PUBLIC AFFAIRS REPORT For WPXL-TV NEW ORLEANS, LOUISIANA 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 WPXL-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. Home Improvement Ideas
- 2. Nutrition Advice
- 3. The Importance of Fitness
- 4. Portable Design Features for Renters
- 5. Testing Electric Griddles
- 6. Kitchen Makeovers
- 7. Safely Storing Leftovers
- 8. Testing Various Kitchen Products
- 9. Storage and Organizational Tips
- 10. Campground Cooking

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

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & 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". Airs Tuesday and Thursdays at 5:00am.

| Program: | Living Well |
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| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 318 |
| Air Date: | Thursday, July 2, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and 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

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Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-toexecute, 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.

| . , | Living Well Home to Go and Anna & Kristina's Grocery Bag 319 Tuesday, July 7, 2015 at 5:00am 58:30 minutes Human Interest ION Life Home Improvement, Nutrition and Fitness Home To Go Host: Peter Fallico |
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| 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

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Description:

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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 finds out the best way to store leftover wine.

| | Living Well Home to Go and Anna & Kristina's Grocery Bag 319 Thursday, July 9, 2015 at 5:00am 58:30 minutes Human Interest ION Life Home Improvement, Nutrition and Fitness |
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| 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

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Description:

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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 finds out the best way to store leftover wine.

| Program: Title/Topic: | Living Well Home to Go and Anna & Kristina's Grocery Bag |
|--------------------------|---|
| Show #: | 320 |
| Air Date: | Tuesday, July 14, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) 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-toexecute, 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: Title/Topic: | Living Well Home to Go and Anna & Kristina's Grocery Bag |
|--------------------------|---|
| Show #: | 320 |
| Air Date: | Thursday, July 16, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) 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:

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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: | Living Well |
|---------------------|---|
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 321 |
| Air Date: | Tuesday, July 21, 2015 at 5:00am |
| Duration: | 58:30 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 & TJ, Designer Teresa MacDonell & Mark Wedman |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Martin Yan

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Description:

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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

| Program: | Living Well |
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| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 321 |
| Air Date: | Thursday, July 23, 2015 at 5:00am |
| Duration: | 58:30 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 & TJ, Designer Teresa MacDonell & Mark Wedman |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Martin Yan

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| Program: | Living Well |
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| 5 | 8 |
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 322 |
| Air Date: | Tuesday, July 28, 2015 at 5:00am |
| Duration: | 58:30 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-toexecute, 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: | Living Well |
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| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 322 |
| Air Date: | Thursday, July 30, 2015 at 5:00am |
| Duration: | 58:30 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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Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Andrey Durbach

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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 "Fat" By Jennifer McLagen. Chef Andrey Durbach tastes the recipes they make from this cookbook. They also test out different types of butters and thermometers.

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| Program: | Living Well |
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 323 |
| Air Date: | Thursday, August 6, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and Fitness |
| Guests: | Home To Go Host: Peter Fallico |
| | Guests: Gallant Law & Stuart Swing |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Andrey Durbach

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| Program: Title/Topic: | Living Well Home to Go and Anna & Kristina's Grocery Bag |
|--------------------------|---|
| Show #: | 324 |
| Air Date: | Tuesday, August 11, 2015 at 5:00am |
| Duration: | 58:30 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, 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:

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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: Title/Topic: Show #: | Living Well Home to Go and Anna & Kristina's Grocery Bag 324 |
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| Air Date: | 524 Thursday, August 13, 2015 at 5:00am |
| Duration: | 58:30 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, 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:

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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: | Living Well |
|---------------------|---|
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 325 |
| Air Date: | Tuesday, August 18, 2015 at 5:00am |
| Duration: | 58:30 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-toexecute, 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. One space that must act as living area, dining area and home office can be challenging but not impossible. 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 such as "Shaved Geoduck Salad with Sesame Soy Vinaigrette", "Ginger Cantaloupe Soup with Spiced Crab and Spot Prawns" and "Fanny Bay Oyster Pie". They also 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.

| Living Well |
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| Home to Go and Anna & Kristina's Grocery Bag |
| 325 |
| Thursday, August 20, 2015 at 5:00am |
| 58:30 minutes |
| Human Interest |
| ION Life |
| Home Improvement, Nutrition and Fitness |
| Home To Go Host: Peter Fallico |
| Guests: Michelle Leduc & Designer Beth Halstead |
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Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Executive Chef Robert Clark & Brian Yip

"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-toexecute, 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. One space that must act as living area, dining area and home office can be challenging but not impossible. 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 such as "Shaved Geoduck Salad with Sesame Soy Vinaigrette", "Ginger Cantaloupe Soup with Spiced Crab and Spot Prawns" and "Fanny Bay Oyster Pie". They also 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: | Living Well |
|---------------------|--|
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 326 |
| Air Date: | Tuesday, August 25, 2015 at 5:00am |
| Duration: | 58:30 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-toexecute, 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" 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: | Living Well |
|---------------------|--|
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 326 |
| Air Date: | Thursday, August 27, 2015 at 5:00am |
| Duration: | 58:30 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

"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-toexecute, 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" 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: | Living Well |
|---------------------|---|
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 301 |
| Air Date: | Tuesday, September 1, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and Fitness |
| Guests: | Home To Go Host: Peter Fallico |
| Guests: | Home To Go Host: Peter Fallico Guests: Scott Magee & Mimi Pineau |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Julian Bond & Faith Dempster

"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-toexecute, 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: Title/Topic: Show #: Air Date: Duration: Style/Type: Source: Issue(s) Addressed: | Living Well Home to Go and Anna & Kristina's Grocery Bag 301 Thursday, September 3, 2015 at 5:00am 58:30 minutes Human Interest ION Life Home Improvement, Nutrition and Fitness |
|--|--|
| | ION Life |
| Guests: | Home To Go Host: Peter Fallico Guests: Scott Magee & Mimi Pineau |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Julian Bond & Faith Dempster

"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-toexecute, 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: Title/Topic: | Living Well Home to Go and Anna & Kristina's Grocery Bag |
|--------------------------|---|
| Show #: | 302 |
| Air Date: | Tuesday, September 8, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and Fitness |
| Guests: | 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" 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 renters Katherine and Andres are looking to update their apartment with 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.

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 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: Title/Topic: | Living Well Home to Go and Anna & Kristina's Grocery Bag |
|--------------------------|---|
| Show #: | 302 |
| Air Date: | Thursday, September 10, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and Fitness |
| Guests: | 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" 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 renters Katherine and Andres are looking to update their apartment with 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.

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 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: | Living Well |
|---------------------|---|
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 303 |
| Air Date: | Tuesday, September 15, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and Fitness |
| Guests: | Home To Go Host: Peter Fallico |
| | Guests: Simonee Chichester, Virginie Martocq & Paul Ferro |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Michael Allemeier & Nicole Bullock

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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 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 and coordinating fabrics for cushions, kitchen, and window treatments creates 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" 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. 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: | Living Well |
|---------------------|---|
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 303 |
| Air Date: | Thursday, September 17, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and Fitness |
| Guests: | Home To Go Host: Peter Fallico |
| | Guests: Simonee Chichester, Virginie Martocq & Paul Ferro |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Michael Allemeier & Nicole Bullock

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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 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 and coordinating fabrics for cushions, kitchen, and window treatments creates 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" 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. 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: Title/Topic: Show #: | Living Well Home to Go and Anna & Kristina's Grocery Bag 304 |
|-------------------------------------|--|
| Air Date: | Tuesday, September 22, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and 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

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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 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" 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. 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: Title/Topic: Show #: | Living Well Home to Go and Anna & Kristina's Grocery Bag 304 |
|-------------------------------------|--|
| Air Date: | Thursday, September 24, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and 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" 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 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" 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. 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: | Living Well |
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| 0 | 0 |
| Title/Topic: | Home to Go and Anna & Kristina's Grocery Bag |
| Show #: | 305 |
| Air Date: | Tuesday, September 29, 2015 at 5:00am |
| Duration: | 58:30 minutes |
| Style/Type: | Human Interest |
| Source: | ION Life |
| Issue(s) Addressed: | Home Improvement, Nutrition and Fitness |
| Guests: | Home To Go Host: Peter Fallico |
| | Guests: Robert Batulis, Mimi Pinea & Amanda Schuler |

Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Matisic Guests: Chef Claudia Ibarondo

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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 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, and 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.