

PUBLIC AFFAIRS REPORT
FOR KPXD-TV
ARLINGTON, TEXAS
FOR
THIRD QUARTER ENDING: 09/30/2016

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. Public Transportation
2. Charities Helping the Less Fortunate
3. Nutrition Advice
4. Marriage
5. Culturally Diverse Cooking
6. New Culinary Creations
7. Spontaneous Dinner Parties With a French Flare
8. Cooking Family Comfort Foods
9. Preparation For An Exotic Filipino Dish
10. Creating a Great Greek Cuisine

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".

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.

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

Program: Living Well Episode #419
Air Date: Tuesday, July 5, 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: Cathy Palumbo, Susan Palumbo

“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 relatives are coming over and she’s preparing a harvest supper. She begins with a unique dish of Salmon with Horseradish Panko Crust served with a lemon dill butter sauce. Next, Anna prepares her Dandelion Greens Salad with pancetta and apple cider. She finishes the meal with a Pumpkin Crème Brulee for dessert. All these seasonal ingredients combine to make the perfect fall feast for the Olsen family.

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.

Cathy Palumbo is a spicy Sicilian who tells it like it is while making Veal Parmigiana and mouthwatering Italian bread.

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Program: Ester Davis Wake Up Show
Air Date: Thursday, July 7, 2016 5:00am
Topic/Title: Department of Public Safety Mega Centers
Duration: 30 minutes
Style/Type: Interview Format
Source: Ester Davis Productions
Issue(s) Addressed: Public Transportation
Host: Ester Davis
Guests: Fitz Williams

If you have not been to renew your Texas driving license, be prepared for the all new mega centers and their tech savvy impressive process. Dallas has one mega center on LBJ@Hampton (off I20). First of all read about the mega centers and the renewal process on the website. Check in with your phone which will put you in line and tell you how long the wait will be. You will be notified when you reach the front of the line. Numerous articles have been printed on the new mega centers.

Program: Ester Davis Wake Up Show
Air Date: Thursday, July 7, 2016 5:30am
Topic/Title: Making a Difference in the Lives of the Disadvantaged
Duration: 30 minutes
Style/Type: Interview Format
Source: Ester Davis Productions
Issue(s) Addressed: Kindness and helping the less fortunate
Host: Ester Davis
Guests: Jim Hoffpauir

Discussing kindness leading into the holidays. With so much attention on violence and neglect, it is refreshing to find an uplifting conversation via book on how to make a difference in the lives of people trapped in misery. Technology has allowed charities and social enterprise to become subject to sophisticated evaluation of the world's needs and the best way to participate. Kindness is the best way to safeguard the needy and disadvantaged.

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Program: Living Well Episode #420
Air Date: Tuesday, July 12, 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: Wayne Philbrick, Theresa and John Ross Mcfarlane,
Mahassin Bukhari

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Description:

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Anna’s throwing together a spontaneous dinner party with French flare. With little notice she prepares an entrée of Turkey Escalope with Citrus Haricots Vert and Crème Fraiche Mashed potatoes. After a trip to the Upper Canada Cheese Co, she serves a Frisee Salad with warm camembert, followed by a Plum Clafoutis for dessert. Even though she’s short on time, Anna is able to pull off a French bistro style meal that is definitely not short on taste!

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.

The wife of a former Sudanese diplomat, Mahassin Bukhari teaches us about international diplomacy, Islam and serves the finest coffee on earth.

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Program: Ester Davis Wake Up Show
Air Date: Thursday, July 14, 2016 5:00am
Topic/Title: Making a Difference in the Lives of the Disadvantaged
Duration: 30 minutes
Style/Type: Interview Format
Source: Ester Davis Productions
Issue(s) Addressed: Kindness and helping the less fortunate
Host: Ester Davis
Guests: Jim Hoffpauir

Discussing kindness leading into the holidays. With so much attention on violence and neglect, it is refreshing to find an uplifting conversation via book on how to make a difference in the lives of people trapped in misery. Technology has allowed charities and social enterprise to become subject to sophisticated evaluation of the world's needs and the best way to participate. Kindness is the best way to safeguard the needy and disadvantaged.

Program: Ester Davis Wake Up Show
Air Date: Thursday, July 14, 2016 5:30am
Topic/Title: Back to love and marriage in America.
Duration: 30 minutes
Style/Type: Interview Format
Source: Ester Davis Productions
Issue(s) Addressed: Marriage
Host: Ester Davis
Guests: Mr. & Mrs. James Scott

A funny look at how opposites that attract. Compliment of the American Clergy Leadership Association, who collect couples that have been married for decades and their secrets to staying married. We have a semi list of long marriages submitted by children, neighbors and spouses. Third in a series which will continue.

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Program: Living Well Episode #421
Air Date: Tuesday, July 19, 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: Kent Kraemer-Niagra's Best Brewery,
Yvonne Kennedy-Grandmother
John F. Kennedy-Yvonne's Husband
Giselle-Family friend

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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. In this episode Anna cooks family comfort foods to enjoy after a busy week at work. She makes Pot Roast with Fluffy Dumplings, Mae's Broccoli Cheddar Salad and Apple Cranberry Crisp. Anna also visits a local brewery.

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 Belgian Grandmother Yvonne Kennedy, who's husband also happens to be named John F. Kennedy. They discuss Yvonne's life in Antwerp during WWII and make Rabbit, Endive Rolled in Ham and Cooked Red Cabbage with Apples and Onions.

KPXD TV, Arlington, Texas
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Program: Living Well Episode #421
Air Date: Thursday, July 21, 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: Kent Kraemer-Niagra's Best Brewery,
Yvonne Kennedy-Grandmother
John F. Kennedy-Yvonne's Husband
Giselle-Family friend

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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. In this episode Anna cooks family comfort foods to enjoy after a busy week at work. She makes Pot Roast with Fluffy Dumplings, Mae's Broccoli Cheddar Salad and Apple Cranberry Crisp. Anna also visits a local brewery.

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 Belgian Grandmother Yvonne Kennedy, who's husband also happens to be named John F. Kennedy. They discuss Yvonne's life in Antwerp during WWII and make Rabbit, Endive Rolled in Ham and Cooked Red Cabbage with Apples and Onions.

KPXD TV, Arlington, Texas
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Program: Living Well Episode #422
Air Date: Tuesday, July 26, 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: Bob Patterson-Herbs By Daniel
Sophie Tzoitis-Grandmother

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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. In this episode Anna cooks a romantic dinner for two. She makes Tomato Basil Tart with Tender Green Salad, Seafood In Parchment Parcels and Crème Brulee Cheesecakes. She visits a greenhouse that specializes in fresh herbs.

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 Greek Grandmother Sophie Tzoitis. They make Moussaka, Egg-Lemon (Chicken) Soup, and Greek Salad. They also discuss Sophie’s life in Greece as a Jewish kid during WWII.

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Program: Living Well Episode #422
Air Date: Thursday, July 28, 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: Bob Patterson-Herbs By Daniel
Sophie Tzoitis-Grandmother

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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. In this episode Anna cooks a romantic dinner for two. She makes Tomato Basil Tart with Tender Green Salad, Seafood In Parchment Parcels and Crème Brulee Cheesecakes. She visits a greenhouse that specializes in fresh herbs.

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 Greek Grandmother Sophie Tzoitis. They make Moussaka, Egg-Lemon (Chicken) Soup, and Greek Salad. They also discuss Sophie’s life in Greece as a Jewish kid during WWII.

KPXD TV, Arlington, Texas
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Program: Living Well Episode #423
Air Date: Tuesday, August 2, 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: Tom and Ann Weiss-Pennachietti, Dolores Fabiano,
Michael Olson, Aida and Primo Oducado

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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. On a recent trip to Alsace, France, Anna and Michael were inspired by the sights and flavors of the region. On this episode Anna prepares a traditional Alsatian meal to share with friends as they reminisce about their travels. She heads to a local winery to find the perfect pairings for her Tarte Flambee, Choucroute Garni and Pain d’epices.

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. Aida Oducado prepares exotic Phillipino dishes and wins a ten dollar bet with David.

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Program: Living Well Episode #423
Air Date: Thursday, August 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: Tom and Ann Weiss-Pennachietti, Dolores Fabiano,
Michael Olson, Aida and Primo Oducado

“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. On a recent trip to Alsace, France, Anna and Michael were inspired by the sights and flavors of the region. On this episode Anna prepares a traditional Alsatian meal to share with friends as they reminisce about their travels. She heads to a local winery to find the perfect pairings for her Tarte Flambee, Choucroute Garni and Pain d’epices.

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KPXD TV, Arlington, Texas
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Program: Living Well Episode #424
Air Date: Tuesday, August 9, 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: Mario and Barbara Pingue, Dolores Fabiano
Francoise Bradette-Nimbley

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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 friends, the Pingues, are local producers of fine meats who are passionate about Italian food. So Anna is preparing a classic Italian feast to share with them. Featuring a spectacular antipasto platter, osso bucco with acini di pepe pasta and an arugula pineapple salad – it’s all the tastes of Italy right at home.

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. Francoise Bradette-Nimbley is a French-Canadian "grand-mere" who (along with her sisters) teaches David about touritiere and poutine.

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Program: Living Well Episode #424
Air Date: Thursday, August 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: Mario and Barbara Pingue, Dolores Fabiano
Francoise Bradette-Nimbley

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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 friends, the Pingues, are local producers of fine meats who are passionate about Italian food. So Anna is preparing a classic Italian feast to share with them. Featuring a spectacular antipasto platter, osso bucco with acini di pepe pasta and an arugula pineapple salad – it’s all the tastes of Italy right at home.

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. Francoise Bradette-Nimbley is a French-Canadian "grand-mere" who (along with her sisters) teaches David about touritiere and poutine.

KPXD TV, Arlington, Texas
Public Affairs Report
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Program: Living Well Episode #425
Air Date: Tuesday, August 16, 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: Jessie Salmon-Grandmother
Shana-Jessie's Granddaughter

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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. In this episode Anna plans a casual evening with friends and makes Tapas. Anna talks about how Tapas are a colorful and creative way to serve many flavors. She makes Spanish Pinchos, Potato Tortilla with Chorizo Sausage, San Sebastian Crab Tarts and Gambas A La Plancha. She also takes a trip to her store to pick up some traditional Spanish ingredients.

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 Jamaican Grandmother Jessie Salmon and they make Christmas Cake, Rice and Peas and Jerk Chicken. Jessie also shows David how to pick out a good coconut in the store.

KPXD TV, Arlington, Texas
Public Affairs Report
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Program: Living Well Episode #425
Air Date: Thursday, August 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: Jessie Salmon-Grandmother
Shana-Jessie's Granddaughter

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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. In this episode Anna plans a casual evening with friends and makes Tapas. Anna talks about how Tapas are a colorful and creative way to serve many flavors. She makes Spanish Pinchos, Potato Tortilla with Chorizo Sausage, San Sebastian Crab Tarts and Gambas A La Plancha. She also takes a trip to her store to pick up some traditional Spanish ingredients.

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 Jamaican Grandmother Jessie Salmon and they make Christmas Cake, Rice and Peas and Jerk Chicken. Jessie also shows David how to pick out a good coconut in the store.

KPXD TV, Arlington, Texas
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Program: Living Well Episode #426
Air Date: Tuesday, August 23, 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: April Turpin-Picard's Peanuts
Ann Lytwyn-Grandmother

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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. In this episode Anna plans a fun evening with friends playing Charades. She makes Quesadillas, Vegetable Chowder with Warm Confetti Corn Bread and Caramel Peanut Popcorn. We also visit Picard's Peanuts so Anna get pick up some fresh peanuts for the popcorn.

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 Ukrainian Grandmother Ann Lytwyn. They talk about Ann's life experiences over the years, while making Miaso Na Patechky, Rohalky, and Nalysnyky.

KPXD TV, Arlington, Texas
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Program: Living Well Episode #426
Air Date: Thursday, August 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: April Turpin-Picard's Peanuts
Ann Lytwyn-Grandmother

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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. In this episode Anna plans a fun evening with friends playing Charades. She makes Quesadillas, Vegetable Chowder with Warm Confetti Corn Bread and Caramel Peanut Popcorn. We also visit Picard's Peanuts so Anna get pick up some fresh peanuts for the popcorn.

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 Ukrainian Grandmother Ann Lytwyn. They talk about Ann's life experiences over the years, while making Miaso Na Patechky, Rohalky, and Nalysnyky.

KPXD TV, Arlington, Texas
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Program: Living Well Episode #401
Air Date: Tuesday, August 30, 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: Juanita Berry

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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.

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.

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'.

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

Program: Living Well Episode #401
Air Date: Thursday, September 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: Juanita Berry

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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.

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.

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'.

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

Program: Living Well Episode #402
Air Date: Tuesday, September 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: 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:

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.

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.

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

Program: Living Well Episode #402
Air Date: Thursday, September 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: Karen Whitty of Whitty Farms, Welland Fire Dept.
Sylvia Evans

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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.

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.

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.

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

Program: Living Well Episode #403
Air Date: Tuesday, September 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: 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:

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.

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!

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

Program: Living Well Episode #403
Air Date: Thursday, September 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: 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:

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.

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!

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

Program: Living Well Episode #404
Air Date: Tuesday, September 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: 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:

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.

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.

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

Program: Living Well Episode #404
Air Date: Thursday, September 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: 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:

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.

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.

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

Program: Living Well Episode #405
Air Date: Tuesday, September 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: 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:

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 ceasar dressing.

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.

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

Program: Living Well Episode #405
Air Date: Thursday, September 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: 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:

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 ceasar dressing.

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.

