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THIS WEEK'S RECIPES

Watch "Good Day Alabama" from 7-9am. You'll see a new recipe that you can try at home! It's Coverage You Can Count On!

FOX 6 GOOD DAY Information

Good Day Alabama — Weekdays from 7am - 9am.

[Click here to return to the Good Day Alabama Home Page](#)

Information from recent Good Day shows

- QuickLinks - ▾

GO!

From the Friday, January 17th Show

MLK Day Events

Monday is Martin Luther King, Jr. Day, and there will be many activities and events going on in the Magic City. For information about the scheduled activities, call 328-9696, ext. 244.

Secrets of the Chefs

Bruno's popular series continues! Be sure to check out today's recipe for a great salmon recipe, and don't miss these dates, when cooking secrets will be revealed: Friday, Jan. 17th 3pm, 5pm and 6pm; Saturday and Sunday, 1pm, 3pm & 5pm at The Bruno's at South Shades Crest and Hwy 150; Inverness; the Summit, and Riverchase.

Joey Sommerville

We were pleased to have the sounds of jazz trumpeter Joey Sommerville in the Fox6 studios this morning, and you can catch him, too, tonight, 8pm at Workplay theatre. For ticket information, call 380-4082.

From the Thursday, January 16th Show

Jeh Jeh and the Hip Harpist

Jeh Jeh Pruitt got a sneak preview of "hip" harpist Debora Henson Conant's upcoming show with the ASO this Saturday, 8pm at the BJCC. For tickets, call 251-7727.

Blood Donations

Today we met Jim and Kim Watts, whose little boy Taylor depends on blood transfusions in order to live. It's important to keep blood supplies at a healthy level. If you would like to donate blood, call LifeSouth at

943-6000 or the Red Cross at 918-1000.

Mimi Holland

Mimi Holland was back in the Fox6 studios this morning, giving a preview of her upcoming show at Workplay. It will be tonight at 8pm. For more information, call 380-4082.

License Renewal

If you have any questions about your car tag's renewal, the number to call is 325-5687.

From the Wednesday, January 15th Show

King Unity Breakfast

Monday, January 20th, is Martin Luther King, Jr. Day. In honor of the event, there will be a Unity Breakfast at 7:30am in the BJCC East Exhibition Halls, rooms 2 and 3. For more information, call 324-8797.

Best Granny

We were pleased to have Dianna Murphree in the Fox6 studios this morning. The Pelham resident has been named "Best Granny" by Washington Apples. She also fixed an Apple Deli Wrap, which you can find in "Wednesday's Recipe." For more about Washington Apples, go to www.bestapples.com

TV Tech

Televisions are getting better and better, which means there are more choices than ever. Today we spoke to technology editor Corey Greenberg about the latest advances. For more, go to www.beststuff.com

Beating Depression

There's a new study at UAB underway to try to find new cures for depression. If you would like to participate in this study, you must be:

non-smoker

20-54 years old

depressed.

If you meet these requirements, call 934-2484.

Bill's Gardens

Today, Bill Bolen spoke with Fred Spicer, executive director of the Birmingham Botanical Gardens. If you would like more information on some upcoming classes being offered, call 414-3950 or go online at www.bbgardens.org

From the Tuesday, January 14th Show

Jeh Jeh Gets A Taste of the World

Jeh Jeh Pruitt came live to us this morning from "A Bit of the World," a store that sells all sorts of items from all over the world. And they will be holding an art and wine showcase there this weekend.