# PUBLIC AFFAIRS REPORT for WPPX-TV Wilmington, Delaware for THIRD QUARTER ENDING SEPTEMBER 30, 2016

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 to better reintegrate convicted felons back into society
- 2. How to lower a budget by cooking well and quickly at home
- 3. What we can do to give tweens and teens confidence to achieve
- 4. How to make a nutritional meal for many with seasonal ingredients
- 5. How Rehab facilities help those with addiction problems
- 6. How to find Wilmington Contests that reward the city residents
- 7. Can a fine Cup of Coffee teach us about International Diplomacy?
- 8. How to use horticulture to help feed, educate and finance inner-city neighborhoods
- 9. Reforms the Wilmington Council is making to make itself more accessible to the citizens.
- 10. How performing arts interact with the community to reach its needs & upcoming programs

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

Windows on Wilmington is a one hour community affairs program covering issues and affairs that are important to the Wilmington, De area community. It reaches out to interview non-profit, corporate and community organizations as well as individuals to explore topical issues of local interest. Common concerns and relevant issues in the area are addressed to bring a sense of awareness, Educate and enlarge the viewing public's understanding of current issues relevant to the community.

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".

.

Program: Living Well Episode # 419

Air Date: Tuesday, July 5, 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

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 Brulee 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: Windows on Wilmington Episode # 062216

Air Date: Thursday, July 7, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Being a Blood Donor, Getting Felons into Society, Parents Communicating with Teens,

Local Theatre, Jazz Festival, Parks & Recreation's Activities

Host: Michael Waite

Guests: Dwight Davis, Edwina Bell, Dr. Sheldon Nix Pam Manocchia, Kenny Briscoe and

Shawn Baker

Guest Host Michael Waite makes a pitch for Summer Blood Donations. He then interviews Dwight Davis from the Pardon of Innocence Project about workshops to help convicted felons who have paid their debts to society to achieve Executive Pardons from the Governor and clear their records so that they may better re-integrate into society. Next Edwina Bell, Community Advocate and Dr. Sheldon Nix, Executive Director of The Life Center discuss free Parent/Teen & 'Tween (11-17) classes sponsored by the Division of Behavioral Health Services. Then Pam Manocchio, Director of Community engagement at The Grand Opera House talks about the Grand's Partnership with the city for the Summer Parks Arts Program and The Grand's Summer Children's Theatre series. Kenny Briscoe, Wilmington Director of Cultural Affairs discussed the Jazz Festival, the Independence Day Celebration, the Riverfront Blues Festival and more. Finally, Shawn Baker talked about the Department of Parks & Recreation's summer programs.

Program: Living Well Episode # 420

Air Date: Tuesday, July 12, 2016 6:00 am Topic/Title: Fresh with Anna Olsen, Loving Spoonfuls

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues 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

"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 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: Windows on Wilmington Episode # 062216

Air Date: Thursday, July 14, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Being a Blood Donor, Getting Felons into Society, Parents Communicating with Teens,

Local Theatre, Jazz Festival, Parks & Recreation's Activities

Host: Michael Waite

Guests: Dwight Davis, Edwina Bell, Dr. Sheldon Nix Pam Manocchia, Kenny Briscoe and

Shawn Baker

Guest Host Michael Waite makes a pitch for Summer Blood Donations. He then interviews Dwight Davis from the Pardon of Innocence Project about workshops to help convicted felons who have paid their debts to society to achieve Executive Pardons from the Governor and clear their records so that they may better re-integrate into society. Next Edwina Bell, Community Advocate and Dr. Sheldon Nix, Executive Director of The Life Center discuss free Parent/Teen & 'Tween (11-17) classes sponsored by the Division of Behavioral Health Services. Then Pam Manocchio, Director of Community engagement at The Grand Opera House talks about the Grand's Partnership with the city for the Summer Parks Arts Program and The Grand's Summer Children's Theatre series. Kenny Briscoe, Wilmington Director of Cultural Affairs discussed the Jazz Festival, the Independence Day Celebration, the Riverfront Blues Festival and more. Finally, Shawn Baker talked about the Department of Parks & Recreation's summer programs.

Program: Living Well Episode # 421

Air Date: Tuesday, July 19, 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: 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.

Program: Windows on Wilmington Episode # 071316

Air Date: Thursday, July 21, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Horticulture, Drug Rehabilitation, Improving Neighborhoods, Theatre & Music

Host: Cassandra McKay

Guests: Vikram Krishnamurthy, Karen Harris, MaryBeth Cichocki, Carie Gray, Andy Trescott,

Genny Pitts and Abe Pitts

First Vikram Krishnamurthy from the Delaware Center for Horticulture explained how they bring gardening and farming into the inner city environment. They plant gardens for both ornamental and produce. The goal of some of the latter is to produce food on a large scale to resell to restaurants and stores. The center also gives tips on technical aspects such as soil safety, starter plants, tools & seeds. They also hold classes and workshops. Secondly, Karen Harris and Mary Beth Cichocki spoke about Kim's Place. A rehabilitation facility for women with mental illness and drug abuse. Very comfortable rooms for housing the ladies as they go through treatment, learn living skills and even professional skills. The goal is that when they leave they can get jobs to ease them back into society. Next Dr. Carrie Gray from the Wilmington Renaissance Corp described the work they were doing to reform a neighborhood into an artists' friendly community. This will put some much needed money into the area from art-friendly businesses. Then Andy Trescott from the Delaware Theatre Company described the new seasons planned shows and the community friendly programs that gives the neighborhood interaction in the live arts. Finally Genny and Abe Pitts promoted the People's Festival. A family friendly event that promotes global unity through local cooperation and unity.

Program: Living Well Episode # 422

Air Date: Tuesday, July 26, 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: Bob Patterson-Herbs By Daniel
Sophie Tzoitis-Grandmother

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 Brulee 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 girl during WWII.

Program: Windows on Wilmington Episode # 071316

Air Date: Thursday, July 28, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Horticulture, Drug Rehabilition, Improving Neighborhoods, Theatre & Music

Host: Cassandra McKay

Guests: Vikram Krishnamurthy, Karen Harris, Mary Beth Cichocki, Carrie Gray, Andy Trescott,

Genny Pitts and Abe Pitts

First Vikram Krishnamurthy from the Delaware Center for Horticulture explained how they bring gardening and farming into the inner city environment. They plant gardens for both ornamental and produce. The goal of some of the latter is to produce food on a large scale to resell to restaurants and stores. The center also gives tips on technical aspects such as soil safety, starter plants, tools & seeds. They also hold classes and workshops. Secondly, Karen Harris and Mary Beth Cichocki spoke about Kim's Place. A rehabilitation facility for women with mental illness and drug abuse. Very comfortable rooms for housing the ladies as they go through treatment, learn living skills and even professional skills. The goal is that when they leave they can get jobs to ease them back into society. Next Dr. Carrie Gray from the Wilmington Renaissance Corp described the work they were doing to reform a neighborhood into an artists' friendly community. This will put some much needed money into the area from art-friendly businesses. Then Andy Trescott from the Delaware Theatre Company described the new seasons planned shows and the community friendly programs that gives the neighborhood interaction in the live arts. Finally Genny and Abe Pitts promoted the People's Festival. A family friendly event that promotes global unity through local cooperation and unity.

Program: Living Well Episode # 423

Air Date: Tuesday, August 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.

Hosts: Fresh With Anna Olson: Host Anna Olson

Loving Spoonfuls: Host David Gale

Guests: Fresh With Anna Olson: Guests: Tom and Ann Weiss-Pennachietti,

Dolores Fabiano, Michael Olson

Loving Spoonfuls: Guests: Aida and Primo Oducado

"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. 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 Tart Flambé, Chou croute 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 Phillipino dishes and wins a ten dollar bet with David.

Program: Windows on Wilmington Episode # 072716

Air Date: Thursday, August 4, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

Program: Living Well Episode # 424

Air Date: Tuesday, August 9, 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.

Guests: Fresh With Anna Olson: Host Anna Olson

Guests: Mario and Barbara Pingue, Dolores Fabiano

<u>Loving Spoonfuls:</u> 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, Osco bocce 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 touritere and poutine.

Program: Windows on Wilmington Episode # 072716

Air Date: Thursday, August 11, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

First, City Council President Gregory Theopalis talked about a new city council commission to reform the council's structure. Secondly, Samantha Lukoff from the Mayor's office was promoting the Wilm in the Best Light photo contest. A summer long contest with different themes that everyone can enter and win tickets to local events. Then Frank Hawkins and Candice Davis from Aids Delaware talked about the De Teen Idol finals. This contest promotes different art forms and tries to help Delaware teens to find a voice. Next, Debbie Doherty and Stephen Huff talked about all the positive

e attributes of Tender Hearts Delaware. It helps medically challenged children with counseling, recreation and improving mental attitude for healthier prognosis for all children. Finally, organizer India S. Colon and Miss Hispanic Delaware Caitlyn Resto, told us about the 40 year tradition of the Wilmington, De Hispanic Festival. How it promotes neighborhood unity. How merchants, non-profit organizations and even the general public can participate as well as view the parade. The festival has food, music and cultural education. The 3 day event is split into Family fun, Youth emphasized and the Puerto Rican Parade.

Program: Living Well Episode # 425

Air Date: Tuesday, August 16, 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: Jessie Salmon-Grandmother
Shana-Jessie's Granddaughter

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: Windows on Wilmington Episode # 072716

Air Date: Thursday, August 18, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

Program: Living Well Episode # 426

Air Date: Tuesday, August 23, 2016 6:00 am Topic/Title: Fresh With Anna Olson and 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

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

Program: Windows on Wilmington Episode # 072716

Air Date: Thursday, August 25, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

Program: Living Well Episode # 401

Air Date: Tuesday, August 30, 2016 6:00 am Topic/Title: Fresh With Anna Olson and Loving Spoonfuls

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.

Host(s): Anna Olson and David Gale

Guests: Juanita Berry

"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. This Episode handles crowds. 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: Windows on Wilmington Episode # 072716

Air Date: Thursday, September 1, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

Program: Living Well Episode # 402

Air Date: Tuesday, September 6, 2016 6:00 am

Topic/Title: Fresh with Anna Olson and 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: Windows on Wilmington Episode # 072716

Air Date: Thursday, September 8, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

Program: Living Well Episode # 403
Air Date: Tuesday, September 13, 2016 Episode # 403
6:00 am

Topic/Title: Fresh with Anna Olson and Loving Spoonfuls

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.

Host(s): Anna Olson and David Gale Guests: Mary Finson, Rose Reisman

"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 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: Windows on Wilmington Episode # 072716

Air Date: Thursday, September 15, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

Program: Living Well Episode # 404

Air Date: Tuesday, September 20, 2016 6:00 am

Topic/Title: Fresh With Anna Olson and Loving Spoonfuls

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.

Host(s): Anna Olson and David Gale

Guests: Charlotte de Neve

"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. 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: Windows on Wilmington Episode # 072716

Air Date: Thursday, September 22, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto

Program: Living Well Episode # 405

Air Date: Tuesday, September 27, 2016 6:00 am

Topic/Title: Fresh With Anna Olson and 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

<u>Loving Spoonfuls:</u> 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. 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 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: Windows on Wilmington Episode # 072716

Air Date: Thursday, September 29, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: City Council Reform, Photo Contest, Teen Talent, Medically Challenged children,

Hispanic Festival

Host: Cherish McMillan

Guests: Gregory Theopalis, Samantha Lukoff, Frank Hawkins, Candice Davis,

Debbie Doherty, Steven Huff, India S. Colon and Caitlyn Resto