## PUBLIC AFFAIRS REPORT FOR KPXD-TV ARLINGTON, TEXAS FOR

THIRD QUARTER ENDING: 09/30/2015

In accordance with section 73.3526(e)(11)(i) of the Federal Communications Commission rules, the following, in the opinion of KPXD 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 programing in response to these needs.

#### ISSUES:

- Public Health Care
- Charities
- Nutrition Advice
- Foreclosures
- The Importance of Fitness
- 6. Education
- Homeless People
- 8. Healthcare Costs
- Storage & Organizational Tips
- 10. Home Improvement Ideas

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".

The Ester Davis Wake-Up Show is a one-half hour community affairs program covering issues and affairs that are important to the Dallas-Ft. Worth Metroplex. In reaching out to interview non-profit organizations, corporate, community and individuals alike, topical issues, presented in an interview format the Ester Davis Wake-Up Show takes on real-life experience. Common concerns and relevant issues in the area are addressed to bring a sense of awareness, educate and enlarge the viewing public's understanding of current issues relevant to the community.

Program:

Ester Davis Wake Up Show

Topic/Title:

Math Month

Air Date:

Thursday, July 2, 2015

5:00AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Education

Guest(s):

Kenneth Everett

An award winning presentation of "no pencil no paper" for students that have a difficult time taking tests. An alarming number of students are failing the required tests given to fourth graders through high school seniors. Math is a subject that is receiving extra attention using different concepts to explain the process. Kenneth Everett, Master Tutor, is considered a motivating teacher who teaches Math more than eight hours a day. He is in demand at business meetings, parent's conferences, and educational media outlets. His concepts have spread to Region Ten and other school districts in and out of the State of Texas. His tapes appear in libraries in several counties for students to check out. Airing of the show will yield more conversation and comments on math testing.

Program:

Ester Davis Wake Up Show

Topic/Title:

A Look at Foreclosure Prevention

Air Date:

Thursday, July 2, 2015

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Foreclosure Guest(s):

Pat Carrier

A new look at the improvements for borrowing money from banks. Some information on new laws for first time homeowners. The guests brings enlightenment on the laws put in place to short circuit another foreclosure fiasco. Homeowners are encouraged while attending the first time homeowners meetings being offered by Bank of America. Extra care is given to make new homeowners understand what they are signing.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

319

Air Date:

Tuesday, July 7, 2015

5:00am

Duration:

58:30 minutes **Human Interest** 

Style/Type: Source:

ION Life

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

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:

"Home to Go" is an innovative do-it yourself design series that presents original, easyto-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 helps Larissa makeover 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 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 & 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:

Ester Davis Wake Up Show

Topic/Title:

Crossroads Benefits

Air Date:

Thursday, July 9, 2015

5:00AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

**Ester Davis Productions** 

Issue(s) Addressed: Health Care Guest(s):

Jim Hoffpauir

Spirit of the cowboy favorites stay on the mission of cowboys and their partners working in the rural community with good works. Music is the common ground, but helping hands on the range is the calling. The mission of donating time, energy, fellowship and information to those in rural areas is addictive and fun. Where ever there is music there is a splendid cause. This season before the big roundup is Texas Lung, a partnership of the American Lung Association of the Central States. Handouts are distributed by singing cowboys. It's caring for our neighbors on the range, who do not get into town as

Program:

often anymore.

Ester Davis Wake Up Show

Topic/Title:

A Look at Foreclosure Prevention

Air Date:

Thursday, July 9, 2015

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Foreclosure

Guest(s):

Pat Carrier

A new look at the improvements for borrowing money from banks. Some information on new laws for first time homeowners. The guests brings enlightenment on the laws put in place to short circuit another foreclosure fiasco. Homeowners are encouraged while attending the first time homeowners meetings being offered by Bank of America. Extra care is given to make new homeowners understand what they are signing.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

320

Air Date:

Tuesday, July 14, 2015

5:00am

Duration: Style/Type:

58:30 minutes **Human Interest** 

Source:

ION Life

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

Guests:

Home To Go

Hosts: Peter Fallico

Guests: David & Alexandra Altrow, Beth Halstead

Anna & Kristina's Grocery Bag

Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Jonathan Chovancek, John Vander Lieck

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### Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easyto-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 helps a family 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. In this episode 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 vet, 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."

# PUBLIC AFFAIRS REPORT THIRD QUARTER, 2015

Program: Ester Davis Wake Up Show

Topic/Title: Sleep Apnea is Back

Air Date: Thursday, July 16, 2015 5:00AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Health Guest(s): Dr. Sugg

Dr. Sugg is a favorite. This all started with former members of the Dallas Cowboys team, who could not sleep. Dr. Sugg started a sleep clinic years ago and these pro players/patients are his best testimony of his product. We have demonstrated the usage of the sleep apnea bridge which keeps open your airwayes at all times.

Program: Ester Davis Wake Up Show

Topic/Title: Operation Opportunity

Air Date: Thursday, July 16, 2015 5:30AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Education Guest(s): Joe Tave

Too many young people lose the chance for a college education while they are still in high school. So, this innovative educator of government studies, started a summer job program in his spare time to give young people from disadvantaged families in the county a better advantage. Now students can earn summer money and plan for a higher education. One of the first corporations to sign up was general foods. They put an equal amount into a special escrow fund to be used for their higher education. General foods motto for operation opportunity says it is our way of feeding the community for the future. Because with money students can knock harder at the doors of higher education. General foods influence has spread to local restaurants and catering companies. The program has other appeal. The truancy department has high expectation for decreasing their numbers.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

Air Date:

Tuesday, July 21, 2015

5:00am

Duration:

58:30 minutes **Human Interest** 

Style/Type: Source:

ION Life

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

Guests:

Home To Go

Hosts: Peter Fallico

Guests: Renters Julie & T.J., Designer Teresa MacDonell, Mark

Wedman

Anna & Kristina's Grocery Bag

Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Martin Yan

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Description:

"Home to Go" is an innovative do-it yourself design series that presents original, easyto-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode Peter visits roommates Julie and T.J. who entertain out of town guests on a regular basis in their small two bedroom apartment. Peter Fallico and Designer Teresa MacDonnel along with Julie's brother Mark work together as team to rearrange and update Julie's and T.J.'s apartment so they and their guests can enjoy the space much more.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Matisic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina learn about traditional Chinese cooking and test the cookbook "The Chinese Kitchen" by Eileen Yin-Fei Lo. Can their creations impress Chef Martin Yan? They also visit a Chinese tea shop and learn about the best way to brew and serve Chinese tea. They also test out four different types of chopsticks and four different types of bagged green teas.

Program: Ester Davis Wake Up Show

Topic/Title: Sleep Apnea is Back

Air Date: Thursday, July 23, 2015 5:00AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Health Guest(s): Dr. Sugg

Dr. Sugg is a favorite. This all started with former members of the Dallas Cowboys team, who could not sleep. Dr. Sugg started a sleep clinic years ago and these pro players/patients are his best testimony of his product. We have demonstrated the usage of the sleep apnea bridge which keeps open your airwaves at all times.

Program: Ester Davis Wake Up Show

Topic/Title: Operation Opportunity

Air Date: Thursday, July 23, 2015 5:30AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Education Guest(s): Joe Tave

Too many young people lose the chance for a college education while they are still in high school. So, this innovative educator of government studies, started a summer job program in his spare time to give young people from disadvantaged families in the county a better advantage. Now students can earn summer money and plan for a higher education. One of the first corporations to sign up was general foods. They put an equal amount into a special escrow fund to be used for their higher education. General foods motto for operation opportunity says it is our way of feeding the community for the future. Because with money students can knock harder at the doors of higher education. General foods influence has spread to local restaurants and catering companies. The program has other appeal. The truancy department has high expectation for decreasing their numbers.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

322

Air Date:

Tuesday, July 28, 2015

5:00am

Duration:

Style/Type:

58:30 minutes Human Interest

Source:

ION Life

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

Guests:

Home To Go

Hosts: 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:

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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 take on the cookbook ALINEA by Grant Achatz. 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.

Program:

Ester Davis Wake Up Show

Topic/Title:

Kidneys

Air Date:

Thursday, July 30, 2015

5:00AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Health

Guest(s):

Dr. Karen Anderson

Dr. Karen Anderson is the guest and stresses the importance of the kidneys as vital organs in our bodies. The kidneys are required to sustain life. Dr. Anderson gives information about the kidneys that could save your life. The kidneys are the size of our fist and located on our back. The kidneys are a filtering organ and helps maintain our fluid balance and balances our hormones. It's important to know the health status of your kidneys in order to keep them as healthy and functional as possible.

Program:

Ester Davis Wake Up Show

Topic/Title:

Spirit of the Cowboy

Air Date:

Thursday, July 30, 2015

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Charities Guest(s):

Jim Hoffpauir

The retired cowboys in this region are very busy with great music and good deeds. They continue to carry on the tradition of Roy Rodgers, and the adoption of children. Their good deeds are full of great expectations. They are now offering a measure of healing with random secret acts of kindness to honor the memories of their loved ones. Random acts of kindness can restore hope and bring fresh strength to those who are desperate to believe someone cares.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

323

Air Date:

Tuesday, August 4, 2015

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

Hosts: Peter Fallico

Guests: Glenn McCoy and Chantel, DeRaucourt, Christina Song

Anna & Kristina's Grocery Bag

Hosts: Anna Wallner & Kristina Matisic Guests: Chef Pino Posteraro, Ingo Grady

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### Description:

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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 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:

Ester Davis Wake Up Show

Topic/Title:

Spirit of the Cowboy

Air Date:

Thursday, August 6, 2015

5:00AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Charities Guest(s):

Jim Hoffpauir

The retired cowboys in this region are very busy with great music and good deeds. They continue to carry on the tradition of Roy Rodgers, and the adoption of children. Their good deeds are full of great expectations. They are now offering a measure of healing with random secret acts of kindness to honor the memories of their loved ones. Random acts of kindness can restore hope and bring fresh strength to those who are desperate to believe someone cares.

Program:

Ester Davis Wake Up Show

Topic/Title:

So SMAART Scholarships Community Outreach.

Air Date:

Thursday, August 6, 2015

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Education Guest(s):

Ann Williams

An annual star studded gala. So SMAART is about a group adopting four schools in a low income area highlighting and mentoring girls on the STEM Programs, ie., Science, Technology, Engineering, and Math. This year another alpha was added for the arts. The sponsors include all the major corporations in the Metroplex along with their brass, i.e., American Airlines, TXU Energy, Bank of America, Linebarger, Goggan & Blair, Walmart, etc.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

324

Air Date:

Tuesday, August 11, 2015

5:00am

Duration: Style/Type:

58:30 minutes **Human Interest** 

Source:

ION Life

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

Guests:

Home To Go

Host: Peter Fallico

Guests: Marcus & Michelle Tateishi, Sabrina Linn

Anna & Kristina's Grocery Bag

Hosts: Anna Wallner & Kristina Matisic

Guests: Chef Terry Chandler

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# Description:

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

Program:

Ester Davis Wake Up Show

Topic/Title:

Gluten Free and Weight Loss

Air Date:

Thursday, August 13, 2015

5:00AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

**Ester Davis Productions** 

Issue(s) Addressed: Health

Guest(s):

Grace Morua

The new phenomenon gluten free has flooded our attention with great results and some health benefits. Ms. Morua is a free-lance voice for the new practice and has started a blog of her results and thoughts. First she solicited the aid of her family who she admits was moving into the obesity zone. A daily total weight loss was documented all the way up to a total of 50 pounds for her mom. The blog has caught the attention of other novice users who are in the beginning stages of being gluten free. Some stores have gluten free sections for your selection and the trend for better health through gluten free products is growing very rapidly.

Program:

Ester Davis Wake Up Show

Topic/Title:

So SMAART Scholarships Community Outreach.

Air Date:

Thursday, August 13, 2015

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

**Ester Davis Productions** 

Issue(s) Addressed: Education Guest(s):

Ann Williams

An annual star studded gala. So SMAART is about a group adopting four schools in a low income area highlighting and mentoring girls on the STEM Programs, ie., Science, Technology, Engineering, and Math. This year another alpha was added for the arts. The sponsors include all the major corporations in the Metroplex along with their brass, i.e., American Airlines, TXU Energy, Bank of America, Linebarger, Goggan & Blair, Walmart, etc.

Program: Living Well Title/Topic: Home to Go

Anna & Kristina's Grocery Bag

Show #: 325

Air Date: Tuesday, August 18, 2015 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:

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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 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. 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: Ester Davis Wake Up Show

Topic/Title: Crossroads Benefits

Air Date: Thursday, August 20, 2015 5:00AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Health Care Guest(s): Jim Hoffpauir

Spirit of the cowboy favorites stay on the mission of cowboys and their partners working in the rural community with good works. Music is the common ground, but helping hands on the range is the calling. The mission of donating time, energy, fellowship and information to those in rural areas is addictive and fun. Where ever there is music there is a splendid cause. This season before the big roundup is Texas Lung, a partnership of the American Lung Association of the Central States. Handouts are distributed by singing cowboys. It's caring for our neighbors on the range, who do not get into town as often anymore.

Program: Ester Davis Wake Up Show

Topic/Title: Mothers (Fathers) For the Advancement of Social Systems

Air Date: Thursday, August 20, 2015 5:30AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Homeless People Guest(s): Joyce Ann Brown

Mothers (Fathers) For the Advancement of Social Systems is a non-profit group.

MASS's mission is to help falsely accused incarcerated men and women. Mass has implemented a comprehensive needs assessment for falsely accused incarcerated men and women. The families affected by this are provided housing supplements and childcare for ex-felons and their families to help return them to society.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

Air Date:

Tuesday, August 25, 2015

5:00am

Duration: Style/Type: 58:30 minutes 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:

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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 "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.

# PUBLIC AFFAIRS REPORT THIRD QUARTER, 2015

Program: Ester Davis Wake Up Show

Topic/Title: Crossroads Benefits

Air Date: Thursday, August 27, 2015 5:00AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Health Care Guest(s): Jim Hoffpauir

Spirit of the cowboy favorites stay on the mission of cowboys and their partners working in the rural community with good works. Music is the common ground, but helping hands on the range is the calling. The mission of donating time, energy, fellowship and information to those in rural areas is addictive and fun. Where ever there is music there is a splendid cause. This season before the big roundup is Texas Lung, a partnership of the American Lung Association of the Central States. Handouts are distributed by singing cowboys. It's caring for our neighbors on the range, who do not get into town as often anymore.

Program: Ester Davis Wake Up Show

Topic/Title: Mothers (Fathers) For the Advancement of Social Systems

Air Date: Thursday, August 27, 2015 5:30AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Homeless People Guest(s): Joyce Ann Brown

Mothers (Fathers) For the Advancement of Social Systems is a non-profit group.

MASS's mission is to help falsely accused incarcerated men and women. Mass has implemented a comprehensive needs assessment for falsely accused incarcerated men and women. The families affected by this are provided housing supplements and childcare for ex-felons and their families to help return them to society.

Program: Living Well Title/Topic: Home to Go

Anna & Kristina's Grocery Bag

Show #: 301

Air Date: Tuesday, September 1, 2015 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: 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-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.

In this episode dancer, Lisa Otto's apartment is transformed into a personalized, cozy, yet functional space which she can retreat to after a long day of work. Guests, Scott Magee and Mimi Pineau help maximize storage space and bring the room together by using a color scheme throughout.

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

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

Program:

Ester Davis Wake Up Show

Topic/Title:

Need Hope Show

Air Date:

Thursday, September 3, 2015

5:00AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

**Ester Davis Productions** 

Issue(s) Addressed: Religion Ron Jones Guest(s):

Ester is at the New Hope Baptist Church with the lady who put it all together, Ms. Grinager. New Hope Baptist Church is celebrating 139 years and the church is still kicking, making this a historic landmark. Ester also speaks with the Mayor of Garland, Ron Jones, who advises that God never calls a lazy person to work.

Program:

Ester Davis Wake Up Show

Topic/Title:

Math Month

Air Date:

Thursday, September 3, 2015

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Education

Guest(s):

Kenneth Everett

An award winning presentation of "no pencil no paper" for students that have a difficult time taking tests. An alarming number of students are failing the required tests given to fourth graders through high school seniors. Math is a subject that is receiving extra attention using different concepts to explain the process. Kenneth Everett, Master Tutor, is considered a motivating teacher who teaches Math more than eight hours a day. He is in demand at business meetings, parent's conferences, and educational media outlets. His concepts have spread to Region Ten and other school districts in and out of the State of Texas. His tapes appear in libraries in several counties for students to check out. Airing of the show will yield more conversation and comments on math testing.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

302

Air Date:

Tuesday, September 8, 2015

5:00am

Duration: Style/Type: 58:30 minutes Human Interest

Source:

ION Life

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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

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#### Description:

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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:

Ester Davis Wake Up Show

Topic/Title:

**Need Hope Show** 

Air Date:

Thursday, September 10, 2015

5:00AM

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

**Ester Davis Productions** 

Issue(s) Addressed: Religion Guest(s):

Ron Jones

Ester is at the New Hope Baptist Church with the lady who put it all together, Ms. Grinager. New Hope Baptist Church is celebrating 139 years and the church is still kicking, making this a historic landmark. Ester also speaks with the Mayor of Garland, Ron Jones, who advises that God never calls a lazy person to work.

Program:

Ester Davis Wake Up Show

Topic/Title:

Math Month

Air Date:

Thursday, September 10, 2015

Duration:

30 minutes

Style/Type:

Interview Format

Source:

Ester Davis Productions

Issue(s) Addressed: Education

Guest(s):

Kenneth Everett

An award winning presentation of "no pencil no paper" for students that have a difficult time taking tests. An alarming number of students are failing the required tests given to fourth graders through high school seniors. Math is a subject that is receiving extra attention using different concepts to explain the process. Kenneth Everett, Master Tutor, is considered a motivating teacher who teaches Math more than eight hours a day. He is in demand at business meetings, parent's conferences, and educational media outlets. His concepts have spread to Region Ten and other school districts in and out of the State of Texas. His tapes appear in libraries in several counties for students to check out. Airing of the show will yield more conversation and comments on math testing.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

303

Air Date:

Tuesday, September 15, 2015

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:

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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: Ester Davis Wake Up Show

Topic/Title: Ethiopia Education

Air Date: Thursday, September 17, 2015 5:00AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions Issue(s) Addressed: Economy and Health

Guest(s): Dr. Belai Habte-Jesus and Haile B. Mariam

Host Michael Marshall discusses the challenges facing Ethiopia with guests Dr. Belai Habte-Jesus and Haile B. Mariam. They go over the historical facts and background of the country. Also a discussion on the economy, health, literacy, and the political history of the country.

Program: Ester Davis Wake Up Show

Topic/Title: Alzheimer's

Air Date: Thursday, September 17, 2015 5:30AM

Duration: 30 minutes

Style/Type: Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Health

Guest(s): Dr. Johnston

The central message is to dispel any myths that may exist about Alzheimer. Alzheimer's is not caused by pots, pans, or aluminum cans. It is not caused by a curse or hex. Nor is it caused by to much worrying and thinking. Change your diet, exercise, and discuss your concerns with family members. Every heartbeat pumps about one fifth of your blood to your brain. Billions of brain cells need the food and oxygen carried by your blood to think, solve problems, and remember. Enhance your enthusiasm for living, enjoy some of the things to use to and eliminate those risk factors that threaten brain health.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

Air Date:

Tuesday, September 22, 2015

5:00am

Duration: Style/Type: 58:30 minutes **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-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 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:

Ester Davis Wake Up Show

Topic/Title:

Ethiopia Education

Air Date:

Thursday, September 24, 2015

5:00AM

Duration:

30 minutes

Style/Type:

Interview Format

Source: Ester Davis Productions

Issue(s) Addressed: Economy and Health

Guest(s): Dr. Belai Habte-Jesus and Haile B. Mariam

Host Michael Marshall discusses the challenges facing Ethiopia with guests Dr. Belai Habte-Jesus and Haile B. Mariam. They go over the historical facts and background of the country. Also a discussion on the economy, health, literacy, and the political history of the country.

Program:

Ester Davis Wake Up Show

Topic/Title:

Alzheimer's

Air Date:

Thursday, September 24, 2015

5:30AM

Duration:

30 minutes

Style/Type:

Interview Format

Source:

**Ester Davis Productions** 

Issue(s) Addressed: Health

Guest(s):

Dr. Johnston

The central message is to dispel any myths that may exist about Alzheimer. Alzheimer's is not caused by pots, pans, or aluminum cans. It is not caused by a curse or hex. Nor is it caused by to much worrying and thinking. Change your diet, exercise, and discuss your concerns with family members. Every heartbeat pumps about one fifth of your blood to your brain. Billions of brain cells need the food and oxygen carried by your blood to think, solve problems, and remember. Enhance your enthusiasm for living, enjoy some of the things to use to and eliminate those risk factors that threaten brain health.

Program:

Living Well

Title/Topic:

Home to Go

Anna & Kristina's Grocery Bag

Show #:

305

Air Date:

Tuesday, September 29, 2015

5:00am

Duration: Style/Type: 58:30 minutes Human Interest

Source:

Guests:

ION Life

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

Home To Go

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:

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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 Gucomole, 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.