

PUBLIC AFFAIRS REPORT
WTPX -TV
Antigo, WI
4th Quarter
October 1st – December 31th, 2013

In accordance with Section 73.3526(a) of the Federal Communications Commission's rules, the following, in the opinion of WTPX – 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. Living Well responds to these concerns.

Issues:

1. Reading
2. Hunger Prevention
3. Supporting Minority Education
4. Caregiver Assistance
5. Recycling
6. Shelter Pet Adoption
7. Unplanned Pregnancy Prevention
8. Child Passenger Safety
9. Gay & Lesbian Bullying
10. Healthy Vending

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

Living Well is a one hour community affairs program covering health related issues and affairs that are important to the surrounding area community. Common concerns and relevant issues in the market are addressed to bring a sense of awareness, educate and enlarge the viewing public's understanding of health issues relevant to their lives.

Program: Living Well
Title/Topic: **Downright Domestic: 10 Painting Tips**
My Generation: Going Green
Show #: CCLW105
Air Date: Tuesday 10/01 & Thursday 10/03/13 @ 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Renovations & Community Issues
Guests: Rebecca Webster (Host of "Downright Domestic")
Peter Greenberg

Living Well is a one hour community affairs program covering human interest related issues and affairs that are important to the community. Living Well provides programming that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in Living Well are "Downright Domestic" and "My Generation".

Description: *"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas.*

On this episode of "Downright Domestic" we show you great ways to paint your house efficiently and effectively, with our list of '10 Painting Tips'. Join host Rebecca Webster as she shares tips on choosing paints and tools as well as techniques for painting, as well as preparing and cleaning up afterwards.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode of "My Generation" meet people who actively pursue environmental-friendly activities. Guerilla Gardeners, for example, discreetly start gardens in unlikely places like abandoned urban areas. Meet Free-cyclers who donate and trade unwanted items freely to avoid taking up unnecessary landfill space. Then learn how to determine if a hotel is truly eco-friendly or if they simply claim to be for marketing purposes. Finally, visit a winery and vineyard that grow organic grapes.

Program: Living Well
 Title/Topic: **Downright Domestic: 10 Cleaning Classes**
My Generation: Groundbreakers
 Show #: CCLW106
 Air Date: Tuesday 10/08 & Thursday 10/10/13 @ 5am
 Duration: 58:30 minutes
 Style/Type: Human Interest
 Source: ION Life
 Issue(s) Addressed: Housekeeping & Community Issues
 Guests: Rebecca Webster (Host of "Downright Domestic")
 Melissa Maker (Cleaning Expert)
 Ram Gilad (Restoration Specialist)
 Brain Finlayson (Window Cleaner)
 Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")
 Glenn Close (Actor)
 Glenn Kessler (Executive Producer, Damages)
 Daniel Zelman (Executive Producer, Damages)
 Dr David L Shern (CEO of Mental Health America)
 Kenneth Dudek (Executive Director, Found House)
 Tipper Gore (Mental Health Advocate)
 Gloria Gilbert Stoga (Advocate, Puppies Behind Bars)
 Angelina Grunner (Client, ITN America)
 Mati Brown (Client, ITN America)
 Katherine Freund (Founder, ITN America)
 Dr Lynn Helmer (Volunteer Physician)
 Juanita Dean (Volunteer Nurse)
 Jim Elliott (President, Dive-heart)
 Don Ingram (Student, Dive-heart)
 Ce Ce Willams (Gospel Singer)
 Dionne Warrick (Gospel Singer)

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Description: *"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas.*

On this episode of "Downright Domestic" we show you great ways to clean your house efficiently and effectively, with our list of '10 Cleaning Classes' Join host Rebecca Webster as she shares tips and techniques for cleaning wood, silver, floors, windows and carpet. She also gives tips on how to make homemade cleaning supplies with guests, Melissa Maker and Ram Gilad.

“My Generation” features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode of “My Generation” meet groundbreakers who inspire change. Glenn Close and others advocate for Fountain House and Puppies Behind Bars, which are organizations help fight the stigma of mental health and support animal rights. ITN America is an organization that provides dignified transportation for senior citizens. Dive-heart is an organization the lets disabled children experience scuba diving. Attend a gospel concert with gospel singers, who sing gospel.

Program: Living Well
Title/Topic: **Downright Domestic: 10 Steps To A Container Garden**
My Generation
Show #: CCLW107
Air Date: Thursday 10/17/13 @ 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Renovations & Community Issues
Guests: Rebecca Webster (Host of “Downright Domestic”)
Greg Williams & Cynthia Steele Vance (Hosts of “My Generation”)
Paul Zammit (Botanical Gardens)
Dennis Flanagan (Landscape Ontario)
Bettina Gregory (My Generation)
Dr. Susan Love (Army of Women)
Mayra Vargas (Army of Women)
Dr. Dorree Lynn (My Generation)
Linda Kenyon
Andy Field (My Generation)
Ben Jennings (Certified Financial Planner)
Bill Boggs (My Generation)
Joy Behar (Host of The View)

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Description:

“Downright Domestic” is a lifestyle list, counting down solutions to various domestic dilemmas.

On this episode of “Downright Domestic” we show you how to create a simple container garden in different environments. From how to assess the conditions in the area you plan to use and how to decide what kind of plants you want to care for to maintaining your garden. Join host Rebecca Webster as she summaries the process in 10 easy steps with the help of experts.

“My Generation” features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode of “My Generation” meet people who actively pursue environmental-friendly activities.

Army of Women is an advocate group that enlists volunteers to help advance research to find a cure for breast cancer. Dr. Dorree Lynn explains how your wardrobe is a key to success and better living and offers tips on choosing your outfit. Our Money Makeover segment introduces us to Linda Kenyon and her husband, who are a retired couple trying to manage their finances in the declining economy. Finally, Bill Boggs interviews Joy Behar about her life and career.

Program:	<u>Living Well</u>
Title/Topic:	Downright Domestic: 10 Designer Homes My Generation
Show #:	CCLW108
Air Date:	Tuesday 10/22 & Thursday 10/24/13 @ 5am
Duration:	58:30 minutes
Style/Type:	Human Interest
Source:	ION Life
Issue(s) Addressed:	Renovations & Community Issues
Guests:	Rebecca Webster (Host of “Downright Domestic”) Greg Williams & Cynthia Steele Vance (Hosts of “My Generation”) Jan Brown (Interior Designer) Kimerbly Seldon (Interior Designer) Sarah Townson (Interior Designer) Del Weale (Interior Designer) Kelly Cray (Interior Designer) Karen Cole (Interior Designer) Phillip Mitchell (Interior Designer) Johane Lefrancois-Deignan (Interior Designer) Dvira Ovadia (Interior Designer) Dee Dee Hannah (Interior Designer) Robert Dunn (Owner, Hometown Farmers Market) George Pinkey (Hometown, Former Town Supervisor)

Marie Skripnek (Hometown, Resident)
Jeff Yeager (Ultimate Cheapskate)
Dr James Howard (Washington Hospital Center)
Elissa Levin (Genetics Counselor)
Michael Nierenberg, MD (Navigenics Medical Director)
Mark McClellan, MD, PhD (Former FDA Commissioner)
Sara Greenough (National Gallery of Art)
Leo Rubinfien (Photographer)

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Description:

“Downright Domestic” is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of “Downright Domestic” we visit 10 homes that have been decorated by top designers.

Rebecca showcases 10 different homes and the designer who created the look of each of them while offering tips and ideas along the way.

“My Generation” features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode of “My Generation” take a trip to small village called Hometown, where residents cope with the closing of the factory that employed most of the townsfolk. Then meet the Ultimate Cheapskate, Jeff Yeager, who recycles and reuses anything and everything for home improvement. In-House M.D. explains The GeneChip, which is an unproven device used to monitor medical conditions with a simple DNA sample mailed from home. Finally, The Americans, is a book of photography by Robert Frank that caused a stir when it came out 50 years ago. It showcased outsiders and people overlooked instead of the polished, superficial people that the population was accustomed to seeing.

Program: Living Well
 Title/Topic: **Downright Domestic: 10 Steps To A Smooth Move**
My Generation
 Show #: CCLW109
 Air Date: Tuesday 10/29 & Thursday 10/31/13 @ 5am
 Duration: 58:30 minutes
 Style/Type: Human Interest
 Source: ION Life
 Issue(s) Addressed: Renovations & Community Issues
 Guests: Rebecca Webster (Host of "Downright Domestic")
 Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")
 Bill Boggs (Segment Producer, My Generation)
 Clare Kummar (Consultant, Streamlife)
 Pierre Frappier (Consultant, AMJ Campbell Van Lines)
 Krista Nelson, DMV (Veterinarian, Paws Way)
 Heather Finnegan (Producer, Reel Geezers)
 Marcia Nasatir (Film Producer, Host, Reel Geezers)
 Lorenzo Semple Jr (Screenwriter, Host, Reel Geezers)
 Dr Elmer Huerta (Washington Hospital Center)
 Michael Feinstein (Musician)
 Ken Rudin (Collector)
 David MacCubbin (Luthier)
 Claire MacCubbin (David's wife)
 Emory Knode (Appalachian Bluegrass Shop)

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Description:

"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of "Downright Domestic" Rebecca offers tips and advice on how to move to a new home with the least amount of stress and hassle. From hiring a mover to advance planning, she covers all the steps necessary to make moving a breeze.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode, meet the 'Reel Geezers', Marcia and Lorenzo. Two senior citizen movie critics, who review current movies on YouTube. Then Meet Dr Huerta, who dispenses basic medical information to the needy on radio and TV to people in over 21 countries. Then Bill Boggs interviews Michael Feinstein, who plays hits from The Great American Songbook. This is a style of music that includes traditional and popular music from the 1920's through the 1960's. Then

meet Ken Rudin who has been collecting political memorabilia for over 40 years. Finally, meet David MacCubbin, a former computer programmer who now follows his passion for making guitars.

Program: Living Well
Title/Topic: **Downright Domestic: Laundry Lessons**
My Generation: Creating Good
Show #: LW110
Air Date: Tuesday 11/05 & Thursday 11/07/13 @ 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Lifestyle & Community Issues
Guests: Rebecca Webster (Host of "Downright Domestic")
Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: *"Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas.*

In this episode, we're given 10 laundry lessons to really get our whites bright and clothes looking great. Join host Rebecca Webster as she walks us through sorting, machine maintenance and removing stains.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

This episode is about creating good and we meet exceptional humans who use their resources to help those in need and even get tips from the "Ultimate Cheapskate" about how we can use our unused egg shells to enrich our lifestyle at home. Guests like Sheila E. draws strength from her own childhood tragedy to help children and teens overcome their obstacles with arts and music. Al Roker discusses his family's inspiration to help young kids with cancer. Engineer Don Schoendorfer is also doing what he can to help those with mobility issues in developing countries by creating and distributing the cheapest wheelchair and *Lucky Dog* and *Pilots N Paws* are partnering to rescue dogs from euthanasia lists and flying them to their forever homes.

Program: Living Well
Title/Topic: **Downright Domestic: 10 Decorating Don'ts**
My Generation: Pioneers
Show #: LW111
Air Date: Tuesday 11/12 & Thursday 11/14/13 @ 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Lifestyle & Community Issues
Guests: Rebecca Webster (Host of "Downright Domestic")
Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: *"Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas.*

If you're planning on interior decorating, this episode can help and show you the DON'TS. Join host Rebecca Webster as she highlights tips for when to use accessories to decorate, which colors to avoid and even money saving tips that will benefit your wallet in the long run.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

Author, journalist and explorer Milbry Polk created Wings Worldquest once she could no longer continue her excursions and strives to share the impact that women explorers throughout history had and help other women achieve their own explorations. After being diagnosed with a rare form of cancer, Josh Sommer along with his mother reached out to Dr. Francis Collins who created the first Chordoma Research Workshop. This led Dr. Collins to hunt out genes, and in the process he is finding what could help revolutionize the way diseases are treated with personalized medicine. Former director of Chicanos por la Causa, Pete Garcia shares how this group, which empowers Hispanics to succeed, has been making an impact in Phoenix. From grass roots efforts, boycotts and sit-ins during the '70s to changing the system from within, this organization focuses on helping those who are powerless become self sufficient beings to help enhance the community. Judy Collins, a pioneer in folk music, shares how her success and love of story telling helped her through her own personal struggles and how she is now helping others by giving advice in her book *Sanity & Grace*.

Program: Living Well
Title/Topic: **Downright Domestic: 10 Summer Foods**
My Generation: Quiet Heroes
Show #: LW112
Air Date: Tuesday 11/19 & Thursday 11/21 @ 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Lifestyle & Community Issues
Guests: Rebecca Webster (Host of "Downright Domestic")
Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: *"Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas.*

Summer is right around the corner and in this episode Rebecca lists summer food recipes. Using fresh fruits and vegetables you can learn how to cook up some preserves and even conserves. Grilling is made simple with ribs, steaks and sliders recipes and we even get a list within this list of 10 snack facts.

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Not every hero is widely known, especially those within a small community, but it doesn't mean their good work goes unnoticed. Ann Mahlum, an avid runner, knows what its like to see a loved one struggle financially, so one day while running past a homeless shelter she decided to do something to help and founded "Back on My Feet". The running group not only competes in races, but helps one another get into housing, job training and find permanent employment. "The African American Women's Giving Circle" is an example of women of color taking control of their own philanthropy to fund and help community organizations. In this episode we see how the group, through their own vetting process, has helped to dispel stereotypes about mental illness especially in a low income community where asking for help is not the norm. Fashion designer and colorectal cancer survivor, Carmen Marc Valvo shares his recovery journey and how he is helping spread awareness and boosting women's spirits through fashion. Pat Rummerfield should have been dead after a car accident and when he passed the 72 hour mark he should have also been paralyzed. Through 17 years of repetitive movement therapy Pat made a recovery and is walking today and giving hope to other quadriplegics to make their own recovery.

Program: Living Well
Title/Topic: **Downright Domestic: 10 Dinner Party Ideas**
My Generation: Solutions
Show #: LW113
Air Date: Tuesday 11/26 & Thursday 11/28/13 @ 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Lifestyle & Community Issues
Guests: Rebecca Webster (Host of "Downright Domestic")
Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

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Description: *"Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas.*

In this episode Rebecca Webster dishes up a dinner party idea list that will have you serving up delicious foods and executing spot on themes. From smoked salmon starters to Chimichurri Steak this episode is packed with easy to conjure recipes, even desserts. Food is important, but so is the ambience when planning your dinner party and of course you can't forget etiquette tips.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

It's not hard to find a problem nearby, but finding solutions can be a different story and this episode showcases those who have found them. Going to the park should be a safe thing to do, but in Detroit they can be riddled with drugs and violence. Willie Johnson originally built a basketball court for his children in their backyard, but when more neighborhood kids started dropping by Willie set "New Rules" for them to play which includes bettering their grades and learning to be respectful, which they agree will help them better their future despite their environment. The National Education for Assistance Dog Services is doing its part in helping injured veterans on their road to recovery by providing service animals to them. In addition to helping these veterans gain back their independence this non-profit also enlists help from the community, private donors and even prison inmates to train these amazing service dogs. In the segment "Shape Up with Martina Navratilova" solutions for health, fitness and nutrition are shown, and in this episode Cynthia is given a yoga lesson. Actress, Carrie Fisher, grew up in Hollywood and at a young age went down a path of addiction, but she has turned her struggles into solutions and shares her memories of growing up to continue down the straight and narrow road.

Program: Living Well
 Title/Topic: **Downright Domestic: 10 Do-It-Yourself Home Repairs**
My Generation
 Show #: CCLW114
 Air Date: Thursday 12/05/13 @ 5am
 Duration: 58:30 minutes
 Style/Type: Human Interest
 Source: ION Life
 Issue(s) Addressed: Renovations & Community Issues
 Guests: Rebecca Webster (Host of "Downright Domestic")
 Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")
 Jeff Levine (Segment Producer, My Generation)
 Jonathan Pond (Segment Producer, My Generation)
 Diane Roberts (Segment Producer, My Generation)
 Bobby Rivers (Segment Producer, My Generation)
 James Mazza (Plumbers Canada)
 Rick Burton (Greater Toronto Contractors)
 James Someone (Mr. Fixit)
 Aimee Seidman, MD (Boutique Physician)
 Robin Merlino, MD (Boutique Physician)
 Barry Struch, MD (Internal Medicine Specialist)
 Selma Niccoli (Boutique Patient)
 Dave Orth (Boutique Patient)
 Art Caplan, PhD (Medical Ethicist)
 Paul Precht (Medicare Rights Center)
 Dale & Carole Pavey (couple without children)
 Bill Wax & Shelia Jaskott (couple without children)
 William Petok, Phd (American Fertility Association)
 Mike Mulligan (Pilot)
 Bessie Nelson (Bead Designer)
 David Noh (Entertainment Columnist)

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Description:

"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of "Downright Domestic" Rebecca offers tips and advice on how simple repairs you can do yourself around the house. She starts by showing you what tools and materials to have in your repair kit. Along with her guests, she goes through simple repairs such as fixing a leaking faucet, patching dry wall, caulking a bathtub are just a few repairs they demonstrate.

“My Generation” features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode, meet physicians who practice Boutique Medicine. This is an expensive, yet more personable medical experience. Also meet critics who consider the practice elitist. Then get some advice on handling investments for your retirement with the volatile economy. Then meet two modern couples who decided not to have children. Then meet Mike Mulligan, who give free helicopter rides to children on the weekends. Finally, meet Bessie, who has been designing costumes for Broadway shows for decades.

Program:	<u>Living Well</u>
Title/Topic:	Downright Domestic: 10 Travel Tips My Generation
Show #:	CCLW115
Air Date:	Tuesday 12/10 & Thursday 12/12/13 @ 5am
Duration:	58:30 minutes
Style/Type:	Human Interest
Source:	ION Life
Issue(s) Addressed:	Renovations & Community Issues
Guests:	Rebecca Webster (Host of “Downright Domestic”) Greg Williams & Cynthia Steele Vance (Hosts of “My Generation”) Bettina Gregory (Segment Producer, My Generation) Jonathan Pond (Segment Producer, My Generation) Bill Boggs (Segment Producer, My Generation) Jennifer Callegaro (Travel Agent, Expedia.com) Raymond Durocher (President, Holiday Group) Taylor Cole (Travel Expert, Hotels.com) Alan Frew (Glass Tiger) Sam Reid (Glass Tiger) Stephanie Rubino (BSc. ND) Elaine McCulloch (Via Rail) Krista Nelson, DMV (tvvet.com) Corrine McDermott (havebabywilltravel.com) Anne McNary (cancer patient / patient advocate) John Stepp (cancer patient) Robert Meyers (cancer patient) Dennita Bennett (cancer patient) Dr. Kevin Cullen (Director, Greenbaum Cancer Center) Keith & Alison Parsell (Owner, 1923 Hudson)

Bill Thompson (White Post Restorations)
Dakota Jackson (Magician / Furniture Designer)
Mary Higgins Clark (author)
Carol Higgins Clark (author)

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Description:

“Downright Domestic” is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of “Downright Domestic” Rebecca offers tips and advice for traveling. Finding a great deal within your budget, packing efficiently, and choosing the perfect hotel are just a few of the tips on this week’s list. Rebecca and her guests share many “do’s and don’ts” to keep in mind when traveling.

“My Generation” features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode, meet The Hope Coach, who assists cancer survivor who spends her time volunteering her time helping other cancer patients navigate the treatment process. Then learn the golden rules of investment with Jonathan Pond. Then meet a family that have been restoring antique cars for generations. Bill Boggs then interviews a famed magician and furniture designer. Finally, meet the famed author, Mary Clark Higgins.

Program:	<u>Living Well</u>
Title/Topic:	Downright Domestic: 10 Bed Basics My Generation
Show #:	CCLW116
Air Date:	Tuesday 12/17 & Thursday 12/19/13 @ 5am
Duration:	58:30 minutes
Style/Type:	Human Interest
Source:	ION Life
Issue(s) Addressed:	Renovations & Community Issues
Guests:	Rebecca Webster (Host of “Downright Domestic”) Greg Williams & Cynthia Steele Vance (Hosts of “My Generation”) Dvira Ovadia (Interior Designer) Kelly Cray (Interior Designer)

Gabor Samerwaid (Ontario Pillow Supply)
Dr. James MacFarlane (Dir. Of Education, Med Sleep)
Marco Fontaine (B.O.F.F. Wall Beds)
Tsering Chozon (Room Attendent, Soho Metropolitan)
Jeff Levine (Segment Producer, My Generation)
Wendell Goler (Fox News Correspondent)
Dr. James Tozzi (Washington Hospital Center)
Mark McClellan (Brookings Institution)
Mike Mussallem (CEO, Edwards Lifesciences)
James Sisson (Buyer/Seller)
Mary Selles (Buyer)
Norman Dixon (Owner, Crumpton Auction)
Jesse Dixon (Auctioneer)
Mick Jones (Musician, Foreigner)
Ida Pearl Green (Avon Salesperson)

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Description:

“Downright Domestic” is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of “Downright Domestic” Rebecca offers tips and advice on your bed. She starts with choosing the right size, style and placement of your bed. Then she explains the different bedding materials and choices that are available. Other related topics are covered, such as sleep aid products and bedroom furniture and accessories,

“My Generation” features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this episode, they showcase the new technology in hip and knee replacements and other similar breakthroughs. Then visit the Crumpton Auction that is owned and operated by the Dixon Family. Then Greg Williams interview legendary musician, Mick Jones of the band Foreigner about his long career and longevity. Then meet a group of female bikers, who are challenging the notion that it is a men’s club. Finally, meet 90 year old Ida Pearl Green, who still maintains her door to door route selling Avon products.

Program: Living Well
 Title/Topic: **Downright Domestic: 10 Wall Treatments**
My Generation
 Show #: CCLW117
 Air Date: Tuesday 12/24 & Thursday 12/26/13 @ 5am
 Duration: 58:30 minutes
 Style/Type: Human Interest
 Source: ION Life
 Issue(s) Addressed: Renovations & Community Issues
 Guests: Rebecca Webster (Host of "Downright Domestic")
 Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")
 Dvira Ovadia (Interior Designer)
 Chris McGimsie (General Contractor)
 Jim Connelly (Masterpieces Studio)
 Doug Sterner (Military Historian)
 Brian Thacker (Medal Of Honor Recipient)
 Chris Strickland (Veteran, US Army)
 Anita Migday, D.V.M. (President, Board of Directors, NEADS)
 Ira Kaplan, D.V.M. (Veterinarian)
 Marcie Cynamon (volunteer)
 Mark Rother (volunteer)
 Laveen Ponds (volunteer)
 Sargeant Luis Rodriguez (American hero)

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Description:

"Downright Domestic" is a lifestyle list, counting down solutions to various domestic dilemmas. On this episode of "Downright Domestic" Rebecca offers tips and advice on decorating you walls. Rebecca and her guests offer traditional and modern ideas for way to decorate your wall. There are idea on using molding, faux finishes, fabrics, as well as using abstract art and other innovative ideas to adorn your bare walls. Then meet several volunteers who make afghans for Americas active and wounded servicemen and women.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference.

On this special episode, they showcase some of the brave men and women who have received our countries highest honor, and highlight some of the frauds who claim to have received these

medals of honor. Meet a heroic soldier, who lost both his legs in battle who came home to battle domestic hardships with the help of the Coalition To Salute Americas Heroes and the good people of his hometown of Fostoria, Ohio. Then visit the people of NEADS, a non-profit organization that trains dogs to assist the disabled veterans returning from war.

Program: Living Well
Title/Topic: **Downright Domestic: 10 Organizing Ideas**
My Generation: Fountain of Youth
Show #: LW118
Air Date: Tuesday 12/31/13 @ 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Lifestyle & Community Issues
Guests: Rebecca Webster (Host of "Downright Domestic")
Greg Williams & Cynthia Steele Vance (Hosts of "My Generation")

Living Well is a one hour public affairs program covering human interest related issues and affairs that are important to the community. Living Well provides programming that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in Living Well are "Downright Domestic" and "My Generation".

Description: *"Downright Domestic" is a lifestyle list, counting down solutions to domestic dilemmas.*

Are you in a mess? Host Rebecca Webster gives tips on organizing small living spaces, closets and even car trunk space. Even ideas for items like a photo album and under the bed storage are offered and you can find out how to go from clutter to cash.

"My Generation" features celebrities and nationally known experts covering issues from health & money to relationships and volunteering. The program includes stories of reinvention, pursuing your passion and making a difference. Age is just a number and this episode features individuals who are making the most of their years now that humans are living longer. There are 5 blue zones in the world where people are living much longer due to low-stress environments and staying physically active every day. AARP Magazine has selected positive people to model and be featured in their "Faces of 50" shoot as they share their tips for living a fulfilling life after 50. In addition to financial tips as you grow older this episode also features the Rails to Trails program where old railroad tracks are transformed into biking and hiking paths helping community members pursue an active lifestyle. The average gamer is 32 years old and 1 in 4 gamers are over 50 and the Wii gaming console is bringing families together and bringing joy to older players.