

**PUBLIC AFFAIRS REPORT**  
for  
**KUPX-TV**  
Provo, Utah  
for  
**QUARTER ENDING: 12/31/2015**

In accordance with Section 73.3526(e)(11)(i) of the Federal Communications Commission's rules, the following, in the opinion of KUPX-TV, are the problems and needs of the community for the period noted above. They are not necessarily listed in order of importance. Each is identified by significant public affairs and/or public service programming in response to these needs.

**Issues:**

- 1. Home storage:** Robert, a renter with a lot of home theater equipment, wants his living space to be more of a home but needs portable design solutions that will be suitable for when he moves into a loft.
- 2. Home to go:** Peter visits a family that has outgrown their house and needs more storage space that can be moved into a bigger home in the future. They also create an organized play area for their children.  
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- 3. Grocery bag:** Anna and Kristina tackle making comfort food that can be made fast and test out the cookbook "Nigella Express" by Nigella Lawson. The recipes tested are "High Speed Hamburgers", "Roquemole", "Chicken Liver Salad", "Macaroni and Cheese", "Breakfast Bars" and "Chocolate Pear Pudding". Guest chef Stephan MacIntyre from Burgoo Bistro samples and critiques the recipes they make. Anna and Christina also show a taste test of four brands of granola bars and test out brands of kitchen scales.
- 4. Home to Go:** Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.  
Anyone who's accumulated too much stuff over the years understands the desire to downsize the clutter and build storage. Peter's got practical solutions for renters including removable shelves with molding for an upscale library look.
- 5. Home Storage:** Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.  
Anyone who's accumulated too much stuff over the years understands the desire to downsize the clutter and build storage. Peter's got practical solutions for renters including removable shelves with molding for an upscale library look.
- 6. Home to go:** Peter, along with designer Christina Song take on DIY projects to bring life to Shawn's open concept loft. Lanterns, translucent curtains and bold colors boost the open space and even the rooftop garden gets a new face. Inspired by retail shelving the modern motif is taken a trendy step forward.

**7. Grocery bag:** Anna and Kristina test out the cookbook “Good House Keeping’s Vegetarian Meals”. Chef Yves Potuin will taste their creations from the cookbook. They also test different types of produce wash and different types of goat cheese.

**8. Home to go:** Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it’s time to pick up sticks. In this episode resident renters Derek and Brenda need their oddly configured apartment to become more functional and dressed up a bit, without being able to paint and invest a lot in new furniture.

**9. Home storage:** Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it’s time to pick up sticks. In this episode resident renters Derek and Brenda need their oddly configured apartment to become more functional and dressed up a bit, without being able to paint and invest a lot in new furniture

**10. Grocery bag:** Anna and Kristina take on the challenge of making a 3 tiered wedding cake for a wedding. They test the cookbook “The Cake Bible” by Rose Levy Berenbaum. They create all the components of the wedding cake from scratch including a mouseline, fondant and marzipan roses. They also test four different types of food coloring and rolling pins. They make a visit to New York City to visit cake maker Sylvia Weinstock to learn how to make marzipan roses and who will critique their finished cake later on. Running into various challenges along the way will their wedding cake be a success at the wedding?

A detailed summary of each program’s content, including guests, affiliations and date of broadcast is included in this report.

Living Well Salt Lake City is a one hour community affairs program covering issues and affairs that are important to the Provo/Salt Lake City area community. In reaching out to interview non-profit organizations, corporate, community and individuals alike, topical issues Living Well Salt Lake City takes on real-life experience. Common concerns and relevant issues in the area are addressed to bring a sense of awareness, educate and enlarge the viewing public’s understanding of current issues relevant to the community.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 305  
Air Date: Thursday October 1, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Robert Batulis, Mimi Pineau, Amanda Schuler  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &  
Kristina Maticic  
Guests: Chef Claudia Ibarondo

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

**Description:**

"Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode Robert, a renter with a lot of home theater equipment, wants his living space to be more of a home but needs portable design solutions that will be suitable for when he moves into a loft.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina want to make authentic Mexican cuisine and make Guacomole, Warm Carjeta Pudding with fresh berries, Pork Tacos With Pickled Onions and Oaxacana Black Mole with Braised chicken from the cookbook Mexican Kitchen by Rick Bayless. Chef Claudia Ibarondo samples their dishes. They also test out different electric griddles and learn about different types of chili peppers.

**Program:** **Living Well**  
**Title/Topic:** Home to Go  
Anna & Kristina's Grocery Bag  
**Show #:** 306  
**Air Date:** Tuesday October 6, 2015 at 5am  
**Duration:** 58:30 minutes  
**Style/Type:** Human Interest  
**Source:** ION Life  
**Issue(s) Addressed:** Home Improvement, Nutrition and Fitness.  
**Guests:** Home To Go  
Host: Peter Fallico  
Guests: Mark Riedl, Maria Ricardo, Mike Ferrara, Eric Galbraith, Mimi Pineau  
Anna & Kristina's Grocery Bag  
Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Stephan MacIntyre

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**Description:**

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In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina tackle making comfort food that can be made fast and test out the cookbook "Nigella Express" by Nigella Lawson. The recipes tested are "High Speed Hamburgers", "Roquemole", "Chicken Liver Salad", "Macaroni and Cheese", "Breakfast Bars" and "Chocolate Pear Pudding". Guest chef Stephan MacIntyre from Burgoo Bistro samples and critiques the recipes they make. Anna and Christina also show a taste test of four brands of granola bars and test out brands of kitchen scales.

**Program:** Living Well  
**Title/Topic:** Home to Go  
Anna & Kristina's Grocery Bag  
**Show #:** 306  
**Air Date:** Thursday October 8, 2015 at 5am  
**Duration:** 58:30 minutes  
**Style/Type:** Human Interest  
**Source:** ION Life  
**Issue(s) Addressed:** Home Improvement, Nutrition and Fitness.  
**Guests:** Home To Go  
Host: Peter Fallico  
Guests: Mark Riedl, Maria Ricardo, Mike Ferrara, Eric Galbraith, Mimi Pineau  
Anna & Kristina's Grocery Bag  
Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Stephan MacIntyre

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**Description:**

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In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina tackle making comfort food that can be made fast and test out the cookbook "Nigella Express" by Nigella Lawson. The recipes tested are "High Speed Hamburgers", "Roquemole", "Chicken Liver Salad", "Macaroni and Cheese", "Breakfast Bars" and "Chocolate Pear Pudding". Guest chef Stephan MacIntyre from Burgoo Bistro samples and critiques the recipes they make. Anna and Christina also show a taste test of four brands of granola bars and test out brands of kitchen scales.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 307  
Air Date: Tuesday October 13, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Margot Hines, Virginie Martocq, Michelle Stonkus  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Mary Macintyre, 14<sup>th</sup> Vancouver Girl Guides  
Unit

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**Description:**

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Anyone who's accumulated too much stuff over the years understands the desire to downsize the clutter and build storage. Peter's got practical solutions for renters including removable shelves with molding for an upscale library look.

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

Anna and Kristina will find out if they can trick children into eating their greens as they test out recipes from Jessica Seinfeld's Deceptively Delicious cookbook that advocates hiding vegetables in food. Chef Mary Macintyre, who owns her own restaurant geared towards children and parents alike, is there to critique Anna and Kristina's dishes and the children's reactions to the veggie hidden dishes.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 307  
Air Date: Thursday October 15, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Margot Hines, Virginie Martocq, Michelle Stonkus  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Mary Macintyre, 14<sup>th</sup> Vancouver Girl Guides

#### Unit

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

#### **Description:**

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Anyone who's accumulated too much stuff over the years understands the desire to downsize the clutter and build storage. Peter's got practical solutions for renters including removable shelves with molding for an upscale library look.

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

Anna and Kristina will find out if they can trick children into eating their greens as they test out recipes from Jessica Seinfeld's Deceptively Delicious cookbook that advocates hiding vegetables in food. Chef Mary Macintyre, who owns her own restaurant geared towards children and parents alike, is there to critique Anna and Kristina's dishes and the children's reactions to the veggie hidden dishes.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 308  
Air Date: Tuesday October 20, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Shawn Labron, Christina Song, Tracy Foster, Lee Buchanan  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Melissa Craig

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**Description:**

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

In this episode Peter, along with designer Christina Song take on DIY projects to bring life to Shawn's open concept loft. Lanterns, translucent curtains and bold colors boost the open space and even the rooftop garden gets a new face. Inspired by retail shelving the modern motif is taken a trendy step forward.

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

Will recipes from the most powerful woman in show biz's magazine meet Anna and Kristina's high expectations or will the recipes from O, The Oprah Magazine Cookbook leave them stranded at a few culinary roadblocks? In this episode internationally versed, Chef Melissa Craig is there to test out their diverse menu.



Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 308  
Air Date: Thursday October 22, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Shawn Labron, Christina Song, Tracy Foster, Lee Buchanan  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Melissa Craig

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**Description:**

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

In this episode Peter, along with designer Christina Song take on DIY projects to bring life to Shawn's open concept loft. Lanterns, translucent curtains and bold colors boost the open space and even the rooftop garden gets a new face. Inspired by retail shelving the modern motif is taken a trendy step forward.

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

Will recipes from the most powerful woman in show biz's magazine meet Anna and Kristina's high expectations or will the recipes from O, The Oprah Magazine Cookbook leave them stranded at a few culinary roadblocks? In this episode internationally versed, Chef Melissa Craig is there to test out their diverse menu.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 309  
Air Date: Tuesday October 27, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Kirsty, John, Kabeer, Sabrina Linn  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &  
Kristina Maticic  
Guests: Chef Tom Douglas, Linda Meinhardt

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**Description:**

“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode we meet three university graduates sharing a large apartment that is a mixture of furniture and lacking style.

In “Anna & Kristina's Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out “The Joy Of Cooking- 75<sup>th</sup> Anniversary Edition” by Ethan Becker. Chef Tom Douglas will taste test their dishes. The girls will also test out four different brands of potato peelers and taste test different types of salt.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 309  
Air Date: Thursday October 29, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Kirsty, John, Kabeer, Sabrina Linn  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &  
Kristina Maticic  
Guests: Chef Tom Douglas, Linda Meinhardt

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**Description:**

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In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out "The Joy Of Cooking- 75<sup>th</sup> Anniversary Edition" by Ethan Becker. Chef Tom Douglas will taste test their dishes. The girls will also test out four different brands of potato peelers and taste test different types of salt.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 310  
Air Date: Tuesday November 3, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Scott Temblay, Dylan Roberts, Virginie Martocq  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &  
Kristina Maticic  
Guests: Chef Brian Marchesi

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**Description:**

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In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook "Thai Food" by David Thompson and cook an entire Thai meal for Chef Brian Marchesi to taste. The girls also taste test four brands of coconut milk and test four different brands of pineapple slicers.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 310  
Air Date: Thursday November 5, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Scott Temblay, Dylan Roberts, Virginie Martocq  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Brian Marchesi

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In “Anna & Kristina’s Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook “Thai Food” by David Thompson and cook an entire Thai meal for Chef Brian Marchesi to taste. The girls also taste test four brands of coconut milk and test four different brands of pineapple slicers.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 311  
Air Date: Tuesday November 10, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Kendra Hawke, Pat Travers, Christina Song, Barbara Barrett  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Andrea Froncillo

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**Description:**

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A young couple who doesn't want to put down roots still wants a comfortable home with room to put up out-of-town guests. Peter takes advantage of different spaces to double the function of a room as well as creating a hideaway workspace. With help from Barbara Barrett the design team puts a modern twist on antique inspirations.

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

Vampires beware! Anna and Kristina are testing a cookbook where every recipe – yes, even dessert – contains garlic. While they're at it, they'll find out if any modern mincing gadget is better for garlic than your standard chef's knife and which type of garlic you should use for your dishes.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 311  
Air Date: Thursday November 12, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Kendra Hawke, Pat Travers, Christina Song, Barbara Barrett  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Andrea Froncillo

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

Vampires beware! Anna and Kristina are testing a cookbook where every recipe – yes, even dessert – contains garlic. While they're at it, they'll find out if any modern mincing gadget is better for garlic than your standard chef's knife and which type of garlic you should use for your dishes.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 312  
Air Date: Tuesday November 17, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Jeanine Noyes, Beth Halstead  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Jeff Nathan

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A musician and composer has squeezed a home office into her tiny apartment and needs to find a way to divide the space and make for a homier feel. Peter helps create more space in the home by using simple decorating tricks.

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

Anna and Kristina take on recipes from the Jewish Home Cooking cookbook as they try to impress a famed New York Kosher chef. The author's philosophy is that Yiddish cooking can be modernized and made in a healthful manner. And a pickle test finds out which grocery store brand produces the perfect kosher pucker.



Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 312  
Air Date: Thursday November 19, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Jeanine Noyes, Beth Halstead  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Jeff Nathan

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

**Description:**

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

A musician and composer has squeezed a home office into her tiny apartment and needs to find a way to divide the space and make for a homier feel. Peter helps create more space in the home by using simple decorating tricks.

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

Anna and Kristina take on recipes from the Jewish Home Cooking cookbook as they try to impress a famed New York Kosher chef. The author's philosophy is that Yiddish cooking can be modernized and made in a healthful manner. And a pickle test finds out which grocery store brand produces the perfect kosher pucker.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 313  
Air Date: Tuesday November 24, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Derek Hooper, Brenda Irving, Virginie Martocq,  
Thomas Hafey  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &  
Kristina Maticic  
Guests: Chef Yves Potuin, Nilmini Wijewickereme

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**Description:** "Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode resident renters Derek and Brenda need their oddly configured apartment to become more functional and dressed up a bit, without being able to paint and invest a lot in new furniture.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook "Good House Keeping's Vegetarian Meals". Chef Yves Potuin will taste their creations from the cookbook. They also test different types of produce wash and different types of goat cheese.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 313  
Air Date: Thursday November 26, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Derek Hooper, Brenda Irving, Virginie Martocq,  
Thomas Hafey  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &  
Kristina Maticic  
Guests: Chef Yves Potuin, Nilmini Wijewickereme

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**Description:** "Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode resident renters Derek and Brenda need their oddly configured apartment to become more functional and dressed up a bit, without being able to paint and invest a lot in new furniture.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook "Good House Keeping's Vegetarian Meals". Chef Yves Potuin will taste their creations from the cookbook. They also test different types of produce wash and different types of goat cheese.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 314  
Air Date: Tuesday December 1, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests:Gallant Law, Stuart Swing  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Andrey Durbach

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**Description:** "Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode renter Gallant Law is waiting to be able to move into a condo. In the meantime he would like to update his current living space to have the look of a luxury hotel.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook "Fat" By Jennifer McLagen. Chef Andrey Durbach tastes the recipes they make from this cookbook. They also test out different types of butters and thermometers.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 314  
Air Date: Thursday December 3, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests:Gallant Law, Stuart Swing  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Andrey Durbach

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**Description:** "Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks. In this episode renter Gallant Law is waiting to be able to move into a condo. In the meantime he would like to update his current living space to have the look of a luxury hotel.

In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals. In this episode Anna and Kristina test out the cookbook "Fat" By Jennifer McLagen. Chef Andrey Durbach tastes the recipes they make from this cookbook. They also test out different types of butters and thermometers.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 315  
Air Date: Tuesday December 8, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Jelena Mihajlovic, Jennifer Leonard, Virginie Martocq, Ed Atkinson  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Vicky Gabereau

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**Description:**

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

How do you turn a wonky attic space into a calming meditation zone for two young roommates? All kinds of tricks are pulled out, from storage ideas to padded walls and even help from the crafty tenants. With help from Virginie Martocq the creative team puts together a warm and reflective space that's ready to move anytime.

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

Anna and Kristina review classic recipes from the 1975 cookbook, The Best of the Best and more. The book has been updated since to include fresher ingredients, but will recipes like "Hamburger Soup" and "Classy Chicken" be enough to impress celebrity guest judge Vicky Gabereau?

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 315  
Air Date: Thursday December 10, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Jelena Mihajlovic, Jennifer Leonard, Virginie Martocq, Ed Atkinson  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Vicky Gabereau

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

**Description:**

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

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

Anna and Kristina review classic recipes from the 1975 cookbook, The Best of the Best and more. The book has been updated since to include fresher ingredients, but will recipes like "Hamburger Soup" and "Classy Chicken" be enough to impress celebrity guest judge Vicky Gabereau?

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 316  
Air Date: Tuesday December 15, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Carole Mackereth and Christina Song  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Jamie Maw and Shaun Layton

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**Description:**

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

A dancer on the move wants to personalize her apartment in a more feminine style but definitely wants it portable. Learn how to create French chic style with fabric, color and simple touches. Great storage that looks good is the goal, and Peter demonstrates how to build decorative aesthetics hidden storage using bookcases.

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

Entertaining dinner guests can be stressful, but the Barefoot Contessa, Ina Garten believes you can still get maximum flavor without too much. Anna and Kristina take a cue and some recipes from her cookbook Back to Basics to present to food critic, Jamie Maw. The hosts also taste test some bacon, pumpkin and try out some cocktail shakers to put together a dinner party worthy of a great review.



Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 316  
Air Date: Thursday December 17, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Carole Mackereth and Christina Song  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Jamie Maw and Shaun Layton

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**Description:**

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

Entertaining dinner guests can be stressful, but the Barefoot Contessa, Ina Garten believes you can still get maximum flavor without too much. Anna and Kristina take a cue and some recipes from her cookbook Back to Basics to present to food critic, Jamie Maw. The hosts also taste test some bacon, pumpkin and try out some cocktail shakers to put together a dinner party worthy of a great review.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 317  
Air Date: Tuesday December 22, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Sarah Harrison, Tonya Coyle, Teresa Macdonnell  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Sylvia Weinstock

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**Description:**

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Longtime friends and roommates Sarah and Tonya are living in their first apartment together with a mishmash of furniture. They want a modern contemporary look for their large two bedroom apartment without spending a lot of money. Teresa Macdonnell shows ways to use metafoil, assorted fabrics and picture frames to add a dramatic splash; as well as ways to turn trash into treasure.

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

Anna and Kristina take on the challenge of making a 3 tiered wedding cake for a wedding. They test the cookbook "The Cake Bible" by Rose Levy Berenbaum. They create all the components of the wedding cake from scratch including a mousseline, fondant and marzipan roses. They also test four different types of food coloring and rolling pins. They make a visit to New York City to visit cake maker Sylvia Weinstock to learn how to make marzipan roses and who will critique their finished cake later on. Running into various challenges along the way will their wedding cake be a success at the wedding?

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 317  
Air Date: Thursday December 24, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Sarah Harrison, Tonya Coyle, Teresa Macdonnell  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &  
Kristina Maticic  
Guests: Sylvia Weinstock

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Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 318  
Air Date: Tuesday December 29, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Doug Bryce, Aurelie Hatch, Sabrina Linn  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Nico Schuermans

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**Description:**

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Renters Doug and Aurelie need help with creating a theme that turns mismatched into a look that is as unique as they are. Peter Fallico and Sabrina Linn show creative ways to bring existing pieces together that aren't hard or expensive. Also learn how to make a kitchen island out of book shelves as well as other simple storage solutions for the kitchen.

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

Anna and Kristina test out the book "The Flexitarian Table" by Peter Berley. A book that shows how to make dishes for meat eaters or vegetarians by creating so-called "convertible dishes", which start out with the same basic preparations and then can either contain meat or a meat alternative. They test out recipes such as "Crispy pressed chicken or tofu with garlic mint marinade" and "cauliflower polenta with crispy shallots" and need to impress Chef Nico Schuermans, a high profile chef who has worked in restaurants all over the world. They will also visit a culinary school to test out four different types of Dutch Ovens and a yoga studio to test four different brands of tofu.

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 318  
Air Date: Thursday December 31, 2015 at 5am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Doug Bryce, Aurelie Hatch, Sabrina Linn  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Nico Schuermans

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