

PUBLIC AFFAIRS REPORT
For
KPXL-TV
Uvalde, Texas
For
QUARTER ENDING DECEMBER 31, 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. **Assistance Programs:** Although the economy has improved, many people still struggle to make ends meet. Bexar County Assistance Programs is an organization that provides emergency assistance for bills as well as counseling and case management services. There are eight offices and locations throughout the San Antonio and Bexar County area.
2. **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.
3. **Flu Vaccination:** with flu season in full swing, it's still not too late to get a flu shot. Up to one in five Americans will contact the flu this year, more than 200,000 will be hospitalized and thousands may die.
4. **Distracted Driving Ordinance Passed:** San Antonio City Council amended its distracted driving ordinance to outlaw talking on a hand-held cell phone while driving. In January, there will be a 30-day grace period where police will issue citations, but after that, convicted motorists face a \$200 fine. Exceptions to the law include hands-free devices.
5. **B-Cycle Program:** San Antonio B-cycle, the bike share program located primarily in the downtown area has been a success since being implemented a few years ago. Visitors and residents 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.
6. **Environmental Trash Compactors:** After the successful unveiling of environmental friendly trash compactors in several city parks in San Antonio in 2014, the city plans to put the compactors in additional parks in 2015. Although they are smaller than the ordinary municipal trash barrels (that often overflow), the Waste Management Solar-Powered Trash Compactor can hold five times as much refuse and they also keep squirrels and rodents out.
7. **Child Nutrition:** Local schools continue to offer healthier menu selections at lunch time, so that children can make smarter choices. They will re-evaluate the portions since many students complained that portions were too small and they were not getting enough to eat.

8. **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 completed in 5 years.
9. **Diabetes:** continues to affect the San Antonio community with rates that are twice the national average. Although there has been some improvement due to public awareness campaigns, local agencies continue to offer classes and encourage healthier eating habits to lower the number.
10. **CPS Smart Meters:** The City of San Antonio has begun rolling out new smart meters, which would allow CPS (City Public Service) to take monthly readings (electricity) without having to go to the actual residences. However, if customers decide to opt out, there is a mandatory \$20/month charge, which has many customers upset, because they feel they are being forced to convert to the new meters.

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 November 27, 2014 from 5:00am-6:00am.

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PUBLIC AFFAIRS REPORT
4TH Quarter 2014

LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House and Home
Southern Fried Fitness
Show #: LW205/SFF105
Air Date: Thursday, October 2, 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: Howard Garrett, Joe Sherinski, Stephanie Young, Steve Davis
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 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!

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW206/SFF106
Air Date: Tuesday, October 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: Howard Garrett, Joe Sherinski, Stephanie Young,
Andrew Mitchel, Gregg Watling, Dennis Rhodes, Casey
Arnold, Terry Ray, D.J. Mills, Bill Taylor, Daniel Wasson,
Robert Goegel

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 flooring experts show us how to put in a distressed wood floor that adds an elegant touch to any room. Jeff visits a home and garden show where he shares some great ideas on how you can spruce up your home. Joe Sherinski shows us how to build an outdoor staircase of natural stone. The Dirt Doctor, Howard Garrett shows how to organically control plant fungus and Stephanie Young teaches how you can cool down your attic using solar power.

"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 shows us how to prepare a meal that is specifically designed to enhance brain thinking and clarity. She also teaches us some tricks to successfully set goals.

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LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home**
Southern Fried Fitness (encore)
Show #: **LW206/SFF106**
Air Date: **Thursday, October 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: Jeff Schmidt and Teresa Garrett**
Guests: Howard Garrett, Joe Sherinski, Stephanie Young,
Andrew Mitchel, Gregg Watling, Dennis Rhodes, Casey
Arnold, Terry Ray, D.J. Mills, Bill Taylor, Daniel Wasson,
Robert Goegel

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 #: LW207/SFF107
Air Date: Tuesday, October 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: Howard Garrett, Joe Sherinski, Stephanie Young, Robert Goegel

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 learn how to make a workbench that can fold out of the way when you need the space. We will also learn how to bring natural light into almost any room. Joe Sherinski shows us a birdfeeder project that is fun to do with the whole family. Dirt Doctor Howard Garrett teaches us how to organically plant a tree and Teresa will also show us tips on oven maintenance.

"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 shows us a cleaned up version of smothered chicken fried steak with mushroom gravy and mashed sweet potatoes as well as some other classic southern dishes. She will also teach some beneficial exercise moves to do 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 #: LW207/SFF107
Air Date: Thursday, October 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: Jeff Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Robert Goegel

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 #: LW208/SFF108
Air Date: Tuesday, October 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: Howard Garrett, Joe Sherinski, Stephanie Young,
Steve Wilson, Stanley Quist

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 learn how to update the style and feel of your kitchen. We will also take a look at the latest developments in dishwasher technology. Joe Sherinski shows us how to create an indoor garden for cats. Organic gardner Howard Garrett will show us creative uses for orange oil. We will also learn tips on keeping your clothes dryer running safely and efficiently.

“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 makes healthy versions of dishes. She also talks about different types of body images and realistic expectations to have for each body type

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW208/SFF108
Air Date: Thursday, October 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: Jeff Schmidt and Teresa Garrett
Guests: Howard Garrett, Joe Sherinski, Stephanie Young, Steve Wilson, Stanley Quist

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 #: LW209/SFF109
Air Date: Tuesday, October 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: Steve Wilson Joe Sherinski, Howard Garrett "The
Dirt Doctor", John Brown,

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 Teresa installs a screen door with a retractable screen. Jeff creates a perfect perch for trophies and collectables. Joe Sherinski shows how to make an old fashioned plant press that is perfect for kids of all ages. "The Dirt Doctor" Howard Garrett shows us how to brew and use compost tea for the garden and learn an easier way to maintain your fireplace.

"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 recreates and cleans up two classic Southern dishes.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW209/SFF109
Air Date: Thursday, October 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: Jeff Schmidt and Teresa Garrett
Guests: Steve Wilson Joe Sherinski, Howard Garrett “The
Dirt Doctor”, John Brown,

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 #: LW210/SFF110
Air Date: Tuesday, November 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
Guests: Diane Watts, Steve Wilson, Joe Sherinski, Howard Garrett and Stephanie Young
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 hosts Jeff and Teresa go through a kitchen remodel by showing how to install new countertops and a backsplash. Joe Sherinski shows how you can preserve and update your lawn chairs and Stephanie Young gives quick and easy steps to help maintain the range hood in your kitchen. Also, the Dirt Doctor shows the equipment and techniques you can use to grow bulbs inside and without soil.

“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. This episode is all about Robin’s favorite 20% recipes and she shows two classic southern recipes; Fried Green Tomatoes and Fried Catfish as well as a dessert recipe for your ice cream homes.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW210/SFF110
Air Date: Tuesday, November 6, 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 Watts, Steve Wilson, Joe Sherinski, Howard
Garrett and Stephanie Young
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 #: LW211/SFF111
Air Date: Tuesday, November 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: Jeff Schmidt and Teresa Garrett
Guests: Diane Watts, Steve Wilson, Joe Sherinski, Howard Garrett and Stephanie Young
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 host Jeff walks you through a bathroom remodel featuring new sinks and countertops. Teresa along with Steve Wilson install brick veneers to make a textured accent wall. This episode also features how to install a doggie door in your wall, how to make herbal tea with your own home grown herbs and tips for maintaining a clean and efficient washer.

“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. This episode features more of Robin’s 20% recipes including the one that started it all for her and Southern Fried Fitness. We’re introduced to her double duty recipes that can carry over from an appetizer dish to a delicious soup using the same ingredients.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW211/SFF111
Air Date: Thursday, November 13, 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 Watts, Steve Wilson, Joe Sherinski, Howard Garrett and Stephanie Young
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 #: LW212/SFF112
Air Date: Tuesday, November 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: Jeff Schmidt and Teresa Garrett
Guests: Steve Greenberg, Reed Granger, Nikki Krueger, Pat Lynch, Scott Schmid, David Mansberry, Tim Kelley, and Howard Garrett.
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, Steve Greenberg takes us to the Worlds Largest Home Builder Convention. Reed Granger shows us the latest energy efficient washers & dryers. Pat Lynch describes how the “Radiant Barrier Sheathing” can save money on energy bills. Scott Schmid shares his engineered custom made doors. David Mansberry introduces us to the World’s Most Intelligent Oven. Paint expert Tim Kelley shows us the latest styles and techniques of indoor paint colors and textures. The Dirt Doctor shows us how to make our trees healthier. Host Jeff Schmidt gives tips and ideas for the basic proper maintenance of Spas and Hot tubs.

“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 celebrates her early “Eat-Clean” victories by preparing one of her most memorable clean dishes, “Herb Stuffed Pork Tenderloin” and also a delicious “Romesco Sauce.” For a special treat, Robin prepares a “Rum Raisin Bread Pudding” covered with a sweet warm vanilla sauce!

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW212/SFF112
Air Date: Thursday, November 20, 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: Steve Greenberg, Reed Granger, Nikki Krueger, Pat Lynch, Scott Schmid, David Mansberry, Tim Kelley, and Howard Garrett.
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 #: LW213/SFF113
Air Date: Tuesday, November 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: Jeff Schmidt and Teresa Garrett
Guests: Steve Greenberg, Gary Brown, Marianne Cusato,
Tim Kelley, and Howard Garrett.
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, Steve Greenberg takes us to the World’s Largest Home Builder Convention normally closed to the public to show new home products. Here he also showcases Cusato Cottages which could change how we view emergency shelters after natural disasters strike. Teresa gets a demonstration from Gary Brown about Insulated Concrete Forms being used in new homes making them sturdy and energy efficient. Howard Garrett shows tips on how to upgrade your fence and Jeff repairs a ceiling after a leak has done its damage.

“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. Our habits are passed down through generations, both good and bad and passing on a “clean” and “fit” lifestyle to our children is a beautiful legacy. On this episode Robin prepares two classic Southern recipes with a clean twist and gives us the scoop on good and bad types of fat we encounter. As always Robin also shares her recipe for an indulgent dessert.

**KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS
4th Quarter 2014**

LOCAL PUBLIC AFFAIRS

Program: Inside Northside Video Magazine
Topic/Title: Episode #85
Air Date: Thursday, November 27, 2014
Time: 5:00am-5:30am
Duration: 30:00 minutes
Hostess: Laurie Salazar
Style/Type: Documentary
Source: Northside Independent School District

Voters approve School Bond 2014 in the amount of \$648.34 million dollars; The 6th Annual Winter Spectacular included students from all ten high school fine arts programs share their talents. This year's theme was "Dance Connected", which for the first time included students from the Reddix Center; Northside Alternative High School focuses on improving attendance, student discipline and instruction

Program: Inside Northside Video Magazine
Topic/Title: Episode #86
Air Date: Thursday, November 27, 2014
Time: 5:30am-6:00am
Duration: 30:00 minutes
Hostess: Laurie Salazar
Style/Type: Documentary
Source: Northside Independent School District

NISD celebrates the district's two newest schools – Bonnie Ellison Elementary and some facts about the namesake and Joe J. Bernal Middle School and some facts on the namesake. A significant grant gives elementary students a healthy start with new gym equipment and nutrition.

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LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home**
Southern Fried Fitness

Show #: LW214/SFF201
Air Date: Tuesday, December 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
Guests: Sam Carreon, Tony Pratt, Ryan Garbett, Steve Greenberg, Jon Bittenbender, Joe Sherinski, Mike Seasmans, Bob Rodenbeck, Stephanie Young, Steve Wilson

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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 learn how to update a living room by making a switch in the flooring plan from carpet to beautifully laminated wood and we’ll travel to Orlando, FL for the International Builders Show where Steve Greenberg takes a look at the next generation in radiant heating and fire sprinkler systems for your house and home. Joe Sherinski has some great tips on getting your outdoor power equipment ready for this year’s action. Plus Steve Greenberg heads to Las Vegas for The Consumer Electronics Show where he’ll show us some amazing products he found in The Next Gen Project House.

“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 shows us how to make healthy snacks to keep ready in the fridge. Robin will also share a life changing gift that you can give and receive.

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LOCAL PUBLIC AFFAIRS

Program: **Living Well**
Title/Topic: **Your House & Home**
Southern Fried Fitness (encore)
Show #: **LW214/SFF201**
Air Date: **Thursday, December 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
Guests: Sam Carreon, Tony Pratt, Ryan Garbett, Steve Greenberg, Jon Bittenbender, Joe Sherinski, Mike Seasmans, Bob Rodenbeck, Stephanie Young, Steve Wilson**

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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 learn how to update a living room by making a switch in the flooring plan from carpet to beautifully laminated wood and we’ll travel to Orlando, FL for the International Builders Show where Steve Greenberg takes a look at the next generation in radiant heating and fire sprinkler systems for your house and home. Joe Sherinski has some great tips on getting your outdoor power equipment ready for this year’s action. Plus Steve Greenberg heads to Las Vegas for The Consumer Electronics Show where he’ll show us some amazing products he found in The Next Gen Project House.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Show #: LW215/SFF202
Air Date: Tuesday, December 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: Jeff Schmidt and Teresa Garrett
Guests: Duane Putz, Mike Brewer, Steve Greenberg, Farell Beddome, Frank Daly, 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 we’ll learn how new windows all around your house and home can be one of the best investments. Steve Greenberg clears the air on the latest developments in bathroom fan technology. Joe Sherinski has a drain system guaranteed to keep water from your foundation and a visit to the International Builder’s Show in Orlando, FL.

“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 takes us on a culinary journey of the sense and she talks about how real success can be found when you look at life through the eyes of a child.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home (encore)
Show #: LW215/SFF202
Air Date: Thursday, December 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: Jeff Schmidt and Teresa Garrett
Guests: Duane Puts, Mike Brewer, Steve Greenberg, Farell
Beddome, Frank Daly, Joe Sherinski,

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 #: LW216/SFF203
Air Date: Tuesday, December 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: Jeff Schmidt and Teresa Garrett
Guests: Larry Atkins, Jesus Escumilla, Joe Sherinski, Steve Wilson Stephanie Young

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 Teresa transforms a family room and kitchen with beautiful porcelain tile. Jeff gives a shower a bold new look with updated fixtures and a bright touch of tile. Joe Sherinski has great tips for attracting beautiful birds to your house and home, then Stephanie replaces an old patio sliding door with a new energy efficient door that will last a lifetime.

“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 address America's #1 killer and she will create a bountiful salad and make an amazing maple frosted carrot cake.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW216/SFF203
Air Date: Thursday, December 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: Jeff Schmidt and Teresa Garrett
Guests: Larry Atkins, Jesus Escumilla, Joe Sherinski, Steve Wilson Stephanie Young

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 Teresa transforms a family room and kitchen with beautiful porcelain tile. Jeff gives a shower a bold new look with updated fixtures and a bright touch of tile. Joe Sherinski has great tips for attracting beautiful birds to your house and home, then Stephanie replaces an old patio sliding door with a new energy efficient door that will last a lifetime.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: LW217/SFF204
Air Date: Tuesday, December 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: Jeff Schmidt and Teresa Garrett
Guests: Steve Wilson Joe Sherinski, Davis Rowe, Steve
Wilson, Kyle & Calli Thomas, Randy Ogle, Stephanie Young

Southern Fried Fitness Host: Robin Shea
Guest: Doris Burr (Robin's Mother)

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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 will give a house a fresh approach by installing a new front door that combines the rich look of wood with the durability of fiberglass. Teresa shows you how to get a cool breeze going in your house and home by changing a lighting fixture and putting in a ceiling fan. Joe Sherinski has some tips you won't want to miss on easy inexpensive ways to upgrade your landscape. Then it's a high tech toilet that's build for comfort.

"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 Robin's is a guest in this episode of Southern Fried Fitness. Learn how to prepare a cleaned up version of a hamburger and French fries. They will also show you how to make a chocolate malt.

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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House & Home
Southern Fried Fitness (encore)
Show #: LW217/SFF204
Air Date: Thursday, December 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: Jeff Schmidt and Teresa Garrett
Guests: Steve Wilson Joe Sherinski, Davis Rowe, Steve Wilson, Kyle & Calli Thomas, Randy Ogle, Stephanie Young

Southern Fried Fitness Host: Robin Shea
Guest: Doris Burr (Robin's Mother)

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Description:

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KPXL-TV, Uvalde, Texas
PUBLIC AFFAIRS REPORT
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LOCAL PUBLIC AFFAIRS

Program: Living Well
Title/Topic: Your House and Home
Southern Fried Fitness
Show #: LW218/SFF205
Air Date: Tuesday, December 30, 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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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.

