

PUBLIC AFFAIRS REPORT
for
WPPX-TV
Wilmington, Delaware
for
FIRST QUARTER ENDING MARCH 31, 2017

In accordance with Section 73.3526(e) (11) (i) of the Federal Communications Commission's rules, The following, in the opinion of WPPX-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. How knowledge of horticulture can help ex-convicts find work when re-entering society.
2. How to cook nutritious and safe meals with dandelions.
3. How Performing Arts can be an effective teaching tool.
4. How to properly care for your pet during the winter.
5. How to cook for crowds of people
6. Where can one find training to enter the corporate environment.
7. How to effectively make nutritious meals using autumnal seasonal foods.
8. What life as a child was like in Europe during World War II in different countries
9. How to match wines with certain meals
10. How to detect early signs of diabetes

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 and helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Fresh with Anna Olson" and "Loving Spoonfuls".

Window on Wilmington is a one hour community affairs program covering issues and affairs that are important to the Wilmington, De area. It reaches out to interview non-profit, corporate and community organizations as well as individuals to explore topical issues of local interest.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 419
Air Date: Tuesday, January 3, 2017 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Cathy Palumbo, Susan Palumbo

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. Anna’s relatives are coming over and she’s preparing a harvest supper. She begins with a unique dish of Salmon with Horseradish Panko Crust served with a lemon dill butter sauce. Next, Anna prepares her Dandelion Greens Salad with pancetta and apple cider. She finishes the meal with a Pumpkin Crème Brule for dessert. All these seasonal ingredients combine to make the perfect fall feast for the Olsen family.

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. Cathy Palumbo is a spicy Sicilian who tells it like it is while making Veal Parmigiana and mouthwatering Italian bread.

Program: *Window on Wilmington* Episode # 102616
Air Date: Thursday, January 5, 2017 6:00 am
Duration: 60 minutes
Style/Type: Interview
Source: WITG Wilmington, De (Channel 22)
Issues Addressed: Work Programs for Ex-Offenders, Pet Care, Job Programs, Diabetes, Theatre Programs
Host: Theopalis K. Gregory, Sr.
Guests: Vikram Krishnamurthy, Bob Harris, Dr. Erin Green, Greg Munson, Alfred Lance, Colleen M. Haraldson, Dara Smithers, Pamelyn Manoochio and Allyson Sands

Guest Host Theo Gregory welcomes us with Vikram Krishnamurthy giving an animated discussion about the De Center for Horticulture’s programs. One of their chief programs is the Job Skills program that gives ex-Offenders a skill set and training for entering the workforce. Secondly, Dr. Erin Green and Greg Munson from the De Humane Association give pet care tips for handling the holidays. Especially things that can injure your pets. They also talked about their Holiday programs and asked to be remembered when you are giving donations. Next Alfred Lance from the Office of Economic Development talked about the PREP program. The acronym stands for Preparing Responsible Engaged Professionals. It is to train unemployed or underemployed citizens to work in corporate environments. This plan was developed with local corporations as well so job placement is high. Next 2 nurses from St. Francis Healthcare discussed Diabetes Awareness. Colleen M. Haraldson, MSN, RN and Dara Smithers, RN gave examples to help us be aware of the signs and symptoms of this terrible disease. Finally, from the Grand & the Playhouse, Pamelyn Manoochio and Allyson Sands discuss the Stages of Discovery program. A series of historical, literary or educational plays that come with study guides for the teachers to help the classes in their course discussions.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 420
Air Date: Tuesday, January 10, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Wayne Philbrick, Theresa and John Ross Mcfarlane
Loving Spoonfuls: Host David Gale
Guests: Mahassin Bukhari

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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. Anna’s throwing together a spontaneous dinner party with French flare. With little notice she prepares an entrée of Turkey Escalope with Citrus Haricots Vert and Crème Fraiche Mashed potatoes. After a trip to the Upper Canada Cheese Co, she serves a Frisee Salad with warm camembert, followed by a Plum Clafoutis for dessert. Even though she’s short on time, Anna is able to pull off a French bistro style meal that is definitely not short on taste!

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. The wife of a former Sudanese diplomat, Mahassin Bukhari teaches us about international diplomacy, Islam and serves the finest coffee on earth.

Program: *Window on Wilmington* Episode # 102616
Air Date: Thursday, January 12, 2017 6:00 am
Duration: 60 minutes
Style/Type: Interview
Source: WITG Wilmington, De (Channel 22)
Issues Addressed: Work Programs for Ex-Offenders, Pet Care, Job Programs, Diabetes, Theatre Programs
Host: Theopolis K. Gregory, Sr.
Guests: Vikram Krishnamurthy, Bob Harris, Dr. Erin Green, Greg Munson, Alfred Lance, Colleen M. Haraldson, Dara Smithers, Pamelyn Manoochio and Allyson Sands

Guest Host Theo Gregory welcomes us with Vikram Krishnamurthy giving an animated discussion about the De Center for Horticulture’s programs. One of their chief programs is the Job Skills program that gives ex-Offenders a skill set and training for entering the workforce. Secondly, Dr. Erin Green and Greg Munson from the De Humane Association give pet care tips for handling the holidays. Especially things that can injure your pets. They also talked about their Holiday programs and asked to be remembered when you are giving donations. Next Alfred Lance from the Office of Economic Development talked about the PREP program. The acronym stands for Preparing Responsible Engaged Professionals. It is to train unemployed or underemployed citizens to work in corporate environments. This plan was developed with local corporations as well so job placement is high. Next 2 nurses from St. Francis Healthcare discussed Diabetes Awareness. Colleen M. Haraldson, MSN, RN and Dara Smithers, RN gave examples to help us be aware of the signs and symptoms of this terrible disease. Finally, from the Grand & the Playhouse, Pamelyn Manoochio and Allyson Sands discuss the Stages of Discovery program. A series of historical, literary or educational plays that come with study guides for the teachers to help the classes in their course discussions.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 421
Air Date: Tuesday, January 17, 2016 6:00 am
Topic/Title: 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.
Host(s): Anna Olson and David Gale
Guests: Kent Kraemer-Niagra's Best Brewery
Yvonne Kennedy-Grandmother
John F. Kennedy-Yvonne's Husband
Giselle-Family friend

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Fresh with Anna Olson" and "Loving Spoonfuls".

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna cooks family comfort foods to enjoy after a busy week at work. She makes Pot Roast with Fluffy Dumplings, Mae's Broccoli Cheddar Salad and Apple Cranberry Crisp. Anna also visits a local brewery.

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 Belgian Grandmother Yvonne Kennedy, whose husband also happens to be named John F. Kennedy. They discuss Yvonne's life in Antwerp during WWII and make Rabbit, Endive Rolled in Ham and Cooked Red Cabbage with Apples and Onions.

Program: *Living Well* Episode # 421
Air Date: Thursday, January 19, 2016 6:00 am
Topic/Title: 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.
Host(s): Anna Olson and David Gale
Guests: Kent Kraemer-Niagra's Best Brewery
Yvonne Kennedy-Grandmother
John F. Kennedy-Yvonne's Husband
Giselle-Family friend

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. In this episode Anna cooks family comfort foods to enjoy after a busy week at work. She makes Pot Roast with Fluffy Dumplings, Mae's Broccoli Cheddar Salad and Apple Cranberry Crisp. Anna also visits a local brewery.

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 Belgian Grandmother Yvonne Kennedy, whose husband also happens to be named John F. Kennedy. They discuss Yvonne's life in Antwerp during WWII and make Rabbit, Endive Rolled in Ham and Cooked Red Cabbage with Apples and Onions.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 422
Air Date: Tuesday, January 24, 2016 6:00 am
Topic/Title: 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.
Host(s): Anna Olson and David Gale
Guests: Bob Patterson-Herbs By Daniel
Sophie Tzoitis-Grandmother

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna cooks a romantic dinner for two. She makes Tomato Basil Tart with Tender Green Salad, Seafood In Parchment Parcels and Crème Brule Cheesecakes. She visits a greenhouse that specializes in fresh herbs.

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 Greek Grandmother Sophie Tzoitis. They make Moussaka, Egg-Lemon (Chicken) Soup, and Greek Salad. They also discuss Sophie’s life in Greece as a Jewish kid during WWII.

Program: *Living Well* Episode # 422
Air Date: Thursday, January 26, 2016 6:00 am
Topic/Title: 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.
Host(s): Anna Olson and David Gale
Guests: Bob Patterson-Herbs By Daniel
Sophie Tzoitis-Grandmother

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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. In this episode Anna cooks a romantic dinner for two. She makes Tomato Basil Tart with Tender Green Salad, Seafood In Parchment Parcels and Crème Brule Cheesecakes. She visits a greenhouse that specializes in fresh herbs.

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 Greek Grandmother Sophie Tzoitis. They make Moussaka, Egg-Lemon (Chicken) Soup, and Greek Salad. They also discuss Sophie’s life in Greece as a Jewish kid during WWII.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 423
Air Date: Tuesday, January 31, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Tom and Ann Weiss-Pennachietti, Dolores Fabiano, Michael Olson
Loving Spoonfuls: Host David Gale
Guests: Aida and Primo Oducado

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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. On a recent trip to Alsace, France, Anna and Michael were inspired by the sights and flavors of the region. On this episode Anna prepares a traditional Alsatian meal to share with friends as they reminisce about their travels. She heads to a local winery to find the perfect pairings for her Tarte Flambé, Choucroute Garni and Pain d’epices.

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. Aida Oducado prepares exotic Philippine dishes and wins a ten dollar bet with David.

Program: *Living Well* Episode # 423
Air Date: Thursday, February 2, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Tom and Ann Weiss-Pennachietti, Dolores Fabiano, Michael Olson
Loving Spoonfuls: Host David Gale
Guests: Aida and Primo Oducado

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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. On a recent trip to Alsace, France, Anna and Michael were inspired by the sights and flavors of the region. On this episode Anna prepares a traditional Alsatian meal to share with friends as they reminisce about their travels. She heads to a local winery to find the perfect pairings for her Tarte Flambé, Choucroute Garni and Pain d’epices.

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. Aida Oducado prepares exotic Philippine dishes and wins a ten dollar bet with David.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 424
Air Date: Tuesday, February 7, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Mario and Barbara Pingue, Dolores Fabiano
Loving Spoonfuls: Host David Gale
Guests: Francoise Bradette-Nimbley

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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. Anna’s friends, the Pingues, are local producers of fine meats who are passionate about Italian food. So Anna is preparing a classic Italian feast to share with them. Featuring a spectacular antipasto platter, osso bucco with acini di pepe pasta and an arugula pineapple salad – it’s all the tastes of Italy right at home.

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. Francoise Bradette-Nimbley is a French-Canadian "grand-mere" who (along with her sisters) teaches David about touritiere and poutine.

Program: *Living Well* Episode # 424
Air Date: Thursday, February 9, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Mario and Barbara Pingue, Dolores Fabiano
Loving Spoonfuls: Host David Gale
Guests: Francoise Bradette-Nimbley

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. Anna’s friends, the Pingues, are local producers of fine meats who are passionate about Italian food. So Anna is preparing a classic Italian feast to share with them. Featuring a spectacular antipasto platter, osso bucco with acini di pepe pasta and an arugula pineapple salad – it’s all the tastes of Italy right at home.

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. Francoise Bradette-Nimbley is a French-Canadian "grand-mere" who (along with her sisters) teaches David about touritiere and poutine.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 425
Air Date: Tuesday, February 14, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host(s): Anna Olson and David Gale
Guests: Jessie Salmon-Grandmother
Shana-Jessie's Granddaughter

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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. In this episode Anna plans a casual evening with friends and makes Tapas. Anna talks about how Tapas are a colorful and creative way to serve many flavors. She makes Spanish Pinchos, Potato Tortilla with Chorizo Sausage, San Sebastian Crab Tarts and Gambas A La Plancha. She also takes a trip to her store to pick up some traditional Spanish ingredients.

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 Jamaican Grandmother Jessie Salmon and they make Christmas Cake, Rice and Peas and Jerk Chicken. Jessie also shows David how to pick out a good coconut in the store.

Program: *Living Well* Episode # 425
Air Date: Thursday, February 16, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host(s): Anna Olson and David Gale
Guests: Jessie Salmon-Grandmother
Shana-Jessie's Granddaughter

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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. In this episode Anna plans a casual evening with friends and makes Tapas. Anna talks about how Tapas are a colorful and creative way to serve many flavors. She makes Spanish Pinchos, Potato Tortilla with Chorizo Sausage, San Sebastian Crab Tarts and Gambas a La Plancha. She also takes a trip to her store to pick up some traditional Spanish ingredients.

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 Jamaican Grandmother Jessie Salmon and they make Christmas Cake, Rice and Peas and Jerk Chicken. Jessie also shows David how to pick out a good coconut in the store.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 426
Air Date: Tuesday, February 21, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host(s): Anna Olson and David Gale
Guests: April Turpin-Picard's Peanuts
Ann Lytwyn-Grandmother

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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. In this episode Anna plans a fun evening with friends playing Charades. She makes Quesadillas, Vegetable Chowder with Warm Confetti Corn Bread and Caramel Peanut Popcorn. We also visit Picard's Peanuts so Anna get pick up some fresh peanuts for the popcorn.

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 Ukrainian Grandmother Ann Lytwyn. They talk about Ann's life experiences over the years, while making Miaso Na Patechky, Rohalky, and Nalysnyky.

Program: *Living Well* Episode # 426
Air Date: Thursday, February 23, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host(s): Anna Olson and David Gale
Guests: April Turpin-Picard's Peanuts
Ann Lytwyn-Grandmother

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Description:

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WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 401
Air Date: Tuesday, February 28, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: 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'.

Program: *Living Well* Episode # 401
Air Date: Thursday, March 2, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: 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'.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 402
Air Date: Tuesday, March 7, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
Loving Spoonfuls: Host David Gale
Guests: Sylvia Evans

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh With Anna Olson” and “Loving Spoonfuls”.

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna makes a healthy meal for a group of firefighters that tastes great served warm or cold. Anna makes Salmon Chickpea Toss, Sweet Potato Soup and Peach Oatmeal Griddle Cookies.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life. In this episode David visits the home of Sylvia Evans who is an English grandmother. Sylvia teaches David how to prepare a proper English tea and they make English Sherry Trifle and Scones.

Program: *Living Well* Episode # 402
Air Date: Thursday, March 9, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
Loving Spoonfuls: Host David Gale
Guests: Sylvia Evans

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WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 403
Air Date: Tuesday, March 14, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Mary Finson, Rose Reisman

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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. Anna’s good friend Jennifer is getting married and Anna’s gift is a wedding cake, not just a wedding cake, but a fabulous 4 tier White Chocolate Wedding Cake filled with local fresh berries and topped with green fondant. In this episode Anna also makes time to deliver three hors d’oeuvres to the bridal party before the event: Artichoke Asiago Squares, Devilled Eggs, and Champagne Shrimp on Endive.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life. In this episode we meet Jewish grandmother Mary Finson and her daughter, cookbook author Rose Reisman. They go head to head in a low-fat vs. high-fat mother/daughter cookie war!

Program: *Living Well* Episode # 403
Air Date: Thursday, March 16, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Mary Finson, Rose Reisman

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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. 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!

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 404
Air Date: Tuesday, March 21, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Charlotte de Neve

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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. It’s beautiful outside, so why not join Anna and her friends for an impromptu beach party. Anna prepares Roasted Pepper and Eggplant Salad and Three-Bean Salad before heading over to Minors Fisheries to pick up fresh local fish for her pièce de résistance: Lakeside Paella. Her friends enjoy helping her cook on the beach- roasting their Potato Prosciutto Kebabs in an open fire and stirring the slow cooking Lakeside Paella to perfection right on the beach.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life. Indo-Dutch grandmother Charlotte de Neve makes Gado-Gado Salad and tells stories of her Grandfather, the former Governor of Borneo.

Program: *Living Well* Episode # 404
Air Date: Thursday, March 23, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Guests: Charlotte de Neve

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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. It’s beautiful outside, so why not join Anna and her friends for an impromptu beach party. Anna prepares Roasted Pepper and Eggplant Salad and Three-Bean Salad before heading over to Minors Fisheries to pick up fresh local fish for her pièce de résistance: Lakeside Paella. Her friends enjoy helping her cook on the beach- roasting their Potato Prosciutto Kebabs in an open fire and stirring the slow cooking Lakeside Paella to perfection right on the beach.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life. Indo-Dutch grandmother Charlotte de Neve makes Gado-Gado Salad and tells stories of her Grandfather, the former Governor of Borneo.

WPPX-TV, Wilmington, De
PUBLIC AFFAIRS REPORT
FIRST QUARTER, 2017

Program: *Living Well* Episode # 405
Air Date: Tuesday, March 28, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: N/A
Loving Spoonfuls: Host David Gale
Guests: 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. Watch as her enthusiasm motivates you to try new culinary creations of your own. Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna prepares a relaxed lunch for friends at home before heading off to the racetrack. Her casual menu includes triple chocolate brownies, pea meal sandwiches with red cabbage slaw, slow roasted BBQ pea meal pork loin and french-fries with Caesar dressing.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life. In this episode David visits the home of Eva Ouzas' who along with her husband shows David how to make Greek cuisine. They make spanakopita, lamb and stuffed grape leaves.

Program: *Living Well* Episode # 405
Air Date: Thursday, March 30, 2016 6:00 am
Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls
Duration: 60 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Guests: Fresh With Anna Olson: Host Anna Olson
Guests: N/A
Loving Spoonfuls: Host David Gale
Guests: Eva and Peter Ouzas'

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Fresh With Anna Olson" and "Loving Spoonfuls".

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Watch as her enthusiasm motivates you to try new culinary creations of your own. Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna prepares a relaxed lunch for friends at home before heading off to the racetrack. Her casual menu includes triple chocolate brownies, pea meal sandwiches with red cabbage slaw, slow roasted BBQ pea meal pork loin and french-fries with Caesar dressing.

This delightful cooking series is devoted to characters, cultures and food. Each week, host David Gale visits a different grandmother to cook, laugh and learn about her life. In this episode David visits the home of Eva Ouzas' who along with her husband shows David how to make Greek cuisine. They make spanakopita, lamb and stuffed grape leaves.