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Media Contact:

Inna Lapin

973.610.7895

inna@agcomgroup.com

HOW TO FEED A LOON AMONG RCN TV'S FALL LINEUP

First-Rate Culinary Content Is a Big Hit On Digital Cable Network

Franklin Park, NJ (October 1, 2015) – [How To Feed A Loon](#), a new TV show featuring cooking demonstrations and scrumptious recipes, which debuted this summer on [RCN TV](#), continues to receive its well deserved praise, and added time slots on the digital cable network's programming schedule. Airing in Lehigh Valley, Pennsylvania (channel 4/1004 HD), Delaware County, Pennsylvania (channel 8/608 HD), New York City (Channel 8), Boston (channel 8), Washington, DC (channel 8), and Chicago (channel 34) areas for RCN cable TV customers, the show can now be seen every Monday and Wednesday at 5:30 p.m. EST/4:30 p.m. CDT, Thursdays at 4 p.m. EST/3 p.m. CDT, and Sundays at 10 pm EST/9 p.m. CDT.

"*How To Feed A Loon* is continues to be a terrific addition to RCN TV's lineup. Kris and Wes bring to the screen something really special, unlike anything else on television, and our viewers are really loving it," said Joanne Guerriero, RCN Sr. Regional Director of Marketing.

[How To Feed A Loon](#) (*H2FaL*), hosted by co-founders Kris Longwell and Wesley Loon, features recipes ranging from the Best-Ever Chicken Salad and Succulent Shrimp Scampi, to The Real Deal Fried Mozzarella and New York-Style Cheesecake with Strawberry Glaze. Viewers can expect to see programming content that includes 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.

H2FaL is an extension of the hosts' popular website and blog, 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.

"We are beyond thrilled to continue on this journey of being part of the RCN TV family," said Longwell. "To know that RCN viewers are loving our programming and want to see even more of us, is like the cherry on top!"

About How To Feed A Loon

A celebration of fun, food and fabulousness, HowToFeedALoon.com is a new food blog and the brainchild of husbands Kris Longwell and Wesley Loon, who have been cooking things up for the last

26 years. 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.

About RCN and RCN TV

RCN TV (rcn.com/rcntv) is seen in RCN digital TV households throughout its service area: Lehigh Valley, Pennsylvania (channel 4/1004 HD), Delaware County, Pennsylvania (channel 8/608 HD), New York City (Channel 8), Washington, DC (channel 8), Boston (channel 8) and Chicago (channel 34). 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 and 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.

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