PUBLIC AFFAIRS REPORT for WPPX-TV Wilmington, Delaware for THIRD QUARTER ENDING SEPTEMBER 30, 2015

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. Jobs coming to the area and how to get underprivileged, formerly incarcerated and disabled people employment
- 2. Activity Groups for youths, such as Boy Scouts of America and Hi Fletcher Brown Boys & Girls Club
- 3. Fixing old furniture to optimize use and space and give style
- 4. Why volunteering is good, and some different ways to participate
- 5. Choosing and cooking foods to stay or get healthy
- 6. Cultural Festivals and appreciation of diverse cultures, such as the Indian Festival and African Festival and Parade
- 7. Symptoms of and treatment for Alzheimer's Disease and Sickle Cell Anemia
- 8. Educating Youth in IT, music, government procedures and choosing career paths
- 9. Bringing awareness to Delaware's addiction epidemic
- 10. Proper baby proofing of apartments

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. It reaches out to interview non-profit, corporate and community organizations as well as individuals to explore topical issues of local interest.

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 "Home to Go" and "Anna & Kristina's Grocery Bag".

Program: Windows on Wilmington Episode # 062415

Air Date: Thursday, July 2, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Community Resource Fair, Youth Activity Programs, Healthful Food,

Musical Training

Host: Shannon Harris

Guests: Ivey Ibrahim, Dan Logan, Jarod Wilson, Vilas Annavarapu,

Randi Novakoff, Jonathan Whitney, Amrom Svay

Ivey Ibrahim, Neighborhood Development Director, City of Wilmington and Dan Logan, Deputy Attorney General, State of Delaware discussed the Community Resource Fair which is designed to bring government agencies, service providers, and civic organizations to locations around the City of Wilmington. The Resource Fair provides information to residents on a wide variety of informational topics. Jarod Wilson the 2015 YMCA of Delaware Youth Governor and Vilas Annavarapu the 2016 YMCA of Delaware Youth Governor discussed the YMCA of Delaware's Youth Government Program. They talked about the importance of the program and the ways it exposes youth to the political system. Then Randi Novakoff talked about the Southbridge Farmers Market where you can get fresh local produce, check out vendors and grab a smoothie to quench your thirst! She also discussed the nonprofit organizations that come to the farmers market to share important health and wellness information with the community. Jonathan Whitney, the Program Director of The Boysie Lowery Living Jazz Residency and Amrom Svay who is a program participant discussed how this jazz residency program brings musicians from around the country together not only to jam, but to learn from jazz greats. Program participants also perform free concerts during their residency.

Program: Living Well Episode # 319

Air Date: Tuesday, July 7, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues 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 Matisic Guests: Chef Stephan MacIntyre

"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 Peter visits a family that has outgrown their house and needs more storage space that can be moved into a bigger home in the future. They also create an organized play area for their children.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic 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 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. The hosts also show a taste test of granola bars and test out brands of kitchen scales.

Program: Windows on Wilmington Episode # 062415

Air Date: Thursday, July 9, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Community Resource Fair, Youth Activity Programs, Healthful Food,

Musical Training

Host: Shannon Harris

Guests: Ivey Ibrahim, Dan Logan, Jarod Wilson, Vilas Annavarapu,

Randi Novakoff,

Jonathan Whitney, Amrom Svay

Ivey Ibrahim, Neighborhood Development Director, City of Wilmington and Dan Logan, Deputy Attorney General, State of Delaware discussed the Community Resource Fair which is designed to bring government agencies, service providers, and civic organizations to locations around the City of Wilmington. The Resource Fair provides information to residents on a wide variety of informational topics.

Jarod Wilson the 2015 YMCA of Delaware Youth Governor and Vilas Annavarapu the 2016 YMCA of Delaware Youth Governor discussed the YMCA of Delaware's Youth Government Program. They talked about the importance of the program and the ways it exposes youth to the political system.

Then Randi Novakoff talked about the Southbridge Farmers Market where you can get fresh produce, check out vendors and grab a smoothie to quench your thirst! She also discussed the nonprofit organizations that come to the farmers market to share important health and wellness information with the community.

Jonathan Whitney, the Program Director of The Boysie Lowery Living Jazz Residency and Amrom Svay who is a program participant discussed how this jazz residency program brings musicians from around the country together not only to jam, but to learn from jazz greats. Program participants also perform free concerts during their residency.

Program: Living Well Episode # 320

Air Date: Tuesday, July 14, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition

Guests: Home To Go

Host: Peter Fallico

Guests: David & Alexandra Altrow, Beth Halstead

Anna & Kristina's Grocery Bag

Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Jonathan Chovancek, John van der Lieck

"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.

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic 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.

Tapa style dining is all the rage, but will recipes from a cookbook full of Small Bites be able to substitute a full course meal? Better yet, will it impress Chef Jonathan who happens to be a master of hors d'oeuvres? In this episode Anna and Kristina tackle this challenge and also follow the old adage: "when life gives you lemons, test lemon juicers."

Program: Windows on Wilmington Episode # 070815

Air Date: Thursday, July 16, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Taxes, Small Business Support, Community Services, Poison Control,

Theater

Host: Shannon Harris

Guests: Katie Macklin, Frank Hawkins, Rodrick Buckworth, Ralph Alleyne,

Genny Pitts, Kareem Pitts, Shawn Baker

Katie Macklin from the Alzheimer's Association of DE discussed how Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

Also on the program, Frank Hawkins and Rodrick Buckworth discussed Delaware Teen Idol and how this is a great opportunity for youth to get their moment in the limelight and display their creativity before a panel of judges and a sold-out crowd while delivering a positive message through the arts.

Then Ralph Alleyne who is the owner of Bobbi Rhian's in downtown Wilmington talked about transitioning back into society after being incarcerated. Ralph discussed how this process could be a big challenge for most. He pointed out the lack of opportunity for prisoners or in some cases, the prisoner themselves has become institutionalized.

Genny Pitts and Kareem Pitts discussed The Peoples' Festival 4 Peace Tribute to Bob Marley. They discussed the changes for this years' festival and Kareem's new role in the organization.

Shawn Baker from the City of Wilmington's Parks & Recreation department discussed the number activities that are underway for the entire family through parks & recreation.

Program: Living Well Episode # 321 Air Date: Tuesday, July 21, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition and Fitness.

Guests: Home To Go Host: Peter Fallico

Guests: Renters Julie & T.J., Designer Teresa MacDonell, Mark Wedman Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Martin Yan

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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.

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

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

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

Program: Windows on Wilmington Episode # 070815

Air Date: Thursday, July 23, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Alzheimer's, Singing Competition, Transitioning from Incarceration to

Freedom, Theater

Host: Shannon Harris

Guests: Katie Macklin, Frank Hawkins, Rodrick Buckworth, Ralph Alleyne,

Genny Pitts, Kareem Pitts, Shawn Baker

Katie Macklin from the Alzheimer's Association of DE discussed how Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

Also on the program, Frank Hawkins and Rodrick Buckworth discussed Delaware Teen Idol and how this is a great opportunity for youth to get their moment in the limelight and display their creativity before a panel of judges and a sold-out crowd while delivering a positive message through the arts.

Then Ralph Alleyne who is the owner of Bobbi Rhian's in downtown Wilmington talked about transitioning back into society after being incarcerated. Ralph discussed how this process could be a big challenge for most. He pointed out the lack of opportunity for prisoners or in some cases, the prisoner themselves has become institutionalized.

Genny Pitts and Kareem Pitts discussed The Peoples' Festival 4 Peace Tribute to Bob Marley. They discussed the changes for this years' festival and Kareem's new role in the organization.

Shawn Baker from the City of Wilmington's Parks & Recreation department discussed the number activities that are underway for the entire family through parks & recreation.

Program: Living Well Episode # 322

Air Date: Tuesday, July 28, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition and Fitness.

Guests: Home To Go Host: Peter Fallico

Guests: Renter Heather Libby, Designer Virginie Martocq.

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Warren Geraghty, Executive Chef Grant Achatz,

Physicist Dr. Robbin Coop, Bison Farmer Dalton Henrich, Ralph Sposito.

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

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

In this episode Anna and Kristina take on the cookbook ALINEA by Grant Achatz, which is based on the recipes of the ALINEA Restaurant in Chicago. The ALINEA restaurant is famous for food that is a total sensory experience. They fly to Chicago and visit the ALINEA Restaurant to learn more about the preparation involved in recreating such complex food. Back home they will recreate dishes for Chef Warren Geraghty to taste. The girls will visit bison farmer Dalton Henrich to learn more about bison meat and will learn more about bison cooking methods from Ralph Sposito of IslandBison.com. They also meet with Physicist Robbin Coop to test out four different types of vacuum sealers. Will they be able to master the techniques to recreate such complex dishes?

Program: Windows on Wilmington Episode # 072215

Air Date: Thursday, July 30, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: African Festival & Parade, Rise of Addiction, Free IT Training, Low Cost

Health Care, Marijuana Laws

Host: Shannon Harris

Guests: Hanifa Shabazz, Raye Jones Avery, Lynn Fahey, Dave Parcher,

Rita Landgraf, Mike Purcell, Daeshaun Quest, Forrest Watson III,

Doris Flowers, Cynthia Ferguson, Jonathan Zatwarnytsky

After a 15 year hiatus the African Festival and Parade is back. 4th District City Council Woman Hanifa Shabazz who is also a co-chair for this event and Raye Jones Avery discussed this year's festival. Then Lynn Fahey, Chief Executive Officer at Brandywine Counseling & Community Services, Inc. and Dave Parcher, Executive Director of Kent Sussex Community Services discussed how Delaware has been experiencing what the Department of *Health* and Social Services Secretary Rita Landgraf has called an "addiction epidemic". They discussed how their agencies are working to address these issues in the State of Delaware. Young adults, specifically between the ages of 18-26 are provided top IT training. Mike Purcell, who is an instructor at IT Works, and Daeshaun Quest, an IT Works graduate talked about the award-winning IT training program. Forrest Watson III and Doris Flowers from The Life Health Center and the Northeast Treatment Center discussed how The Life Health Center is a patient centered medical home facility that deliver's quality integrated primary, specialty and behavioral health care services to consumers without regard to ability to pay.

Finally on the show, Cynthia Ferguson and Jonathan Zatwarnytsky talked about House Bill 39 which was signed into law by Governor Jack Markell. The bill, sponsored by Rep. Helene Keeley, allows Delawareans to possess up to an ounce of marijuana and use the drug privately without facing criminal sanctions, although police can confiscate the drugs.

Program: Living Well Episode # 323

Air Date: Tuesday, August 4, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition and Fitness.

Guests: Home To Go Host: Peter Fallico

Guests: Glenn McCoy and Chantel deRaucourt, Christina Song Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Pino Posteraro, Ingo Grady

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Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. For "outdoors types," living indoors in a one-bedroom can be a tight squeeze, but great ideas for storage and function have to be portable and inexpensive. Solutions include making room for a home office, building secret nooks for storage and even reinventing a kitchen.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. Anna and Kristina put Gourmet Magazine to the test in this episode. While the magazine features intricate dishes, the hosts will also see if the quickie meals hold up. Not only are they making mozzarella from scratch, but they are looking to impress high maintenance Chef Pino Posteraro.

Program: Windows on Wilmington Episode # 072215

Air Date: Thursday, August 6, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: African Festival & Parade, Rise of Addiction, Free IT Training, Low Cost

Health Care, Marijuana Laws

Host: Shannon Harris

Guests: Hanifa Shabazz, Raye Jones Avery, Lynn Fahey, Dave Parcher,

Rita Landgraf, Mike Purcell, Daeshaun Quest, Forrest Watson III,

Doris Flowers, Cynthia Ferguson, Jonathan Zatwarnytsky

After a 15 year hiatus the African Festival and Parade is back. 4th District City Council Woman Hanifa Shabazz who is also a co-chair for this event and Raye Jones Avery discussed this year's festival.

Then Lynn Fahey, Chief Executive Officer at Brandywine Counseling & Community Services, Inc. and Dave Parcher, Executive Director of Kent Sussex Community Services discussed how Delaware has been experiencing what the Department of *Health* and Social Services Secretary Rita Landgraf has called an "addiction epidemic". They discussed how their agencies are working to address these issues in the State of Delaware.

Young adults, specifically between the ages of 18-26 are provided top IT training. Mike Purcell, who is an instructor at IT Works, and Daeshaun Quest, an IT Works graduate talked about the award-winning IT training program.

Forrest Watson III and Doris Flowers from The Life Health Center and the Northeast Treatment Center discussed how The Life Health Center is a patient centered medical home facility that deliver's quality integrated primary, specialty and behavioral health care services to consumers without regard to ability to pay.

Finally on the show, Cynthia Ferguson and Jonathan Zatwarnytsky talked about House Bill 39 which was signed into law by Governor Jack Markell. The bill, sponsored by Rep. Helene Keeley, allows Delawareans to possess up to an ounce of marijuana and use the drug privately without facing criminal sanctions, although police can confiscate the drugs.

Program: Living Well Episode # 324

Air Date: Tuesday, August 11, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition and Fitness.

Guests: Home To Go Host: Peter Fallico

Guests: Marcus & Michelle Tateishi, Sabrina Linn

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Terry Chandler

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

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

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

Program: Windows on Wilmington Episode # 072215

Air Date: Thursday, August 13, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: African Festival & Parade, Rise of Addiction, Free IT Training, Low Cost

Health Care, Marijuana Laws

Host: Shannon Harris

Guests: Hanifa Shabazz, Raye Jones Avery, Lynn Fahey, Dave Parcher,

Rita Landgraf, Mike Purcell, Daeshaun Quest, Forrest Watson III,

Doris Flowers, Cynthia Ferguson, Jonathan Zatwarnytsky

City Council Woman Hanifa Shabazz who is also a co-chair for the African Festival & Parade and Raye Jones Avery discussed this year's festival. Then Lynn Fahey, Chief Executive Officer at Brandywine Counseling & Community Services, Inc. and Dave Parcher, Executive Director of Kent Sussex Community Services discussed how Delaware has been experiencing what the Department of *Health* and Social Services Secretary Rita Landgraf has called an "addiction epidemic". They discussed how their agencies are working to address these issues in the State of Delaware. Young adults, specifically between the ages of 18-26 are provided top IT training. Mike Purcell, who is an instructor at IT Works, and Daeshaun Quest, an IT Works graduate talked about the award-winning IT training program. Forrest Watson III and Doris Flowers from The Life Health Center and the Northeast Treatment Center discussed how The Life Health Center is a patient centered medical home facility that deliver's quality integrated primary, specialty and behavioral health care services to consumers without regard to ability to pay. Finally on the show, Cynthia Ferguson and Jonathan Zatwarnytsky talked about new marijuana legislation. The law, allows Delawareans to possess up to an ounce of marijuana and use the drug privately without facing criminal sanctions, although police can confiscate the drugs.

Program: Living Well Episode # 325

Air Date: Tuesday, August 18, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition and Fitness.

Guests: Home To Go Host: Peter Fallico

Guests: Michelle Leduc, Designer Beth Halstead

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Executive Chef Robert Clark, Brian Yip

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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. In this episode we meet Michelle, a young aspiring actor who has a great sense of style but the house she is about to rent is quite the opposite. Can low and modest be turned into upscale and eclectic?

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina take on the challenge of cooking with sustainable seafood by testing out recipes in the book "A Good Catch" by Jill Lambert. Executive Chef Robert Clark will taste their recreations. They also visit an oyster farm where they learn about picking out oysters. They also show us how to pick salmon and go out on a boat to try to catch their own.

Program: Windows on Wilmington Episode # 081215

Air Date: Thursday, August 20, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Blood Drives, Volunteerism, Animal Care, Historic Restoration, Summer

Programs

Host: Shannon Harris

Guests: Dr. Nina Anderson, Hadassah Futrell, Desiree Scott-McCray,

Justin Thomas, Mark Sills, Pooja D'Souza and Michael Iqbal

Dr. Nina Anderson from TOVA Community Health discussed Sickle Cell Disease and how this disease is a group of inherited red blood cell disorders. Healthy red blood cells are round, and they move through small blood vessels to carry oxygen to all parts of the body. In someone who has Sickle Cell, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle". The sickle cells die early, which causes a constant shortage of red blood cells. Hadassah Futrell who is Dr. Anderson's patient also discussed her experience with TOVA Community Health and living with Sickle Cell. Then Desiree Scott-McCray and Justin Thomas talked about The Boy Scouts of America and how this organization is one of the nations' largest and most prominent values-based youth development organizations. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness. Next, Mark Sills, Alumni from The H. Fletcher Brown Boys and Girls Club discussed the Celebration Day Dinner Banquet to honor Basketball Legends and Youth Mentors from The H. Fletcher Brown Boys and Girls Club who helped to shape the lives of youth in The City of Wilmington and the State of Delaware. Finally, Pooja D'Souza and Michael Igbal from The Indo American Association of Delaware discussed India Fest 2015. India Fest is a family fun event that focuses on sharing the cultures from India with surrounding communities.

Program: Living Well Episode # 326

Air Date: Tuesday, August 25, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition and Fitness.

Guests: Home To Go Host: Peter Fallico

Guests: Clare Preuss, Stuart Swing

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Daniel Boulud, Chef Stephane Istel, Chef Dale McKay

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook "Chef Daniel Boulud Cooking In New York City" by Triple Michelin Chef Daniel Boulud, who will also be their guest chef tasting their re-creations from the book along with two other chefs. They will also learn about which hobby greenhouse is the best to grow vegetables in and they test four brands of Dijon mustard. Will Anna and Kristina be able to impress these chefs and successfully make "Warm White Asparagus with Poached Egg Dressing", "Open Lobster Ravioli and Pea Puree" and "Coconut Rocher"?

Program: Windows on Wilmington Episode # 081215

Air Date: Thursday, August 27, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Blood Drives, Volunteerism, Animal Care, Historic Restoration, Summer

Programs

Host: Shannon Harris

Guests: Dr. Nina Anderson, Hadassah Futrell, Desiree Scott-McCray,

Justin Thomas, Mark Sills, Pooja D'Souza and Michael Iqbal

Dr. Nina Anderson from TOVA Community Health discussed Sickle Cell Disease and how this disease is a group of inherited red blood cell disorders. Healthy red blood cells are round, and they move through small blood vessels to carry oxygen to all parts of the body. In someone who has Sickle Cell, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle". The sickle cells die early, which causes a constant shortage of red blood cells. Hadassah Futrell who is Dr. Anderson's patient also discussed her experience with TOVA Community Health and living with Sickle Cell. Then Desiree Scott-McCray and Justin Thomas talked about The Boy Scouts of America and how this organization is one of the nations' largest and most prominent values-based youth development organizations. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness. Next, Mark Sills, Alumni from The H. Fletcher Brown Boys and Girls Club discussed the Celebration Day Dinner Banquet to honor Basketball Legends and Youth Mentors from The H. Fletcher Brown Boys and Girls Club who helped to shape the lives of youth in The City of Wilmington and the State of Delaware. Finally, Pooja D'Souza and Michael Igbal from The Indo American Association of Delaware discussed India Fest 2015. India Fest is a family fun event that focuses on sharing the cultures from India with surrounding communities.

Program: Living Well Episode # 301
Air Date: Tuesday, September 1, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition and Fitness

Host: Home to Go: Peter Fallico

Anna & Kristina's Grocery Bag: Anna Wallner/Kristina Matisic

Guests: Home to Go: Scott Magee, Mimi Pineau

A. & K. Grocery Bag: Chef Julian Bond, Faith Dempster

"Living Well" is a one hour community affairs divided into 2 programs. This week's programs are "Your House and Home" 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. In this episode dancer, Lisa Otto's apartment is transformed into a personalized, cozy, yet functional space which she can retreat to after a long day of work. Guests, Scott Magee and Mimi Pineau help maximize storage space and bring the room together by using a color scheme throughout.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic 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 are taking recipes from The Best Light Recipe to showcase to Chef Julian Bond. They have him taste their light versions of roasted artichoke dip, chicken caesar salad, fettuccini alfredo, oven fried chicken and New York style cheesecake and see how they hold up to their high fat counterparts.

Program: Windows on Wilmington Episode # 082615

Air Date: Thursday, September 3, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Social Programs, Public Safety, New Jobs, Vulnerable People,

Fun Fall Programs

Host: Shannon Harris

Guests: Bob Williams, Ronald "Kimoko" Harris, Paul Beane, Julie Bieber and

Cathrine Hoopes, Meredith AcAloon

First 7th District Wilmington City Councilmember Bob Williams discussed the 7th district programs that are taking place as well as public safety in the City of Wilmington and his pending food truck legislation which would allow food trucks to operate in the City without permission from a specific property owner. Then,

Ronald "Kimoko" Harris discussed The "Riveredge Container Port Project" which is a proposed project that will create thousands of good paying jobs for blue collar workers. This project would create jobs in construction, trucking, railroad, warehousing and longshore work. Next, Paul Beane, who is the Director of Employment Programs at DelARF discussed different social, economic, and health issues relating to employment of Delaware's most vulnerable populations. Then, Julie Bieber and Cathrine Hoopes from West End Neighborhood House talked about the variety of services offered at WENH which range from GED classes to job employment services. Finally, Meredith McAloon from The Grand discussed the fun summer programs that have just wrapped up at The Grand. She also talked about their fall/winter season as well as the Grand Gala and volunteer opportunities as well as donations for the arts.

Program: Living Well Episode # 302

Air Date: Tuesday, September 8, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition & Fitness

Host: Home To Go Host: Peter Fallico

Guests: Katherine & Andres, Christina Song, Judy Stevens

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Umberto Menghi, Naomi Laura Salmond, Pasquina Pellici

"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" In this episode renters Katherine and Andres are looking to update their apartment with a style they can take with them when they move in the future. We also learn how to separate living space by creating the illusion of walls.

"Anna & Kristina's Grocery Bag" In this episode Anna and Kristina travel to the Italian region of Tuscany where they take some cooking classes at a school and spend time with local pasta expert Pasquina Pellici to learn proper techniques. They then recreate seven dishes from the cookbook Essentials Of Italian Cooking by Marcella Hazan for Chef Umberto Menhgi to taste test.

Program: Windows on Wilmington Episode # 082615

Air Date: Thursday, September 10, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Social Programs, Public Safety, New Jobs, Vulnerable People, Fun Fall

Programs

Host: Shannon Harris

Guests: Bob Williams, Ronald "Kimoko" Harris, Paul Beane, Julie Bieber and

Cathrine Hoopes, Meredith AcAloon

First 7th District Wilmington City Councilmember Bob Williams discussed the 7th district programs that are taking place as well as public safety in the City of Wilmington and his pending food truck legislation which would allow food trucks to operate in the City without permission from a specific property owner. Then,

Ronald "Kimoko" Harris discussed The "Riveredge Container Port Project" which is a proposed project that will create thousands of good paying jobs for blue collar workers. This project would create jobs in construction, trucking, railroad, warehousing and longshore work. Next, Paul Beane, who is the Director of Employment Programs at DelARF discussed different social, economic, and health issues relating to employment of Delaware's most vulnerable populations. Then, Julie Bieber and Cathrine Hoopes from West End Neighborhood House talked about the variety of services offered at WENH which range from GED classes to job employment services. Finally, Meredith McAloon from The Grand discussed the fun summer programs that have just wrapped up at The Grand. She also talked about their fall/winter season as well as the Grand Gala and volunteer opportunities as well as donations for the arts.

Program: Living Well Episode # 303

Air Date: Tuesday, September 15, 2015 6:00 am

60 minutes Duration: Style/Type: **Human Interest**

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition & Fitness

Home To Go Host: Peter Fallico Guests:

Guests: Simonee Chichester, Virginie Martocq, Paul Ferro

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Michael Allemeier, Nicole Bullock

"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" In this episode an actress needs help transforming her rundown 1930's apartment into uptown classic with vintage styles. A home office is hidden in a customized armoire. Coordinating fabrics for cushions, kitchen, and window treatments creates a French country style in the dining room. Peter uses Chimney liners to create bedroom shelving to create "rustic elegance".

In "Anna & Kristina's Grocery Bag" this week, can The French Laundry Cookbook really teach Anna and Kristina how to become four-star chefs? Author Thomas Keller's cooking style is never rushed and recipes may even take days to cook. This is why Anna and Kristina take on just 2 recipes to impress Chef Michael Allemeier.

Program: Windows on Wilmington Episode # 090915

viiiaows on Wilmington Thursday, September 17, 2015 Air Date: 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Music Education, AIDS Walk, Job Corps, Non-Violence Campaign,

Health Care, Fun Fall Programs

Host: **Shannon Harris**

Guests: Simone Tartaglione, Frank Hawkins, Rhonda Austin, Alyson Lang and

LaVaida Owens-White. Shawn Baker

Simone Tartaglione from The Music School of Delaware discussed the \$750,000 donation that the school received which will be used to add additional programs and potentially build additional space at The Music School of Delaware. Then, Frank Hawkins from AIDS Delaware discussed The 2015 AIDS Walk Delaware. The walk raises funds that will be used in the State of Delaware to raise AIDS Awareness and provide free HIV testing. Next, Rhonda Austin from Wilmington Job Corps discussed the programs that are available to young adults who are looking for a better quality of life by dedicating themselves to a life changing program. Rhonda also talked about the non-violence campaign which runs from mid-September to be conducted at all 126 Job Corps centers across the country. Then, Alyson Lang and LaVaida Owens-White from Wilmington Health Planning Council discussed Wilmington Wellness Day which is a day designed to bring health care providers into the community and provide healthy life changing information to all who attend. Finally, Shawn Baker from The Wilmington Department of Parks & Recreation discussed the fall programs that are underway. He also discussed food programs that are available during the fall and winter months.

Program: Living Well Episode # 304

Air Date: Tuesday, September 22, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition & Fitness

Guests: Home To Go Host: Peter Fallico

Guests: Jason, Kristin Palin, Christina Song, David Dunsmore

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Chili Thom, John Simms

"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" In this episode a young couple who cherish their flea market finds, learn how changing the hardware can dramatically change an apartment. A kitchen makeover without renovations is made possible with upgrades that are not only inexpensive, but portable. A Kitchen island work area is given a new top by Peter, one that can be later reincarnated as a dining room table top.

In "Anna & Kristina's Grocery Bag" This week Anna and Kristina head off to the great outdoors to test out a camping cookbook, Campground Cooking. They'll have to cook seven dishes over a wood fire. We'll find out if they succeed at impressing wildlife chef, Chili Thom.

Program: Windows on Wilmington Episode # 090915

Air Date: Thursday, September 24, 2015 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Music Education, AIDS Walk, Job Corps, Non-Violence Campaign, Health

Care, Fun Fall Programs

Host: Shannon Harris

Guests: Simone Tartaglione, Frank Hawkins, Rhonda Austin, Alyson Lang and

LaVaida Owens-White. Shawn Baker

Simone Tartaglione from The Music School of Delaware discussed the \$750,000 donation that the school received which will be used to add additional programs and potentially build additional space at The Music School of Delaware. Then, Frank Hawkins from AIDS Delaware discussed The 2015 AIDS Walk Delaware. The walk raises funds that will be used in the State of Delaware to raise AIDS Awareness and provide free HIV testing. Next, Rhonda Austin from Wilmington Job Corps discussed the programs that are available to young adults who are looking for a better quality of life by dedicating themselves to a life changing program. Rhonda also talked about the non-violence campaign which runs from mid-September to be conducted at all 126 Job Corps centers across the country. Then, Alyson Lang and LaVaida Owens-White from Wilmington Health Planning Council discussed Wilmington Wellness Day which is a day designed to bring health care providers into the community and provide healthy life changing information to all who attend. Finally, Shawn Baker from The Wilmington Department of Parks & Recreation discussed the fall programs that are underway. He also discussed food programs that are available during the fall and winter months.

Program: Living Well Episode # 305

Air Date: Tuesday, September 29, 2015 6:00 am

Duration: 60 minutes Style/Type: Human Interest

Source: Ion Life

Issues Addressed: Home Improvement, Nutrition & Fitness

Guests: Home To Go Host: Peter Fallico

Guests: Robert Batulis, Mimi Pineau, Amanda Schuler

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Claudia Ibarondo

"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. 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 Matisic 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 guacamole, 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.