

PUBLIC AFFAIRS REPORT  
FOR KPXD-TV  
ARLINGTON, TEXAS  
FOR  
FIRST QUARTER ENDING: 3/31/2017

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

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  
First Quarter, 2017

Program: Living Well Episode #419  
Air Date: Tuesday, January 3, 2017 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.

KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #419  
Air Date: Thursday, January 5, 2017 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

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Description:

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KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #420  
Air Date: Tuesday, January 10, 2017 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

“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 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.

KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #420  
Air Date: Thursday, January 12, 2017 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:

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 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!

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KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #421  
Air Date: Tuesday, January 17, 2017 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

"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 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, January 19, 2017 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.*

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KPXD TV, Arlington, Texas  
Public Affairs Report  
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Program: Living Well Episode #422  
Air Date: Tuesday, January 24, 2017 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

“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 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 #422  
Air Date: Thursday, January 26, 2017 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.*

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KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #423  
Air Date: Tuesday, January 31, 2017 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.*

KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #423  
Air Date: Thursday, February 2, 2017 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.*

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KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #424  
Air Date: Tuesday, February 7, 2017 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  
First Quarter, 2017

Program: Living Well Episode #424  
Air Date: Thursday, February 9, 2017 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.

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KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #425  
Air Date: Tuesday, February 14, 2017 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  
First Quarter, 2017

Program: Living Well Episode #425  
Air Date: Thursday, February 16, 2017 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.*

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KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #426  
Air Date: Tuesday, February 21, 2017 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  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #426  
Air Date: Thursday, February 23, 2017 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.*

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KPXD TV, Arlington, Texas  
Public Affairs Report  
First Quarter, 2017

Program: Living Well Episode #401  
Air Date: Tuesday, February 28, 2017 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  
First Quarter, 2017

Program: Living Well Episode #401  
Air Date: Thursday, March 2, 2017 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  
First Quarter, 2017

Program: Living Well Episode #402  
Air Date: Tuesday, March 7, 2017 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  
First Quarter, 2017

Program: Living Well Episode #402  
Air Date: Thursday, March 9, 2017 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  
First Quarter, 2017

Program: Living Well Episode #403  
Air Date: Tuesday, March 14, 2017 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  
First Quarter, 2017

Program: Living Well Episode #403  
Air Date: Thursday, March 16, 2017 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  
First Quarter, 2017

Program: Living Well Episode #404  
Air Date: Tuesday, March 21, 2017 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  
First Quarter, 2017

Program: Living Well Episode #404  
Air Date: Thursday, March 23, 2017 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  
First Quarter, 2017

Program: Living Well Episode #405  
Air Date: Tuesday, March 28, 2017 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  
First Quarter, 2017

Program: Living Well Episode #405  
Air Date: Thursday, March 30, 2017 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.

