

PUBLIC AFFAIRS REPORT
for
KUPX-TV
Provo, Utah
for
QUARTER ENDING: 03/31/2015

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 weather stripping basics.
2. Low maintenance landscaping.
3. Very efficient home building.
4. Low cost emergency preparedness.
5. Install storage solutions.
6. Protect home from rainwater floods.
7. Repair faucets and door locks.
8. Tips to keep pets happy and healthy.
9. Cold weather gardening.
10. Habitat for humanity home building.

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: Your House & Home
Southern Fried Fitness
Show #: 218
Air Date: 1-1-2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Phillipe Mergaux, Casey Arnold, Rick & Lisa Shaw, Joe Sherinski, Steve Greenberg, Stephanie Young, Barbara Hearne & Pat Murphy.
Southern Fried Fitness Host: Robin Shea

“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 “Your House & Home” and “Southern Fried Fitness”.

Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, Teresa meets with Phillipe Mergaux and together they show us how a European technique called, “decopierre” can make any wall look like natural stone. Rick & Lisa Shaw from Beaver Pool Services demonstrates how you can turn your pool from fowl friendly to family friendly. Joe Sherinski shares two “kid friendly” planting projects, a hanging basket tomato & herb garden. Steve Greenberg shows how drilling a hole in your wall can give you & your cat more living space. Stephanie Young explains how door & window weather stripping basics can help make your heat and air conditioning more efficient.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode, Robin shares two delicious and healthy Breakfast recipes. Maple Nut Granola and Wildflower Granola. . Robin also shares the importance of “Blazing your own Trail” by building a strong and solid self-reliant system. Plus Robin’s 20% Indulgent recipe, Stuffed Brioche French Toast w/Peach, Pecan and Vanilla honey syrup.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 219
Air Date: 1-6-2015 and 1-8-2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Stephanie Young, Joe Sherinski, Elizabeth Samudio, Scott Berger, Steve Wilson, and Mark Popowski.
Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, we all learn something when our Host, Teresa takes the kids on an adventure through the Elizabeth Anna’s Old World Garden. Elizabeth Samudio, owner of this City Refuge will empower us with all her garden wisdom. Stephanie Young gives us a close-up look at a fascinating new way to treat our window panes. Joining her are Scott Berger and Steve Wilson, who will share with us Stained Glass Overlay Designs and the installation process. Joe Sherinski provides Low Maintenance Landscape tips. Our Host Jeff, along with Mark Popowski demonstrate how Storm Doors are easy to install and can save money on our energy bills.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. On this episode, Robin discusses the concept of not getting hung up on weight scale numbers and to find joy in our daily health and fitness journey. Robin prepares Sea Scallops with Frizzled Spinach and Field Greens, Blue Cheese, Candied Pistachios and Citrus Vinaigrette. Plus an indulgent original recipe from a classic 1962 cookbook- a fun tasting Turtle Cake.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 220
Air Date: 1/13/2015 and 1/15/2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Mike Whisenand, Joe Sherinski, Steve Greenberg, Stephanie Young and David Norman.
Southern Fried Fitness Host: Robin Shea with special guest Ryland Shea.

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, our host Teresa along with guest Diane DeSimone, take us on an Indoor Tour of the “Parade of Homes.” This nationwide event not only showcases the best efficient homes in the industry, but benefits the “Make A Wish Foundation.” Our host Jeff, along with Mike Whisenand, Whiz-Q Stone expert, show us some of the dramatic things we can do with Stone Features & Water Gardens. Joe Sherinski demonstrates how we can enhance our outside walls with a decorative homemade Copper Tubing Hinged Crawling Plant Trellis. Our Gadget expert, Steve Greenberg shows us how we can use technology to make our life simpler. Stephanie Young with David Norman from nVision Systems, teach us the proper way to install a Wall-Mount Flat Screen.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. Join Robin and her son Ryland Shea as they discuss how with Great Freedom comes Responsibility. Ryland also shares how “Hunting” is not just about harvesting wild game, but also allows time to quietly reflect on life. Robin prepares two healthy and delicious recipes, Creamed Venison and Savory Mashed Celery Root. Plus Robin’s 20% indulgent recipe, Kentucky Bourbon Cake.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 221
Air Date: 1/20/2015 and 1/22/2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Diane DeSimone, Robert Adams, Mary Margaret Davis,
Joe Sherinski, Steve Greenberg, Stephanie Young, & Steve
Wilson.
Southern Fried Fitness Host: Robin Shea
Guests: Josh Lyons

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode, join our host Teresa Garrett and Parade of Homes Chairperson, Diane DeSimone, as they share award winning Outdoor Living Ideas that will add space and entertaining value to your home. Host Jeff Schmidt along with Restoration Architect, Robert Adams and Marketing Director, Mary Margaret Davis, tour a 1931 historic renovated art deco railroad terminal that is being turned into a classy residential community. Joe Sherinski brings us a Do-it-yourself Water Fountain that will provide us with peace, tranquility, and even therapy. Gadget expert, Steve Greenberg shows us some products that will provide us with Emergency Preparedness and help save our lives. Are you tired of harsh lighting, high energy bills, and having to replace light bulbs frequently? Let Stephanie Young & Technical advisor, Steve Wilson show you how to address these issues by replacing an existing switch with a Dimmer Switch.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. Join Robin today as she visits an amazing indoor arena along with Josh Lyons, a world class horse trainer who believes that Repetition and Patience is the secret to success in your life & health training. Robin prepares Savory Roasted Cornish Game Hens with Garlic and Tuscan Style Beans with Sun Dried Tomatoes and Herbs. Don’t miss Robin’s 20% indulgent recipe, Marshmallow Delight.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 222
Air Date: 1/27/2015 and 1/29/2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Mike Whisenhand, James Whisenhand, Stephanie Young, Robert Jay, Joe Sherinski and Steve Greenberg

Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode learn how to install a cascading water fountain with limited space and a modern budget. Big wide windows can cost you your privacy and keep your wallet wide open to pay energy bills. We’ve got the solution. Outdoor living in the city means a patio or a terrace today. Steve Greenberg shows how to fix up and enjoy them.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin will show you how to prepare a fiesta that is 80% clean and healthy. Robin will also show you how to run yourself smart.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 223
Air Date: 2/3/2015 and 2/5/2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Scott McCollum, Brandon O'Callaghan, Dana Sacchetti,
Joe Sherinski, Steve Greenberg and Lorraine Sieber.
Southern Fried Fitness Host: Robin Shea

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Description:

"Your House & Home" is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode we learn how to install a steeping whirlpool bathtub and let more light in the new bathroom with an innovative glass block system. Joe Sherinski shows a kids projects that uses mud to make a planter. Learn how to maximize your living space and how to install storage solutions for the kitchen.

"Southern Fried Fitness" is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin will show how to make Elk Tenderloin with a blue cheese shallot sauce, wilted spinach and mushrooms and a classic crepe suzette. Also learn how to do a power circuit at the gym when you are short on time.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 224
Air Date: 2/10/2015 and 2/12/2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: David Anders, Jeanette Anders, Derek Whisenand,
Elizabeth Samudio and Joe Sherinski.
Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode watch a dramatic backyard makeover and learn about pool landscaping. Joe Sherinski shows some great gadgets for keeping dogs happy and healthy and learn how to protect your home from rainwater flooding.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes a delicious roasted rack of lamb, steak cut fries and a secret for dessert.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 225
Air Date: 2/17/2015 and 2/19/2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Amy Moody, Elizabeth Anna Samudio, Lisa Gowan,
Stephanie Young, Bryan Glueck
Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa shows us the new bathtubs that can make taking a bath an exceptional experience. Learn about repairing outdoor faucets and how to repair door locks that no longer work due to shifts in the foundation. Also kids learn about real world gardening.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes grilled ahi tuna with cilantro lime sauce, mango salsa with brown rice and a 20% dessert at the end.

Program: **Living Well**
Title/Topic: Your House & Home
Southern Fried Fitness
Show #: 226
Air Date: 2/24/2015 and 2/26/2015 at 5am
Duration: 58:30 minutes
Style/Type: Human Interest
Source: ION Life
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.
Guests: Your House & Home Hosts: Jeff Schmidt and Teresa Garrett
Guests: Ann Chappel, Norm Lyons, Kate Nelson, Randy Collins, Amanda Henderson, Randall Schmidt, Johnny Purselley, Barbra Schmidt, Carla Vogel, Kirk Alland, Janet Howie, Douglas Howie, Elizabeth Anna Samudio and Bryan Glueck
Southern Fried Fitness Host: Robin Shea

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Description:

“Your House & Home” is a home improvement show that offers straightforward information, inspires new ideas, and empowers knowledge to make your home a better place to live. In this episode Teresa Garret helps build houses for Habitat For Humanity. We will also learn more about the reasons why more people are moving to the country. Elizabeth Anna shows us how to put together a garden that will thrive in cold weather and learn how to upgrade outdoor security lighting.

“Southern Fried Fitness” is about blending Old South Tradition with the New South Lifestyle by living clean and healthy 80% of the time, but always saving 20% for guilt free Southern Indulgence. In this episode of Southern Fried Fitness, Robin makes seared salmon with orange glaze, yams with a citrus lime sauce and an Osgood pie for dessert. Robin also discusses understanding your body type.

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 301
Air Date: 3/3/2015 and 3/5/2015 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 Magee, Mimi Pineau
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Julian Bond, Faith Dempster

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

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

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 302
Air Date: 3/10/2015 and 3/12/2015 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: Katherine & Andres, Christina Song, Judy Stevens
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Umberto Menghi, Naomi Laura Salmond, Pasquina Pellici

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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 renters Katherine and Andres are looking to update their apartment with style they can take with them when they move in the future. We also learn how to separate living space by creating the illusion of walls.

In “Anna & Kristina's Grocery Bag” hosts Anna Wallner & Kristina 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 are travel to the Italian region of Tuscany where they take some cooking classes at a school and spend time with local pasta expert Pasquina Pellici to learn proper techniques. They then recreate seven dishes from the cookbook Essentials Of Italian Cooking by Marcella Hazan for Chef Umberto Menghi to taste test.

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 303
Air Date: 3/17/2015 and 3/19/2015 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: Simonee Chichester, Virginie Martocq, Paul Ferro
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Michael Allemeier, Nicole Bullock

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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 an actress needs help transforming her rundown 1930's apartment into uptown classic with vintage styles. A home office is hidden in a customized armoire and coordinating fabrics for cushions, kitchen, and window treatments creates French country style in the dining room. Peter uses Chimney liners to create bedroom shelving to create “rustic elegance”.

In “Anna & Kristina's Grocery Bag” hosts Anna Wallner & Kristina 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.

This week, can *The French Laundry Cookbook* really teach Anna and Kristina how to become four-star chefs? Author Thomas Keller's cooking style is never rushed and recipes may even take days to cook. This is why Anna and Kristina take on just 2 recipes to impress Chef Michael Allemeier.

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 304
Air Date: 3/24/2015 and 3/26/2015 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: Jason, Kristin Palin, Christina Song, David Dunsmore
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic
Guests: Chef Chili Thom, John Simms

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Description:

“Home to Go” is an innovative do-it yourself design series that presents original, easy-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 a young couple who cherish their flea market finds, learn how changing the hardware can dramatically change an apartment. A kitchen makeover without renovations is made possible with upgrades that are not only inexpensive, but portable. A Kitchen island work area is given a new top by Peter, one that can be later reincarnated as a dining room table top.

In “Anna & Kristina's Grocery Bag” hosts Anna Wallner & Kristina 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.

This week Anna and Kristina head off to the great outdoors to test out a camping cookbook, *Campground Cooking*. They'll have to cook seven dishes over a wood fire. We'll find out if they succeed at impressing wildlife chef, Chili Thom.

Program: **Living Well**
Title/Topic: Home to Go
Anna & Kristina's Grocery Bag
Show #: 305
Air Date: 3/31/2015 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: Robert Batulis, Mimi Pineau, Amanda Schuler
Anna & Kristina's Grocery Bag Hosts: Anna Wallner &
Kristina Maticic
Guests: Chef Claudia Ibarondo

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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 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.

