

PUBLIC AFFAIRS REPORT
for
WSPX-TV
Syracuse, NY
for
FIRST QUARTER ENDING: March 31, 2016

In accordance with Section 73.3526(e)(11)(i) of the Federal Communication Commission's rules, the following, in the opinion of WSPX-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. Dual-purpose Furniture and Living Spaces
2. Toddler-proofing an Apartment
3. Tapas-style dining
4. Furniture Arrangement
5. Traditional Chinese Cooking
6. Hobby Greenhouses
7. How to Throw a Dinner Party
8. NY State Assembly Budget Process
9. Vascular Birthmarks
10. Greek Cuisine

A detailed summary of each program's content, including guests, affiliations and date of broadcast is included in this report.

"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", "Anna & Kristina's Grocery Bag", "Fresh with Anna Olson" and "Loving Spoonfuls".

"Assembly Update" is a one-quarter hour public affairs program covering issues and concerns important to residents of the Central New York area. The show keeps viewers up to date on how the community's needs are being addressed in the NY State Assembly and highlights the processes used to reach a consensus on various regional issues.

"Subject Matters" is a one-half hour community affairs program covering issues and concerns that are important to Syracuse and the Central New York community. Common concerns and relevant issues in the Syracuse market are addressed to bring a sense of awareness, educate and enlarge the viewing public's understanding of community and human interest issues relevant to their lives.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 319
Air Dates:	Tuesday, January 5, 2016	6:00 am
	Thursday, January 7, 2016	6:00 am
Title/Topic:	Home to Go	
	Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition	
Hosts:	Home To Go: Peter Fallico	
	Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: Larissa Giroux, Mimi Pineau	
	Anna & Kristina's Grocery Bag: Neil Ingram, Michaela Morris, Ingo Grady	

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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.

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

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

Anna & Kristina have been known to enjoy a glass of wine from time to time, but cooking a meal where every recipe contains alcohol might be too much even for them especially when they have two wine experts over for dinner. The two hosts also test different preservation methods finds out the best way to store leftover wine.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 320
Air Dates:	Tuesday, January 12, 2016	6:00 am
	Thursday, January 14, 2016	6:00 am
Title/Topic:	Home to Go	
	Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition	
Hosts:	Home To Go: Peter Fallico	
	Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: David & Alexandra Altrow, Beth Halstead	
	Anna & Kristina's Grocery Bag: Chef Jonathan Chovancek, John van der Lieck	

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

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

Tapas-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."

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 321
Air Dates:	Tuesday, January 19, 2016	6:00 am
	Thursday, January 21, 2016	6:00 am
Title/Topic:	Home to Go Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition and Fitness.	
Hosts:	Home To Go: Peter Fallico Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: Renters Julie & T.J., Designer Teresa MacDonell, Mark Wedman Anna & Kristina's Grocery Bag: Chef Martin Yan	

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Description:

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

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

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

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 322
Air Dates:	Tuesday, January 26, 2016	6:00 am
	Thursday, January 28, 2016	6:00 am
Title/Topic:	Home to Go Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition and Fitness.	
Hosts:	Home To Go: Peter Fallico Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: Renter Heather Libby, Designer Virginie Martocq. Anna & Kristina's Grocery Bag: Chef Warren Geraghty, Executive Chef Grant Achatz, Physicist Dr. Robbin Coop, Bison Farmer Dalton Henrich, Ralph Sposito.	

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Description:

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In 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 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?

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 323
Air Dates:	Tuesday, February 2, 2016 Thursday, February 4, 2016	6:00 am 6:00 am
Title/Topic:	Home to Go Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition and Fitness.	
Hosts:	Home To Go: Peter Fallico Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: Glenn McCoy and Chantel deRaucourt, Christina Song Anna & Kristina's Grocery Bag: Chef Pino Posteraro, Ingo Grady	

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Description:

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

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

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

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 324
Air Dates:	Tuesday, February 9, 2016	6:00 am
	Thursday, February 11, 2016	6:00 am
Title/Topic:	Home to Go Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition and Fitness.	
Hosts:	Home To Go: Peter Fallico Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: Marcus & Michelle Tateishi, Sabrina Linn Anna & Kristina's Grocery Bag: Chef Terry Chandler	

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Description:

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

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

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

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 325
Air Dates:	Tuesday, February 16, 2016	6:00 am
	Thursday, February 18, 2016	6:00 am
Title/Topic:	Home to Go Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition and Fitness.	
Hosts:	Home To Go: Peter Fallico Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: Michelle Leduc, Designer Beth Halstead Anna & Kristina's Grocery Bag: Executive Chef Robert Clark, Brian Yip	

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Description:

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One space that must act as living area, dining area and home office can be challenging but not impossible. In this episode we meet Michelle, a young aspiring actor who has a great sense of style but the house she is about to rent is quite the opposite. Can low and modest be turned into upscale and eclectic?

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

In this episode Anna and Kristina take on the challenge of cooking with sustainable seafood by testing out recipes in the book "A Good Catch" by Jill Lambert. Executive Chef Robert Clark will taste their recreations such as "Shaved Geoduck Salad with Sesame Soy Vinaigrette", "Ginger Cantaloupe Soup with Spiced Crab and Spot Prawns" and "Fanny Bay Oyster Pie". They also visit an oyster farm where they learn about picking out oysters. They also show us how to pick out salmon and go out on a boat to try to catch their own.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 326
Air Dates:	Tuesday, February 23, 2016	6:00 am
	Thursday, February 25, 2016	6:00 am
Title/Topic:	Home to Go Anna & Kristina's Grocery Bag	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Home Improvement, Nutrition and Fitness.	
Hosts:	Home To Go: Peter Fallico Anna & Kristina's Grocery Bag: Anna Wallner & Kristina Maticic	
Guests:	Home To Go: Clare Preuss, Stuart Swing Anna & Kristina's Grocery Bag: Chef Daniel Boulud, Chef Stephane Istel, Chef Dale McKay	

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In this episode Peter takes on the ultimate "Home To Go" challenge of a small attic apartment in a very old house. Renter Clare is looking to be more organized as well as have a sense of more spaciousness and light. We will learn simple tricks that will add charm and character to this small apartment.

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

In this episode Anna and Kristina test out the cookbook "Chef Daniel Boulud Cooking In New York City" by Triple Michelin Chef Daniel Boulud, who will also be their guest chef tasting their re-creations from the book along with two other chefs. They will also learn about which hobby greenhouse is the best to grow vegetables in and they test four brands of Dijon mustard. Will Anna and Kristina be able to impress these chefs and successfully make "Warm White Asparagus with Poached Egg Dressing", "Open Lobster Ravioli and Pea Puree" and "Coconut Rocher"?

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 401
Air Dates:	Tuesday, March 1, 2016	6:00 am
	Thursday, March 3, 2016	6:00 am
Title/Topic:	Fresh with Anna Olson Loving Spoonfuls	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
Hosts:	Fresh with Anna Olson: Anna Olson Loving Spoonfuls: David Gale	
Guests:	Fresh with Anna Olson: N/A Loving Spoonfuls: Juanita Berry	

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Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

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'.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

On Tuesday, March 8, 2016 Living Well Episode # 402 was pre-empted due to technical difficulty.

Program:	Living Well	Episode # 402
Air Date:	Thursday, March 10, 2016	6:00 am
Title/Topic:	Fresh with Anna Olson Loving Spoonfuls	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy, local and culturally diverse cooking.	
Hosts:	Fresh with Anna Olson: Anna Olson Loving Spoonfuls: David Gale	
Guests:	Fresh with Anna Olson: Karen Whitty of Whitty Farms, Welland Fire Dept. Loving Spoonfuls: Sylvia Evans	

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Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. 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.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 403
Air Dates:	Tuesday, March 15, 2016	6:00 am
	Thursday, March 17, 2016	6:00 am
Title/Topic:	Fresh with Anna Olson	
	Loving Spoonfuls	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy and local food cooking. Culturally diverse cooking.	
Hosts:	Fresh with Anna Olson: Anna Olson	
	Loving Spoonfuls: David Gale	
Guests:	Fresh with Anna Olson: N/A	
	Loving Spoonfuls: Mary Finson, Rose Reisman	

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Description:

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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!

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program: Assembly Update Episode # 16-0011
Air Dates: Tuesday, March 22, 2016 6:00 am
Thursday, March 24, 2016 6:00 am
Title/Topic: Legislative Process/Session Issues
Duration: 15 minutes
Style/Type: Interview Format
Source: NY State Assembly
Issue(s) Addressed: Assembly Session Priorities, Budget Process
Host: Ilyse Wolberg
Guest: William Magnarelli – 129th Assembly District

On this episode of Assembly Update, Assemblyman William Magnarelli discusses the challenges involved in meeting the April 1 budget deadline, legislative priorities for the current Assembly session, the governor's State of the State and Budget Proposal addresses and Senate & Assembly joint hearings to go over different facets of the proposed budget, such as labor and education. Magnarelli stresses the importance of getting the budget in on time so that local municipalities may plan accordingly. He also discusses local government issues such as education/Common Core rollout, economic opportunity for businesses, childcare funding and women's rights/equality.

Program: Assembly Update Episode # 16-0046
Air Dates: Tuesday, March 22, 2016 6:15 am
Thursday, March 24, 2016 6:15 am
Title/Topic: Budget Process
Duration: 15 minutes
Style/Type: Interview Format
Source: NY State Assembly
Issue(s) Addressed: Budget Process, Upstate NY Initiatives
Host: Mike Falvo
Guest: William Magnarelli – 129th Assembly District

On this episode of Assembly Update, Assemblyman William Magnarelli discusses the NYS budget process, starting with the Governor's Budget Proposal address, through conference committee evaluation of each item and, when there are differences, separate Senate and Assembly versions of the budget which are used as a starting point for negotiation. Also discussed are Upstate initiatives from the Governor's Budget Proposal address which will help to jumpstart the Upstate economy. Some of these initiatives include changes in toll policy for the NY State thruway system, gap elimination adjustment, repair and maintenance of road, bridge, water and sewer infrastructure and minimum wage legislation.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Subject Matters	Episode # N/A
Air Dates:	Tuesday, March 22, 2016	6:30 am
	Thursday, March 24, 2016	6:30 am
Topic/Title:	Vascular Birthmarks Foundation	
Duration:	30 minutes	
Style/Type:	Interview Format	
Source:	WYPX-TV	
Issue(s) Addressed:	Health & Welfare	
Host:	Joe Condon	
Guest:	Dr. Linda Rozell – Shannon, President and Founder – Vascular Birthmarks Foundation (VBF)	

Today's guest discusses the Vascular Birthmarks Foundation (VBF). Since its inception in 1994, VBF has successfully networked thousands of children and adults into treatment, sponsored significant research, educated physicians and affected family members about the diagnosis and treatment of vascular birthmarks and has established chapters all over the world. One in ten children are born with a vascular birthmark, or 400,000, each year in the United States (based on the 2003 census). Of these infants, 1 in 10, or 40,000 are born with a vascular birthmark that will require the opinion of a medical specialist. There are two categories of vascular birthmarks: hemangiomas, which are the most common tumor of infancy, and vascular malformations. These two categories, while related, are very different. It is very important to know the difference because the treatment is different depending on the lesion type. Traditional medical protocol in years past was to allow these potentially disfiguring and dangerous lesions to grow and "wait" for regression or involution to occur. New data indicates that most of these lesions do not regress to a cosmetically acceptable appearance, and will, therefore, require some form of corrective surgery. As a result, there is a concerted effort on the part of several prominent physicians and research specialists to change the old "benign neglect" protocol to require more aggressive early intervention. For More Info: www.birthmark.org or 1-877-823-4626

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2016

Program:	Living Well	Episode # 405
Air Dates:	Tuesday, March 29, 2016	6:00 am
	Thursday, March 31, 2016	6:00 am
Title/Topic:	Fresh with Anna Olson	
	Loving Spoonfuls	
Duration:	60 minutes	
Style/Type:	Human Interest	
Source:	ION Life	
Issue(s) Addressed:	Organic, healthy, local and culturally diverse cooking.	
Hosts:	Fresh with Anna Olson: Anna Olson	
	Loving Spoonfuls: David Gale	
Guests:	Fresh with Anna Olson: N/A	
	Loving Spoonfuls: Eva and Peter Ouzas'	

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Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

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 ceasar 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.