

**FOR IMMEDIATE RELEASE**

**Media Contact:**

**Inna Lapin**

**973.610.7895**

[inna@agcomgroup.com](mailto:inna@agcomgroup.com)

## ***HOW TO FEED A LOON ADDED TO RCN TV'S SUMMER LINEUP***

### ***Digital Cable Network Adds First-Rate Culinary Content to Its Programming Schedule***

**Franklin Park, NJ (July 14, 2015)** – [How To Feed A Loon](#), a new TV show featuring cooking demonstrations and scrumptious recipes, debuted this week on [RCN TV](#), a digital cable network airing in the Lehigh Valley, Pennsylvania (channel 4/1004 HD), Delaware County, Pennsylvania (channel 8/608 HD) and Washington, DC (channel 8) areas to RCN cable TV customers. The show will air every Monday and Wednesday at 5:30 p.m. EST.

[How To Feed A Loon](#) (*H2FaL*), hosted by co-founders Kris Longwell and Wesley Loon, features recipes ranging from the traditional All American Pot Roast and Baked French Toast to Southern Style Crab Cakes and Greek Salad with Yogurt Dressing. Bill Seeselberg executive produces the show.

H2FaL is an extension of the hosts' popular website and blog, [HowToFeedALoon.com](http://HowToFeedALoon.com). Foodies Kris and Wesley began their site not just for their love of good food, but to embrace the whole journey – the cooking, the anticipation, the amazing first bite, the laughter and the fellowship.

"*How To Feed A Loon* is a terrific addition to RCN TV's lineup. Kris and Wes bring a relaxed and fun atmosphere while they are cooking, making viewers feel like they are sitting in the kitchen with friends," said Joanne Guerriero, RCN Sr. Regional Director of Marketing. "And their show compliments the culinary programs we already carry on RCN TV."

[How To Feed A Loon](#) plans to expand its programming content this fall to include additional cooking demonstrations, delicious destinations, ingredient shopping (what to buy and where), interviews with local farmers, insight from celebrity chefs, and fascinating culinary excursions across the U.S. and beyond.

"Wesley and I are thrilled to be joining the RCN TV family of quality programming," said Longwell. "We are already having a blast making awesome food while enjoying lots of laughs. The ability to now share it with all our new RCN viewers and loyal fans alike is a bonus!"

#### **About How To Feed A Loon**

A celebration of fun, food and fabulousness, [HowToFeedALoon.com](http://HowToFeedALoon.com) is a new food blog and the brainchild of husbands Kris Longwell and Wesley Loon. The site offers fans and followers an

opportunity to go on a gastronomical journey to discover scrumptious recipes, delectable destinations, and the endless laughs that ensue in the crazy life with a Loon.

For recipes, restaurant reviews, cooking demonstrations and more, visit [www.HowToFeedALoon.com](http://www.HowToFeedALoon.com).

#### **About RCN and RCN TV**

RCN TV ([rcn.com/rcntv](http://rcn.com/rcntv)) is seen in RCN digital TV households in the Lehigh Valley, Pennsylvania (channel 4/1004 HD), Delaware County, Pennsylvania (channel 8/608 HD) and Washington, DC (channel 8) areas. Regular programming on the network includes a variety of lifestyle, sports, education, movies, and classic TV series.

RCN TV's parent company, RCN Telecom Services, LLC, ([rcn.com](http://rcn.com) and [rcnbusiness.com](http://rcnbusiness.com)) provides industry-leading high-speed Internet, all-digital TV and phone services for residential, small/medium and Enterprise business customers. PC Magazine's Readers' Choice Award named RCN one of the winners for best cable broadband ISPs in 2013 and 2015 – RCN was rated highest in satisfaction for reliability. RCN's affordably priced advanced digital services are delivered through their proprietary, state-of-the-art fiber-rich network and supported by 100% U.S.-based customer service. RCN's primary service areas include Boston, Chicago, Lehigh Valley (PA), New York City, Philadelphia and Washington, D.C.

For more information on RCN, please visit [www.rcn.com](http://www.rcn.com).

###