuss the benefits of organic fertilizer and how to build your own wind chimes.

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KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW204/SFF#106
Air Date: Tuesday, September 23, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Jeanette Anders
Southern Fried Fitness Host: Robin Shea

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

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Theresa gains landscaping tips to make your home more comfortable even if you live in a busy city. Howard Garrett goes over how to grow your very own oak tree, and Joe Sherinski is chopping them down giving step by step instructions for cutting and stacking your own firewood during the winter. Host, Jeff Schmidt takes a trip to a Home & Garden Show to gain ideas for your own home from new paving equipment to outdoor furniture and more. In the Close to Home segment Stephanie Young is giving information and instructions for your smoke detector.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin breaks down the importance of nutrition in our lives and helps us gain perspective. Clean eating doesn't have to be hard, and she prepares two dishes that are “Green and Clean” any novice can prepare. Once your perspective is clear, Robin introduces techniques to help overcome “old” habits and start building new ones! As always, expect a sweet treat in the end!

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PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW204/SFF#106
Air Date: Thursday, September 25, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Jeanette Anders
Southern Fried Fitness Host: Robin Shea

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Description:

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“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin breaks down the importance of nutrition in our lives and helps us gain perspective. Clean eating doesn’t have to be hard, and she prepares two dishes that are “Green and Clean” any novice can prepare. Once your perspective is clear, Robin introduces techniques to help overcome “old” habits and start building new ones! As always, expect a sweet treat in the end!

KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
3rd Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW205/SFF#107
Air Date: Tuesday, September 30, 2014
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeffrey Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Steve Davis
Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Jeff “Asks the Expert” about the process of basic home construction from foundation to framing to a finished home. Theresa shows how to maximize your closet space and Joe Sherinski teaches how to make a DIY fire pit out of inexpensive materials. The Dirt Doctor, Howard Garrett, helps you prepare to plant your trees and plants and Stephanie Young shows how converting to digital thermostats can save you money.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin introduces us to pre and post strength training foods designed to repair, replenish and maximize your weight lifting efforts. This episode has a special treat you won’t want to miss!