# PUBLIC AFFAIRS REPORT for WPPX-TV Wilmington, Delaware for FIRST QUARTER ENDING MARCH 31, 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 keep Children safe in a small apartment.
- 2. How to safely cook with alcohol.
- 3. Trying to expand Wilmington's economic growth
- 4. How to deal with adults as well as children with autism.
- 5. What one can expect from Job Training programs.
- 6. Wilmington's current Parks programs for adults
- 7. How to make Martin Luther King Jr Day a helping holiday.
- 8. What can we do to improve children's health through diet.
- 9. How to train young people so they can start and participate in non-profit organizations.
- 10. How to cook well for large numbers of people.

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

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Program: Living Well Episode # 319

Air Date: Tuesday, January 5, 2016 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition
Guests: Home To Go Host: Peter Fallico
Guests: Larissa Giroux, Mimi Pineau

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

Guests: Neil Ingram, Michaela Morris, Ingo Grady

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

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

Program: Windows on Wilmington Episode # 122315

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Wilmington Mayor, Autism, Art & Design Training, Black Film Festival, Jazz Training

Host: Shannon Harris

Guests: Mayor Dennis P. Williams, David Woods, Renee Garnick, Danielle Miller, Kenny Briscoe,

Tina Betz and Jonathan Whitney

Mayor Dennis P. Williams discussed Wilmington's economic growth as well as issues that the city has faced and ways he is looking to address them. Then, David Woods from Autism Delaware discussed how this organization helps people and families affected by Autism. He also discussed ways that Autism DE works with schools and businesses to help individuals with Autism live happy productive lives. Next, Renee Garnick and Danielle Miller from The Delaware College of Art and Design discussed how this is the only two year art and design college in the country, and Delaware's first and only professional art and design school. They also discussed events at DCAD as well as student life. Following this, Kenny Briscoe from the City of Wilmington's Cultural Affairs Department discussed the Black Film Festival planned for Black History Month as well as other events that will take place around the city. Finally, Tina Betz and Jonathan Whitney discussed The 2016 Boysie Lowery Jazz Residency program which will begin accepting applications January 1, 2016. They talked about the success of last year's program and what they hope to achieve with this year's program.

Program: Living Well Episode # 320

Air Date: Tuesday, January 12, 2016 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

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: David & Alexandra Altrow, Beth Halstead

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

Guests: Chef Jonathan Chovancek, John van der Lieck

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina 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 # 122315

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Wilmington Mayor, Autism, Art & Design Training, Black Film Festival, Jazz Training

Host: Shannon Harris

Guests: Mayor Dennis P. Williams, David Woods, Renee Garnick, Danielle Miller, Kenny Briscoe,

Tina Betz and Jonathan Whitney

Mayor Dennis P. Williams discussed Wilmington's economic growth as well as issues that the city has faced and ways he is looking to address them. Then, David Woods from Autism Delaware discussed how this organization helps people and families affected by Autism. He also discussed ways that Autism DE works with schools and businesses to help individuals with Autism live happy productive lives. Next, Renee Garnick and Danielle Miller from The Delaware College of Art and Design discussed how this is the only two year art and design college in the country, and Delaware's first and only professional art and design school. They also discussed events at DCAD as well as student life. Following this, Kenny Briscoe from the City of Wilmington's Cultural Affairs Department discussed the Black Film Festival planned for Black History Month as well as other events that will take place around the city. Finally, Tina Betz and Jonathan Whitney discussed The 2016 Boysie Lowery Jazz Residency program which will begin accepting applications January 1, 2016. They talked about the success of last year's program and what they hope to achieve with this year's program.

Program: Living Well Episode # 321

Air Date: Tuesday, January 19, 2016 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.

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 MacDonnell along with Julie's brother Mark work together as team to rearrange and update Julie's and T.J.'s apartment so they and their guests can enjoy the space much more.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina 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 # 011316

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: MLK Day Acts, Clean Water Alliance, IT Job Training, Winter Park Programs, Theatre

Host: Shannon Harris

Guests: Annie Young, Patricia Harris, Brenna Goggin, Alix Cummin, Matavia Porter, Shawn Baker

Carolyn Peck and Kathleen Pigliacampi

First Annie Young and Patricia Harris from the AKA Sorority Inc. Zeta Omega Chapter discussed how MLK day is not a day off but a day on. They discussed how the sorority members will serve food to homeless men on MLK Day and they also talked about other programs that they offer. Then, Brenna Goggin from the Delaware Nature Society discussed the Delaware Clean Water Alliance and how this is a broad-based coalition of organizations and stakeholders across the state working together to secure funding for clean water initiatives in the State of Delaware. Next, Alix Cummin and Matavia Porter from ITWorks discussed the award winning 16-week job training program that changes lives. ITWorks offers free, immersive IT training to young adults—motivated high school graduates, 18-26 years old, who have not yet completed a Bachelor's degree. Then, Shawn Baker from The City of Wilmington Parks and Recreation Department discussed the programs that are available during the winter months. Finally, The Delaware Children's Theatre is a great place to see a classic fairy tale with a modern twist. Carolyn Peck who is Snow White and Kathleen Pigliacampi who plays the Evil Queen discussed DCT's upcoming production of Snow White.

Program: Living Well Episode # 322

Air Date: Tuesday, January 26, 2016 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.

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 college. Peter Fallico and Designer Virginie Martocq will show how simple projects, a change of colors and rearrangement of furniture can give Heather's apartment the desired Cape Cod cottage feel.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina 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 such as Black Truffle Explosion with Romaine and Parmesan or Bison with Braised Pistachios, Potato and Sweet Spices?

Program: Windows on Wilmington Episode # 011316

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: MLK Day Acts, Clean Water Alliance, IT Job Training, Winter Park Programs, Theatre

Host: Shannon Harris

Guests: Annie Young, Patricia Harris, Brenna Goggin, Alix Cummin, Matavia Porter, Shawn Baker

Carolyn Peck and Kathleen Pigliacampi

First Annie Young and Patricia Harris from the AKA Sorority Inc. Zeta Omega Chapter discussed how MLK day is not a day off but a day on. They discussed how the sorority members will serve food to homeless men on MLK Day and they also talked about other programs that they offer. Then, Brenna Goggin from the Delaware Nature Society discussed the Delaware Clean Water Alliance and how this is a broad-based coalition of organizations and stakeholders across the state working together to secure funding for clean water initiatives in the State of Delaware. Next, Alix Cummin and Matavia Porter from ITWorks discussed the award winning 16-week job training program that changes lives. ITWorks offers free, immersive IT training to young adults—motivated high school graduates, 18-26 years old, who have not yet completed a Bachelor's degree. Then, Shawn Baker from the City of Wilmington Parks and Recreation Department discussed the programs that are available during the winter months. Finally, the Delaware Children's Theatre is a great place to see a classic fairy tale with a modern twist. Carolyn Peck who is Snow White and Kathleen Pigliacampi who plays the Evil Queen discussed DCT's upcoming production of Snow White.

Program: Living Well Episode # 323

Air Date: Tuesday, February 2, 2015 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina 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 # 012716

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Wilmington Parks, Job Training, AIDS Awareness, Classical Music Appreciation,

Pet Therapy

Host: Shannon Harris

Guests: Tom Uebler, Brenda Joy Good, Danni Dick, Kristen Kuipers, Frank Hawkins, Alan Jordan,

Lynne Robinson

Opening the program, Tom Uebler and Brenda Joy Good from Friends of Wilmington Parks discussed how FWP is a "grass roots" non-profit group of over 500 members, founded in 1991. These folks are actively involved with the State of Delaware Division of Parks & Recreation and the City of Wilmington in the preservation and maintenance of the Wilmington State Parks. Secondly, Danni Dick and Kristen Kuipers from The Next Generation discussed the work that this philanthropic organization does and how Next Gen is just one of the giving circles dedicated to developing young professionals into effective nonprofit board leaders by helping young leaders with hands on fund raising, grant making and community outreach which are just a few of the areas that they provide support. Next, Frank Hawkins from AIDS Delaware talked about The 15<sup>th</sup> Annual Do The Right Thing for Life Banquet and how this event strives to continue to promote the importance of knowing you HIV/AIDS status. Then, Alan Jordan, the new Executive Director of the Delaware Symphony Orchestra, discussed the way the DSO plans to increase participation as well as programming that will be aimed to exposing a younger audience to DSO. Finally, Lynne Robinson from PAWS for People talked about new programs that they are currently working on as well as their annual conference which will provide learning sessions for people who are interested in working with pet therapy.

Program: Living Well Episode # 324

Air Date: Tuesday, February 9, 2016 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina 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 # 012716

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Wilmington Parks, Job Training, AIDS Awareness, Classical Music Appreciation,

Pet Therapy

Host: Shannon Harris

Guests: Tom Uebler, Brenda Joy Good, Danni Dick, Kristen Kuipers, Frank Hawkins, Alan Jordan,

Lynne Robinson

Opening the program, Tom Uebler and Brenda Joy Good from Friends of Wilmington Parks discussed how FWP is a "grass roots" non-profit group of over 500 members, founded in 1991. These folks are actively involved with the State of Delaware Division of Parks & Recreation and the City of Wilmington in the preservation and maintenance of the Wilmington State Parks. Secondly, Danni Dick and Kristen Kuipers from The Next Generation discussed the work that this philanthropic organization does and how they are just one of the giving circles dedicated to developing young professionals into effective nonprofit board leaders by helping young leaders with hands on fund raising, grant-making and community outreach which are just a few of the areas that they provide support. Next, Frank Hawkins from AIDS Delaware talked about The 15<sup>th</sup> Annual Do The Right Thing for Life Banquet and how this event strives to continue to promote the importance of knowing your HIV/AIDS status. Then, Alan Jordan, the new Executive Director of the Delaware Symphony Orchestra, discussed the way the DSO plans to increase participation as well as programming that will be aimed to exposing a younger audience to DSO. Finally, Lynne Robinson from PAWS for People talked about new programs as well as their annual conference which will provide learning sessions for people who are interested in working with pet therapy.

Program: Living Well Episode # 325

Air Date: Tuesday, February 16, 2016 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.

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. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode we 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 visit an oyster farm where they learn about picking out oysters. They also show us how to pick out salmon and go out on a boat to try to catch their own.

Program: Windows on Wilmington Episode # 021016

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Personal Health, Homeless & Foster Childen, Giving Blood, Boy Scouts, Local Theatre

Host: Shannon Harris

Guests: Dr. Sandra Weiss, Karen Anthony, Wendy Strauss, Savannah Strauss, Michael Waite,

Desiree Scott-McCray, Justin Thomas and Pam Manocchio

Dr. Sandra Weiss and Karen Anthony from Christiana Care Health System discussed the wide variety of programs which are aimed at improving your quality of life. They offer a range of lectures that include panel discussions and Q&A sessions. They promoted the upcoming Heart Month Community Lecture. Then, it's estimated that more than 1,000 kids enter foster care in Delaware every year and about 5,000 are currently in foster care or are homeless. Heart 2 Heart Hugs is a program focused on providing comfort and hugs for children and young adults in Delaware who are homeless or in foster care. Wendy Strauss who is the Executive Director for the Governor's Advisory Council for Exceptional Citizens and Savannah Strauss discussed what people can do to help children who are in foster care or homeless. Next, Michael Waite from The Blood Bank of Delmarva discussed the need for blood donations all year round. This donation becomes even more critical during the winter months as folks are less likely to donate blood because of illness or poor weather conditions. Then, Desiree Scott-McCray and Justin Thomas from The Boy Scouts of America Del-Mar-Va Council discussed how scouting provides opportunities throughout the Del-Mar-Va Peninsula, serving approximately 388 units and over 4,500 volunteers who are delivering the promise to over 10,000 youth in traditional Scouting programs and much more. Pam Manocchio from The Grand in downtown Wilmington talked about the variety of great shows that The Grand has coming up.

Program: Living Well Episode # 326

Air Date: Tuesday, February 23, 2016 6:00 am Topic/Title: Home to Go, Anna & Kristina's Grocery Bag

Duration: 60 minutes Style/Type: Human Interest

Source: ION Life

Issue(s) Addressed: Home Improvement, Nutrition and Fitness.

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

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#### **Description:**

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

Program: Windows on Wilmington Episode # 021016

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

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Personal Health, Homeless & Foster Children, Giving Blood, Boy Scouts, Local Theatre

Host: Shannon Harris

Guests: Dr. Sandra Weiss, Karen Anthony, Wendy Strauss, Savannah Strauss, Michael Waite,

Desiree Scott-McCray, Justin Thomas and Pam Manocchio

Dr. Sandra Weiss and Karen Anthony from Christiana Care Health System discussed the wide variety of programs which are aimed at improving your quality of life. They offer a range of lectures that include panel discussions and Q&A sessions. They promoted the upcoming Heart Month Community Lecture. Then, it's estimated that more than 1,000 kids enter foster care in Delaware every year and about 5,000 are currently in foster care or are homeless. Heart 2 Heart Hugs is a program focused on providing comfort and hugs for children and young adults in Delaware who are homeless or in foster care. Wendy Strauss who is the Executive Director for the Governor's Advisory Council for Exceptional Citizens and Savannah Strauss discussed what people can do to help children who are in foster care or homeless. Next, Michael Waite from The Blood Bank of Delmarva discussed the need for blood donations all year round. This donation becomes even more critical during the winter months as folks are less likely to donate blood because of illness or poor weather conditions. Then, Desiree Scott-McCray and Justin Thomas from The Boy Scouts of America Del-Mar-Va Council discussed how scouting provides opportunities throughout the Del-Mar-Va Peninsula, serving approximately 388 units and over 4,500 volunteers who are delivering the promise to over 10,000 youth in traditional Scouting programs and much more. Pam Manocchio from The Grand in downtown Wilmington talked about the variety of great shows that The Grand has coming up.

Program: Living Well Episode # 401
Air Date: Tuesday, March 1, 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: Anna Olson, David Gale and 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: Windows on Wilmington Episode # 022416

Air Date: Thursday, March 3, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington. De (Channel 22)

No Cost Job Skill Training, Violent Crime Victim Help, Breast Cancer Awareness, Issues Addressed:

Female Empowerment, Science Competition for Middle Schoolers

Host: Shannon Harris

Tanya Jackson, Lorimar Perez, Rob McCreary and Belkys Sanchez, Chadeja Mitchell, Guests:

Tamika Cobb, Barbara Farmer and Anthony Lee

First, Tanya Jackson and Lorimar Perez from the Wilmington Job Corps Center of Wilmington discussed how the center helps students receive the skills needed to succeed in today's workforce - at no cost to them or their families! Then, Rob McCreary and Belkys Sanchez from The Family Counseling Center of St. Paul's discussed how they have been busy working on programs that benefit folks who have been traumatized by violent crime. Next, Chadeia Mitchell from The Delaware Breast Cancer Coalition talked about the Black History Month Campaign at DBCC and what women should do to detect breast cancer. Then, Tamika Cobb from Beautiful Gate Outreach Center discussed their 11th Annual Saving Our Sisters Conference. The conference is for adult women and girls who are age 12 or older. Participants will enjoy a day of workshops, presentations and the list goes on. Finally, Barbara Farmer, a science teacher and Anthony Lee 8th Grade student, both from Skyline Middle School discussed how the science class is competing in the Bright School's

Competition through National Science Teachers Association and the National Sleep Foundation.

Program: Living Well Episode # 402 Air Date: Tuesday, March 8, 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.

Fresh With Anna Olson: Host Anna Olson Guests:

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 # 022416

Air Date: Thursday, March 10, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: No Cost Job Skill Training, Violent Crime Victim Help, Breast Cancer Awareness,

Female Empowerment, Science Competition for Middle Schoolers

Host: Shannon Harris

Guests: Tanya Jackson, Lorimar Perez, Rob McCreary and Belkys Sanchez, Chadeja Mitchell,

Tamika Cobb, Barbara Farmer and Anthony Lee

First, Tanya Jackson and Lorimar Perez from the Wilmington Job Corps Center of Wilmington discussed how the center helps students receive the skills needed to succeed in today's workforce - **at no cost** to them or their families! Then, Rob McCreary and Belkys Sanchez from The Family Counseling Center of St. Paul's discussed how they have been busy working on programs that benefit folks who have been traumatized by violent crime. Next, Chadeia Mitchell from The Delaware Breast Cancer Coalition talked about the Black History Month Campaign at DBCC and what women should do to detect breast cancer. Then, Tamika Cobb from Beautiful Gate Outreach Center discussed their 11<sup>th</sup> Annual Saving Our Sisters Conference. The conference is for adult women and girls who are age 12 or older. Participants will enjoy a day of workshops, presentations and the list goes on. Finally, Barbara Farmer, a science teacher and Anthony Lee 8th Grade student, both from Skyline Middle School discussed how the science class is competing in the Bright School's Competition through National Science Teachers Association and the National Sleep Foundation.

Program: Living Well Episode # 403

Air Date: Tuesday, March 15, 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: 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. 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 # 030916

Air Date: Thursday, March 17, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Affordable School Alternatives, Dealing with Disabilities, Live Theatre, Pet Adoption,

Spring Programs for Wilmington Parks Dept.

Host: Shannon Harris

Guests: Paul Webster, Lamin Ngobeh, Angi McCloskey, Saretta Jones, Brittany Anthony,

Grace Tarves, Joe Trainor, Abigail DeGroff and Shawn Baker

First Paul Webster and Lamin Ngobeh from Nativity Prep Middle School discussed how this school serves low-income boys of all faiths in grades five through eight. Nativity Prep is about transforming lives by making these young men productive, contented and dynamic members of society. Then Angi McCloskey and Saretta Jones talked about March being National Intellectual Disabilities Awareness Month and Mosiac in Delaware has planned a great event called Discover the Possibilities and learn about "People First Language" and what it means to people with disabilities. Next, Grace Tarves and Joe Trainor from City Theater Company discussed how CTC is Delaware's off Broadway experience. They also talked about their next production which is HAIR and it starts running on April 1st. Then, Brittany Anthony and Abigail DeGroff from Faithful Friends discussed the wide variety of services for dogs and cats and also offer fostering programs and adoption services as well. They also promoted their next big event Barkitecture, which is Delaware's premiere event for animal lovers! Finally, Shawn Baker from The City of Wilmington's Park and Recreation Department discussed the spring programs that are available and what folks need to do to sign up for them.

Program: Living Well Episode # 404

Air Date: Tuesday, March 22, 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: Fresh With Anna Olson: Host Anna Olson

Guests: N/A

Loving Spoonfuls: Host 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 # 030916

Air Date: Thursday, March 24, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Affordable School Alternatives, Dealing with Disabilities, Live Theatre, Pet Adoption,

Spring Programs for Wilmington Parks Dept.

Host: Shannon Harris

Guests: Paul Webster, Lamin Ngobeh, Angi McCloskey, Saretta Jones, Brittany Anthony,

Grace Tarves, Joe Trainor, Abigail DeGroff and Shawn Baker

First Paul Webster and Lamin Ngobeh from Nativity Prep Middle School discussed how this school serves low-income boys of all faiths in grades five through eight. Nativity Prep is about transforming lives by making these young men productive, contented and dynamic members of society. Then Angi McCloskey and Saretta Jones talked about March being National Intellectual Disabilities Awareness Month and Mosiac in Delaware has planned a great event called Discover the Possibilities and learn about "People First Language" and what it means to people with disabilities. Next, Grace Tarves and Joe Trainor from City Theater Company discussed how CTC is Delaware's off Broadway experience. They also talked about their next production which is HAIR and it starts running on April 1st. Then, Brittany Anthony and Abigail DeGroff from Faithful Friends discussed the wide variety of services for dogs and cats and also offer fostering programs and adoption services as well. They also promoted their next big event Barkitecture, which is Delaware's premiere event for animal lovers! Finally, Shawn Baker from The City of Wilmington's Park and Recreation Department discussed the spring programs that are available and what folks need to do to sign up for them.

Program: Living Well Episode # 405

Air Date: Tuesday, March 29, 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

<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 # 030916

Air Date: Thursday, March 31, 2016 6:00 am

Duration: 60 minutes Style/Type: Interview

Source: WITG Wilmington, De (Channel 22)

Issues Addressed: Affordable School Alternatives, Dealing with Disabilities, Live Theatre, Pet Adoption,

Spring Programs for Wilmington Parks Dept.

Host: Shannon Harris

Guests: Paul Webster, Lamin Ngobeh, Angi McCloskey, Saretta Jones, Brittany Anthony,

Grace Tarves, Joe Trainor, Abigail DeGroff and Shawn Baker

First Paul Webster and Lamin Ngobeh from Nativity Prep Middle School discussed how this school serves low-income boys of all faiths in grades five through eight. Nativity Prep is about transforming lives by making these young men productive, contented and dynamic members of society. Then Angi McCloskey and Saretta Jones talked about March being National Intellectual Disabilities Awareness Month and Mosiac in Delaware has planned a great event called Discover the Possibilities and learn about "People First Language" and what it means to people with disabilities. Next, Grace Tarves and Joe Trainor from City Theater Company discussed how CTC is Delaware's off Broadway experience. They also talked about their next production which is HAIR and it starts running on April 1st. Then, Brittany Anthony and Abigail DeGroff from Faithful Friends discussed the wide variety of services for dogs and cats and also offer fostering programs and adoption services as well. They also promoted their next big event Barkitecture, which is Delaware's premiere event for animal lovers! Finally, Shawn Baker from The City of Wilmington's Park and Recreation Department discussed the spring programs that are available and what folks need to do to sign up for them.