

PUBLIC AFFAIRS REPORT
For
WPXL-TV
NEW ORLEANS, LOUISIANA
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 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. Organic Cooking
5. Current Remodeling Trends
6. Culturally Diverse Cooking
7. Baby Proofing Your Home
8. Growing Your Own Vegetables
9. Testing Various Kitchen Products
10. Storage and Organizational Tips

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", "Anna & Kristina's Grocery Bag", "Fresh with Anna Olson", and "Loving Spoonfuls" airing on Tuesday and Thursdays at 5:00am.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 319
Air Date: Tuesday, January 5, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Larissa Giroux & Mimi Pineau
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, and a TV console built by Peter.

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

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 319
Air Date: Thursday, January 7, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Larissa Giroux & Mimi Pineau
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, and a TV console built by Peter.

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

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 320
Air Date: Tuesday, January 12, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: David & Alexandra Altrow & Beth Halstead
Chef Jonathan Chovancek & John van der Lieck

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Home to Go" and "Anna & Kristina's Grocery Bag".

Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. David and Alexandra have a one year-old son, 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 Maticic 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."

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 320
Air Date: Thursday, January 14, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: David & Alexandra Altrow & Beth Halstead
Chef Jonathan Chovancek & John van der Lieck

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Home to Go" and "Anna & Kristina's Grocery Bag".

Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. David and Alexandra have a one year-old son, 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 Maticic 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."

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 321
Air Date: Tuesday, January 19, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Renters Julie & TJ, Designer Teresa MacDonell & Mark Wedman
Chef Martin Yan

"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. 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 MacDonell 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 Maticic 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 321
Air Date: Thursday, January 21, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Renters Julie & TJ, Designer Teresa MacDonell & Mark Wedman
Chef Martin Yan

"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. 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 MacDonell 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 Maticic 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

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 322
Air Date: Tuesday, January 26, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Renter Heather Libby & Designer Virginie Martocq
Chef Warren Geraghty, Executive Chef Grant Achatz, Physicist Dr. Robbin Coop, Bison Farmer Dalton Henrich & Ralph Sposito.

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic 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?

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 322
Air Date: Thursday, January 28, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Renter Heather Libby & Designer Virginie Martocq
Chef Warren Geraghty, Executive Chef Grant Achatz, Physicist Dr. Robbin Coop, Bison Farmer Dalton Henrich & Ralph Sposito.

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

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic 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?

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 323
Air Date: Tuesday, February 2, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Gallant Law & Stuart Swing
Chef Andrey Durbach

"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 renter Gallant Law is waiting to be able to move into a condo. In the meantime he would like to update his current living space to have the look of a luxury hotel.

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

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 323
Air Date: Thursday, February 4, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Gallant Law & Stuart Swing
Chef Andrey Durbach

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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 renter Gallant Law is waiting to be able to move into a condo. In the meantime he would like to update his current living space to have the look of a luxury hotel.

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

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 324
Air Date: Tuesday, February 9, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Glenn McCoy, Chantel deRaucourt & Christina Song
Chef Pino Posteraro & 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. 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 reinventing a kitchen.

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

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 324
Air Date: Thursday, February 11, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Glenn McCoy, Chantel deRaucourt & Christina Song
Chef Pino Posteraro & 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. 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 reinventing a kitchen.

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

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 325
Air Date: Tuesday, February 16, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Michelle Leduc & Designer Beth Halstead
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-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. 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 Maticic 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 325
Air Date: Thursday, February 18, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Michelle Leduc & Designer Beth Halstead
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-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. 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 Maticic 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 326
Air Date: Tuesday, February 23, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Clare Preuss & Stuart Swing
Chef Daniel Boulud, Chef Stephane Istel & Chef Dale McKay

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Home to Go" and "Anna & Kristina's Grocery Bag".

Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to execute, and inexpensive décor ideas and solutions for people living in temporary spaces. 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 Maticic 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"?

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 326
Air Date: Thursday, February 25, 2016 at 5:00am
Title/Topic: Home to Go and Anna & Kristina's Grocery Bag
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness
Hosts: Home To Go Host: Peter Fallico
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Clare Preuss & Stuart Swing
Chef Daniel Boulud, Chef Stephane Istel & Chef Dale McKay

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Home to Go" and "Anna & Kristina's Grocery Bag".

Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to execute, and inexpensive décor ideas and solutions for people living in temporary spaces. 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 Maticic 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"?

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 401
Air Date: Tuesday March 1, 2016 at 5:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Juanita Berry

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” 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.

“Loving Spoonfuls” 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'.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 401
Air Date: Thursday March 3, 2016 at 5:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Juanita Berry

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” 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.

“Loving Spoonfuls” 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'.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 402
Air Date: Tuesday March 8, 2016 at 5:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
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:

“Fresh With Anna Olson” 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.

“Loving Spoonfuls” 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 402
Air Date: Thursday March 10, 2016 at 5:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Karen Whitty of Whitty Farms, Welland Fire Dept.
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:

“Fresh With Anna Olson” 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.

“Loving Spoonfuls” 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 403
Air Date: Tuesday March 15, 2016 at 5:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Mary Finson, Rose Reisman

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” 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.

“Loving Spoonfuls” 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!

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 403
Air Date: Thursday March 17, 2016 at 5:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: David Gale
Guests: Mary Finson, Rose Reisman

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Fresh with Anna Olson” and “Loving Spoonfuls”.

Description:

“Fresh with Anna Olson” 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.

“Loving Spoonfuls” 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!

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 404
Air Date: Tuesday March 22, 2016 at 5:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: 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:

“Fresh with Anna Olson” 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.

“Loving Spoonfuls” 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 404
Air Date: Thursday March 24, 2016 at 5:00 am
Title/Topic: Fresh with Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy and local food cooking. Culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: 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:

“Fresh with Anna Olson” 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.

“Loving Spoonfuls” 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 405
Air Date: Tuesday March 29, 2016 at 5:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: 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:

"Fresh With Anna Olson" 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.

"Loving Spoonfuls" 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.

WPXL, NEW ORLEANS, LA
PUBLIC AFFAIRS REPORT
FIRST QUARTER, MARCH 31, 2016

Program: Living Well Episode # 405
Air Date: Thursday March 31, 2016 at 5:00 am
Title/Topic: Fresh With Anna Olson & Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Hosts: Fresh with Anna Olson: Anna Olson
Loving Spoonfuls: 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:

"Fresh With Anna Olson" 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.

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"Loving Spoonfuls" 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.