

PUBLIC AFFAIRS REPORT
for
WSPX-TV
Syracuse, NY
for
SECOND QUARTER ENDING: June 30, 2015

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. Portable Design Solutions
2. Hidden Storage Bookcases
3. Creating Organized Play Areas for Children
4. Preparing Thai Food
5. Authentic Mexican Cuisine
6. NYS Assembly Budget Creation Process
7. Decluttering
8. Recipes that Get Children to Eat Vegetables
9. Getting the Most out of Storage Space
10. DIY Design Projects

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" and "Anna & Kristina's Grocery Bag".

"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.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 305
Air Date: Thursday, April 2, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Robert Batulis, Mimi Pineau, Amanda Schuler
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &
Kristina Maticic
Guests: Chef Claudia Ibarondo

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Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode Robert, a renter with a lot of home theater equipment, wants his living space to be more of a home but needs portable design solutions that will be suitable for when he moves into a loft.

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 want to make authentic Mexican cuisine and make Guacomole, Warm Carjeta Pudding with fresh berries, Pork Tacos With Pickled Onions and Oaxacana Black Mole with Braised chicken from the cookbook Mexican Kitchen by Rick Bayless. Chef Claudia Ibarondo samples their dishes. They also test out different electric griddles and learn about different types of chili peppers.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 306
Air Dates: Tuesday, April 7, 2015 6:00 am
Thursday, April 9, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go
Host: Peter Fallico
Guests: Mark Riedl, Maria Ricardo, Mike Ferrara, Eric Galbraith,
Mimi Pineau
Anna & Kristina's Grocery Bag
Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Stephan MacIntyre

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Description:

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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 tackle making comfort food that can be made fast and test out the cookbook "Nigella Express" by Nigella Lawson. The recipes tested are "High Speed Hamburgers", "Roquemole", "Chicken Liver Salad", "Macaroni and Cheese", "Breakfast Bars" and "Chocolate Pear Pudding". Guest chef Stephan MacIntyre from Burgoo Bistro samples and critiques the recipes they make. Anna and Christina also show a taste test of four brands of granola bars and test out brands of kitchen scales.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 307
Air Dates: Tuesday, April 14, 2015 6:00 am
Thursday, April 16, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Margot Hines, Virginie Martocq, Michelle Stonkus
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Mary Macintyre, 14th Vancouver Girl Guides Unit

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Anyone who's accumulated too much stuff over the years understands the desire to downsize the clutter and build storage. Peter's got practical solutions for renters including removable shelves with molding for an upscale library look.

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 will find out if they can trick children into eating their greens as they test out recipes from Jessica Seinfeld's *Deceptively Delicious* cookbook that advocates hiding vegetables in food. Chef Mary Macintyre, who owns her own restaurant geared towards children and parents alike, is there to critique Anna and Kristina's dishes and the children's reactions to the veggie hidden dishes.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 308
Air Dates: Tuesday, April 21, 2015 6:00 am
Thursday, April 23, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Shawn Labron, Christina Song, Tracy Foster, Lee Buchanan
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Melissa Craig

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In this episode Peter, along with designer Christina Song take on DIY projects to bring life to Shawn's open concept loft. Lanterns, translucent curtains and bold colors boost the open space and even the rooftop garden gets a new face. Inspired by retail shelving the modern motif is taken a trendy step forward.

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.

Will recipes from the most powerful woman in show biz's magazine meet Anna and Kristina's high expectations or will the recipes from *O, The Oprah Magazine Cookbook* leave them stranded at a few culinary roadblocks? In this episode internationally versed, Chef Melissa Craig is there to test out their diverse menu.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Assembly Update**
Title/Topic: Ethics Reform / Budget
Show #: 15-0063
Air Dates: Tuesday, April 28, 2015 6:00 am
Thursday, April 30, 2015 6:00 am
Duration: 15 minutes
Style/Type: Interview Format
Issues Addressed: Legislature Ethics
Host: Felix Swierski
Guest: Assemblyman William B. Magnarelli - 129th Assembly District

On this episode of Assembly Update, Assemblyman William B. Magnarelli discusses the transition to a new Speaker of the New York State Assembly, Carl Heastie, and his plans for putting together a committee to select an Executive Director of the Assembly Office of Ethics and Compliance. Problems related to the disclosure of outside income for Assembly members are described, as well as the benefits that a full-time legislature would provide. Additionally, the budget legislation conference committee process is discussed.

Program: **Assembly Update**
Title/Topic: Budget Update
Show #: 15-0089
Air Dates: Tuesday, April 28, 2015 6:15 am
Thursday, April 30, 2015 6:15 am
Duration: 15 minutes
Style/Type: Interview Format
Issues Addressed: Budget Process
Host: Ilyse Wolberg
Guest: Assemblyman William B. Magnarelli - 129th Assembly District

On this episode of Assembly Update, Assemblyman William B. Magnarelli discusses the ongoing budget conference committee process. A proposed 1.5 billion dollar upstate revitalization project is described, which includes items such as an improved Centro public transportation system and a new year-round equine facility at the New York State Fairgrounds. Proposed increases in the Education budget are also addressed.

WSPX-TV, Syracuse, New York
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SECOND QUARTER, 2015

Program: **Assembly Update**
Title/Topic: Budget
Show #: 15-0124
Air Dates: Tuesday, April 28, 2015 6:30 am
Thursday, April 30, 2015 6:30 am
Duration: 15 minutes
Style/Type: Interview Format
Issues Addressed: Budget Process
Host: Felix Swierski
Guest: Assemblyman William B. Magnarelli - 129th Assembly District

On this episode of Assembly Update, Assemblyman William B. Magnarelli talks about the budget creation process and how the Governor's policies have shaped this process. Topics include budget conference committees, budget proposals, joint Senate/Assembly committees, the full-time vs. part-time legislature debate, the passing of a human trafficking bill and paid family leave legislation.

Program: **Assembly Update**
Title/Topic: Economic Development Contest
Show #: 15-0150
Air Dates: Tuesday, April 28, 2015 6:45 am
Thursday, April 30, 2015 6:45 am
Duration: 15 minutes
Style/Type: Interview Format
Issues Addressed: Ethics Reform, Economic Development and Education
Host: Jessica Baxter
Guest: Assemblyman William B. Magnarelli - 129th Assembly District

On this episode of Assembly Update, Assemblyman William B. Magnarelli discusses an ethics reform agreement regarding disclosure of outside sources of income for legislators, pension forfeiture, rights of spouses regarding pension funds, the appearance of impropriety and client confidentiality. Also addressed is an economic development contest in which three 500 million dollar prizes will be awarded to regional economic development councils which are deemed to have the best projects. Additional topics include Common Core rollout, the teacher evaluation process and the funding of disadvantaged schools.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 310
Air Dates: Tuesday, May 5, 2015 6:00 am
Thursday, May 7, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Scott Temblay, Dylan Roberts, Virginie Martocq
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Brian Marchesi

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Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode we learn to overcome the challenges of decorating the unconventional space of a loft 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 "Thai Food" by David Thompson and cook an entire Thai meal for Chef Brian Marchesi to taste. The girls also taste test four brands of coconut milk and test four different brands of pineapple slicers.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 311
Air Dates: Tuesday, May 12, 2015 6:00 am
Thursday, May 14, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Kendra Hawke, Pat Travers, Christina Song, Barbara Barrett
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Andrea Froncillo

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A young couple who doesn't want to put down roots still wants a comfortable home with room to put up out-of-town guests. Peter takes advantage of different spaces to double the function of a room as well as creating a hideaway workspace. With help from Barbara Barrett the design team puts a modern twist on antique inspirations.

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.

Vampires beware! Anna and Kristina are testing a cookbook where every recipe – yes, even dessert – contains garlic. While they're at it, they'll find out if any modern mincing gadget is better for garlic than your standard chef's knife and which type of garlic you should use for your dishes.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 312
Air Dates: Tuesday, May 19, 2015 6:00 am
Thursday, May 21, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Jeanine Noyes, Beth Halstead
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Jeff Nathan

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A musician and composer has squeezed a home office into her tiny apartment and needs to find a way to divide the space and make for a homier feel. Peter helps create more space in the home by using simple decorating tricks.

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 take on recipes from the *Jewish Home Cooking* cookbook as they try to impress a famed New York Kosher chef. The author's philosophy is that Yiddish cooking can be modernized and made in a healthful manner. And a pickle test finds out which grocery store brand produces the perfect kosher pucker.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 313
Air Dates: Tuesday, May 26, 2015 6:00 am
Thursday, May 28, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Derek Hooper, Brenda Irving, Virginie Martocq, Thomas Hafey
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Yves Potuin, Nilmini Wijewickereme

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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 "Good House Keeping's Vegetarian Meals". Chef Yves Potuin will taste their creations from the cookbook. They also test different types of produce wash and different types of goat cheese.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 314
Air Dates: Tuesday, June 2, 2015 6:00 am
Thursday, June 4, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Gallant Law, Stuart Swing
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Andrey Durbach

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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 "Fat" By Jennifer McLagen. Chef Andrey Durbach tastes the recipes they make from this cookbook. They also test out different types of butters and thermometers.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 315
Air Dates: Tuesday, June 9, 2015 6:00 am
Thursday, June 11, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Jelena Mihajlovic, Jennifer Leonard, Virginie Martocq, Ed Atkinson
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Vicky Gabereau

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How do you turn a wonky attic space into a calming meditation zone for two young roommates? All kinds of tricks are pulled out, from storage ideas to padded walls and even help from the crafty tenants. With help from Virginie Martocq the creative team puts together a warm and reflective space that's ready to move anytime.

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 review classic recipes from the 1975 cookbook, *The Best of the Best and more*. The book has been updated since to include fresher ingredients, but will recipes like "Hamburger Soup" and "Classy Chicken" be enough to impress celebrity guest judge Vicky Gabereau?

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 316
Air Dates: Tuesday, June 16, 2015 6:00 am
Thursday, June 18, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Carole Mackereth and Christina Song
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Jamie Maw and Shaun Layton

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A dancer on the move wants to personalize her apartment in a more feminine style but definitely wants it portable. Learn how to create French chic style with fabric, color and simple touches. Great storage that looks good is the goal, and Peter demonstrates how to build decorative aesthetics hidden storage using bookcases.

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.

Entertaining dinner guests can be stressful, but the Barefoot Contessa, Ina Garten believes you can still get maximum flavor without too much. Anna and Kristina take a cue and some recipes from her cookbook *Back to Basics* to present to food critic, Jamie Maw. The hosts also taste test some bacon, pumpkin and try out some cocktail shakers to put together a dinner party worthy of a great review.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 317
Air Date: Tuesday, June 23, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Sarah Harrison, Tonya Coyle, Teresa Macdonnell
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Sylvia Weinstock

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Longtime friends and roommates Sarah and Tonya are living in their first apartment together with a mishmash of furniture. They want a modern contemporary look for their large two bedroom apartment without spending a lot of money. Teresa Macdonnell shows ways to use metafoil, assorted fabrics and picture frames to add a dramatic splash; as well as ways to turn trash into treasure.

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 take on the challenge of making a 3 tiered wedding cake for a wedding. They test the cookbook "The Cake Bible" by Rose Levy Berenbaum. They create all the components of the wedding cake from scratch including a mousseline, fondant and marzipan roses. They also test four different types of food coloring and rolling pins. They make a visit to New York City to visit cake maker Sylvia Weinstock to learn how to make marzipan roses and who will critique their finished cake later on. Running into various challenges along the way will their wedding cake be a success at the wedding?

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 316
Air Date: Thursday, June 25, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Carole Mackereth and Christina Song
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Jamie Maw and Shaun Layton

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A dancer on the move wants to personalize her apartment in a more feminine style but definitely wants it portable. Learn how to create French chic style with fabric, color and simple touches. Great storage that looks good is the goal, and Peter demonstrates how to build decorative aesthetics hidden storage using bookcases.

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.

Entertaining dinner guests can be stressful, but the Barefoot Contessa, Ina Garten believes you can still get maximum flavor without too much. Anna and Kristina take a cue and some recipes from her cookbook *Back to Basics* to present to food critic, Jamie Maw. The hosts also taste test some bacon, pumpkin and try out some cocktail shakers to put together a dinner party worthy of a great review.

WSPX-TV, Syracuse, New York
PUBLIC AFFAIRS REPORT
SECOND QUARTER, 2015

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 318
Air Date: Tuesday, June 30, 2015 6:00 am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Home To Go Host: Peter Fallico
Guests: Doug Bryce, Aurelie Hatch, Sabrina Linn
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Nico Schuermans

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Home to Go" and "Anna & Kristina's Grocery Bag".

Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.

Renters Doug and Aurelie need help with creating a theme that turns mismatched into a look that is as unique as they are. Peter Fallico and Sabrina Linn show creative ways to bring existing pieces together that aren't hard or expensive. Also learn how to make a kitchen island out of book shelves as well as other simple storage solutions for the 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 test out the book "The Flexitarian Table" by Peter Berley. A book that shows how to make dishes for meat eaters or vegetarians by creating so-called "convertible dishes", which start out with the same basic preparations and then can either contain meat or a meat alternative. They test out recipes such as "Crispy pressed chicken or tofu with garlic mint marinade" and "cauliflower polenta with crispy shallots" and need to impress Chef Nico Schuermans, a high profile chef who has worked in restaurants all over the world. They will also visit a culinary school to test out four different types of Dutch Ovens and a yoga studio to test four different brands of tofu.