

PUBLIC AFFAIRS REPORT
FOR KPXD-TV
ARLINGTON, TEXAS
FOR
FOURTH QUARTER ENDING: 12/31/2016

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 programming in response to these needs.

ISSUES:

1. Nutrition Advice
2. Cooking for a Crowd
3. Planning the Perfect Picnic
4. Culturally Diverse Cooking
5. Preparing for a Relaxing Brunch
6. Incorporating Vegetables for your Summer Supper
7. New Culinary Creations
8. Putting Together a Scrumptious Vegetarian Menu
9. Spiritual Self-Healing through Cooking
10. Pie Inspired Recipes

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 "Fresh with Anna Olson" and "Loving Spoonfuls".

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #406
Air Date: Tuesday, October 4, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Ernie Grimo and Linda Grimo of Grimo's Nut Nursery
Nina Witkowski

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna makes food to fuel competing rowers that are in town. Anna makes granola bars packed with seeds and nuts, tofu skewers with walnut pesto and potato vegetable samosas with mango chutney. She also visits Grimo's Nut Nursery where we learn about different types of walnuts.

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 Nina Withkowski, who is a Polish Grandmother. Together they make Ushka, Sernik and borscht from fresh beets in Nina's garden.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #406
Air Date: Thursday, October 6, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Ernie Grimo and Linda Grimo of Grimo's Nut Nursery
Nina Witkowski

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Cooking for a crowd can be a fun and gratifying task, it just takes a little planning, choosing your menu, and organizing tasks ahead of time. In this episode Anna makes food to fuel competing rowers that are in town. Anna makes granola bars packed with seeds and nuts, tofu skewers with walnut pesto and potato vegetable samosas with mango chutney. She also visits Grimo's Nut Nursery where we learn about different types of walnuts.

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 Nina Withkowski, who is a Polish Grandmother. Together they make Ushka, Sernik and borscht from fresh beets in Nina's garden.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #407
Air Date: Tuesday, October 11, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Michael Olson, Charlie Parker, Anja Karpinnen

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

The local jazz and blues fest is in full swing, and Anna has planned the perfect picnic with Michael and their friends Bob and Jean. Stop by the local honey apiary Charlie-Bee with Anna and get a tour from Charlie himself. Anna uses the fresh honey in her Club Sandwich Roll and rounds out the meal with a Wheat Berry Vegetable Salad, and a Jazzy Platz dessert before packing it up for a music infused picnic lunch.

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.

This episode brings the laughs when Finnish grandmother Anja Karpinnen dares David to eat the eye of the salmon and David dares Anja back.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #407
Air Date: Thursday, October 13, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Michael Olson, Charlie Parker, Anja Karpinnen

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

The local jazz and blues fest is in full swing, and Anna has planned the perfect picnic with Michael and their friends Bob and Jean. Stop by the local honey apiary Charlie-Bee with Anna and get a tour from Charlie himself. Anna uses the fresh honey in her Club Sandwich Roll and rounds out the meal with a Wheat Berry Vegetable Salad, and a Jazzy Platz dessert before packing it up for a music infused picnic lunch.

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.

This episode brings the laughs when Finnish grandmother Anja Karpinnen dares David to eat the eye of the salmon and David dares Anja back.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #408
Air Date: Tuesday, October 18, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Loza Stavroff

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Michael’s nephew Chris and his wife Anna are in town for the weekend and they’ve been invited over for a lazy and relaxing brunch. Anna gets a head start on the Blueberry Sticky Buns the evening before, and stops by the Muileboom Greenhouse for fresh tomatoes and cucumber for her fabulous Huevos Rancheros (with bacon) first thing in the morning. The meal is rounded out with three fabulous Fruit Antipasti platters.

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.

Loza Stavroff makes two different flaky Banitsas, and teaches David to dance a Horo.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #408
Air Date: Thursday, October 20, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Loza Stavroff

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Michael’s nephew Chris and his wife Anna are in town for the weekend and they’ve been invited over for a lazy and relaxing brunch. Anna gets a head start on the Blueberry Sticky Buns the evening before, and stops by the Muileboom Greenhouse for fresh tomatoes and cucumber for her fabulous Huevos Rancheros (with bacon) first thing in the morning. The meal is rounded out with three fabulous Fruit Antipasti platters.

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.

Loza Stavroff makes two different flaky Banitsas, and teaches David to dance a Horo.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #409
Air Date: Tuesday, October 25, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Carry Katherine-musician and Anna's Olson's niece
Don-drummer, Rudolpha Hood- Grandmother

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna organizes a fundraising concert featuring the music of her niece Carry-Katherine who is a recording artist. Before heading over to the event, Anna prepares finger foods for a family visit while her niece warms up for the performance with her drummer. The menu centers around a rotisserie chicken served with four different sauces and bases along with potato mushroom bruschetta.

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 Rudolpha Hood who is from the Island of Nevis. Rudolpha shares stories of the past while preparing Johnny Cakes and codfish with David.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #409
Air Date: Thursday, October 27, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Carry Katherine-musician and Anna's Olson's niece
Don-drummer, Rudolpha Hood- Grandmother

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna organizes a fundraising concert featuring the music of her niece Carry-Katherine who is a recording artist. Before heading over to the event, Anna prepares finger foods for a family visit while her niece warms up for the performance with her drummer. The menu centers around a rotisserie chicken served with four different sauces and bases along with potato mushroom bruschetta.

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 Rudolpha Hood who is from the Island of Nevis. Rudolpha shares stories of the past while preparing Johnny Cakes and codfish with David.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #410
Air Date: Tuesday, November 1, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Mike & Tina Papp-Anna's Friends
Zorka Jovancevic -Grandmother

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna cooks a summer supper as a thank you to her friends Mike and Tina for giving her leftover vegetables from their garden. Anna incorporates the vegetables into her menu and makes Super Burgers, chili sauce, pickled green tomatoes and tiramisu pudding.

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 Zorka Jovancevic from Yugoslavia. Zorka shares stories with David, while making cabbage rolls, noodles and poppy seed cake.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #410
Air Date: Thursday, November 3, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Mike & Tina Papp-Anna's Friends
Zorka Jovancevic -Grandmother

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna cooks a summer supper as a thank you to her friends Mike and Tina for giving her leftover vegetables from their garden. Anna incorporates the vegetables into her menu and makes Super Burgers, chili sauce, pickled green tomatoes and tiramisu pudding.

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 Zorka Jovancevic from Yugoslavia. Zorka shares stories with David, while making cabbage rolls, noodles and poppy seed cake.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #411
Air Date: Tuesday, November 8, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Hyun-Joo Cho

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna has been asked to judge a pie baking contest for the town’s local food festival, and this episode of Fresh is all about pie inspired recipes! Anna stops by the Williams Apple Orchard to pick ingredients for her Country Apple Pie. Next she creates a Potato Bisque with bacon and cheddar and her specialty, Anna’s Tourtiere. Anna delivers her meal to her fellow judges before the pie tasting begins!

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.

Hyun-Joo Cho practices spiritual self-healing through her cooking. Cold vegetarian salads and some warm apple wontons are for dinner.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #411
Air Date: Thursday, November 10, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Hyun-Joo Cho

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna has been asked to judge a pie baking contest for the town’s local food festival, and this episode of Fresh is all about pie inspired recipes! Anna stops by the Williams Apple Orchard to pick ingredients for her Country Apple Pie. Next she creates a Potato Bisque with bacon and cheddar and her specialty, Anna’s Tourtiere. Anna delivers her meal to her fellow judges before the pie tasting begins!

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.

Hyun-Joo Cho practices spiritual self-healing through her cooking. Cold vegetarian salads and some warm apple wontons are for dinner.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #412
Air Date: Tuesday, November 15, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Regine Frankel

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

For the past eight years Anna has participated in the Eat to the Beat breast cancer fundraiser event. This event is all about healthy foods like Anna’s Blueberry Muffins, and elegant hors d’oeuvres like Turkey and Trimming Pinwheels, and Squash and Cheddar Soufflés. See Anna in her full chef whites as this stunning event unfolds.

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.

Regine Frankel tells riveting tales of surviving World War 2 as a Jew in France and sharing his recipe for vegetarian meatballs.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #412
Air Date: Thursday, November 17, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Regine Frankel

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

For the past eight years Anna has participated in the Eat to the Beat breast cancer fundraiser event. This event is all about healthy foods like Anna’s Blueberry Muffins, and elegant hors d’oeuvres like Turkey and Trimming Pinwheels, and Squash and Cheddar Soufflés. See Anna in her full chef whites as this stunning event unfolds.

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.

Regine Frankel tells riveting tales of surviving World War 2 as a Jew in France and sharing his recipe for vegetarian meatballs.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #413
Air Date: Tuesday, November 22, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Andrew Vegelato-Italian Ice Cream
April Horncastle-Pastry Chef/Bride To Be
Heidi Kuhner-Swiss Grandmother

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna throws a wedding shower lunch for her pastry chef April. Anna makes Beet and Buttermilk Soup, Luncheon Sandwich Torte and an Ice Cream Layer Cake.

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 Swiss grandmother Heidi Kuhner, where he learns how to make Cheese Fondue, Linzer Torte and a Mushroom Souffle.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #413
Air Date: Thursday, November 24, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Andrew Vegelato-Italian Ice Cream
April Horncastle-Pastry Chef/Bride To Be
Heidi Kuhner-Swiss Grandmother

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna throws a wedding shower lunch for her pastry chef April. Anna makes Beet and Buttermilk Soup, Luncheon Sandwich Torte and an Ice Cream Layer Cake.

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 Swiss grandmother Heidi Kuhner, where he learns how to make Cheese Fondue, Linzer Torte and a Mushroom Souffle.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #414
Air Date: Tuesday, November 29, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: David Irish-David Irish's Farm
Evelyn Koop-Grandmother

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna delivers a working lunch for a meeting in progress at a local college. She puts together a scrumptious vegetarian menu including Vegetable Salad Rolls with a Cashew Cream, Honey Yogurt Cheesecake with Fresh Mango and a Roasted Garlic Vegetable Tart.

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 Estonian Grandmother Evelyn Koop, who introduced rhythmic dancing to the Olympics. Evelyn shows David how to make Rollmops and Rosolje.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #414
Air Date: Thursday, December 1, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: David Irish-David Irish's Farm
Evelyn Koop-Grandmother

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. In this episode Anna delivers a working lunch for a meeting in progress at a local college. She puts together a scrumptious vegetarian menu including Vegetable Salad Rolls with a Cashew Cream, Honey Yogurt Cheesecake with Fresh Mango and a Roasted Garlic Vegetable Tart.

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 Estonian Grandmother Evelyn Koop, who introduced rhythmic dancing to the Olympics. Evelyn shows David how to make Rollmops and Rosolje.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #415
Air Date: Tuesday, December 6, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Luzia Nunes

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Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s friend Susan is having an important birthday and is looking forward to an elegant dinner with a few of her close friends. Anna starts by preparing a Slow Roasted Prime Rib with a rich mushroom jus (brandy). She then heads to her friend Cheryl’s farm gate stand to get fresh ingredients for a Warm Squash and Ricotta Salad. She finishes the meal with a Honey Walnut Torte – a classic Viennese birthday cake.

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.

Luzia Nunes left her home in the Azores to teach David how to cook authentic Portuguese-style fish stew and reveals why she's called "Crazy Luzia".

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #415
Air Date: Thursday, December 8, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Luzia Nunes

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s friend Susan is having an important birthday and is looking forward to an elegant dinner with a few of her close friends. Anna starts by preparing a Slow Roasted Prime Rib with a rich mushroom jus (brandy). She then heads to her friend Cheryl’s farm gate stand to get fresh ingredients for a Warm Squash and Ricotta Salad. She finishes the meal with a Honey Walnut Torte – a classic Viennese birthday cake.

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.

Luzia Nunes left her home in the Azores to teach David how to cook authentic Portuguese-style fish stew and reveals why she's called "Crazy Luzia".

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #416
Air Date: Tuesday, December 13, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Andrea Vincent

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Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s parents are visiting and she’s preparing a traditional Sunday Supper. In order to make a wholesome, hardy meal, she pairs a Whole Roasted Pork Loin in a mustard marmalade glaze with Roasted Root Vegetables in a warm vinaigrette. For desert, Anna heads to Whitty Farm to get fresh pears for her Spiced Chocolate Pear Tart.

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.

Hungarian grandmother Andrea Vincent tells heart-wrenching tales of life and love while making Sour Cherry Soup and a Wine Cream.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #416
Air Date: Thursday, December 15, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Andrea Vincent

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

Description:

This inspirational series takes viewers inside Anna’s world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own.

Anna’s parents are visiting and she’s preparing a traditional Sunday Supper. In order to make a wholesome, hardy meal, she pairs a Whole Roasted Pork Loin in a mustard marmalade glaze with Roasted Root Vegetables in a warm vinaigrette. For desert, Anna heads to Whitty Farm to get fresh pears for her Spiced Chocolate Pear Tart.

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.

Hungarian grandmother Andrea Vincent tells heart-wrenching tales of life and love while making Sour Cherry Soup and a Wine Cream.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #417
Air Date: Tuesday, December 20, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Ann Bering-White Meadows Maple Syrup Farm
Winifred Field-Grandmother
Janet-Winifred's Daughter

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. Anna prepares a special meal that both adults and children can enjoy for her guests who have kids. She makes Sweet Onion Dip with Veggies, Three Cheese Pasta Bake, Maple Garlic Roasted Chicken and Very Vanilla Cupcakes that everyone can decorate themselves. Anna also visits White Meadows Maple Syrup Farm

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 British Grandmother Winifred Field who is from London, England and a decorated war hero. While Winifred talks about her life in England and Canada, they make Classic Steak and Kidney Pie and Poor Man's Trifle. Winifred's daughter Janet also gives them a hand in the kitchen.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #417
Air Date: Thursday, December 22, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Ann Bering-White Meadows Maple Syrup Farm
Winifred Field-Grandmother
Janet-Winifred's Daughter

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. Anna prepares a special meal that both adults and children can enjoy for her guests who have kids. She makes Sweet Onion Dip with Veggies, Three Cheese Pasta Bake, Maple Garlic Roasted Chicken and Very Vanilla Cupcakes that everyone can decorate themselves. Anna also visits White Meadows Maple Syrup Farm

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 British Grandmother Winifred Field who is from London, England and a decorated war hero. While Winifred talks about her life in England and Canada, they make Classic Steak and Kidney Pie and Poor Man's Trifle. Winifred's daughter Janet also gives them a hand in the kitchen.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #418
Air Date: Tuesday, December 27, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Charles Baker-Stratus Winery
Maria-Angelica Enriquez- Grandmother
Gabriela-Maria-Angelica's Daughter

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. Anna hosts a wine maker's dinner at a friend's winery. She builds a menu around particular wines using flavors that will go well with red wines. Anna makes Rosemary Roasted Rack Of Lamb, Date and Pistachio Salsa, Three Onion Couscous, Parsnips Bakes With Moroccan Spices and Baked Figs with Honey and Yogurt.

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 Chilean Grandmother Maria-Angelica Enriquez. They make Seafood Soup and Corn Pie. Gabriela-Maria's daughter gives them a hand. While they are cooking they talk about Gabriela-Maria's life in Chile and Canada.

KPXD TV, Arlington, Texas
Public Affairs Report
Fourth Quarter, 2016

Program: Living Well Episode #418
Air Date: Thursday, December 29, 2016 5:00am
Topic/Title: Fresh With Anna Olson and Loving Spoonfuls
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Organic, healthy, local and culturally diverse cooking.
Host: Fresh With Anna Olson: Host Anna Olson
Loving Spoonfuls: Host David Gale
Guests: Charles Baker-Stratus Winery
Maria-Angelica Enriquez- Grandmother
Gabriela-Maria-Angelica's Daughter

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

Description:

This inspirational series takes viewers inside Anna's world – a chef who truly lives food around the clock. Learn how you too can become inspired by fresh foods in your area, and watch as her enthusiasm motivates you to try new culinary creations of your own. Anna hosts a wine maker's dinner at a friend's winery. She builds a menu around particular wines using flavors that will go well with red wines. Anna makes Rosemary Roasted Rack Of Lamb, Date and Pistachio Salsa, Three Onion Couscous, Parsnips Bakes With Moroccan Spices and Baked Figs with Honey and Yogurt.

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 Chilean Grandmother Maria-Angelica Enriquez. They make Seafood Soup and Corn Pie. Gabriela-Maria's daughter gives them a hand. While they are cooking they talk about Gabriela-Maria's life in Chile and Canada.