

## Elizabeth Ries Bio

Elizabeth was born in Cambridge, MN but grew up in Apple Valley, graduating from Apple Valley High School in 1999. After interning at KMSP in Eden Prairie and WMTV in Madison, Elizabeth received her B.A. in journalism and political science from the University of Wisconsin-Madison. She immediately jumped into TV news, anchoring the morning newscast at KDLH in Duluth and later anchoring and reporting at WBAY in Green Bay, WI. She was reporting for 5 Eyewitness News before making the move to Twin Cities Live. Elizabeth says, "I'm so proud to be from this community and getting to showcase what makes the Twin Cities so special every day on TV is the best gig out there."

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Elizabeth shares quite a bit of her personal life on Twin Cities Live. During her time hosting the show, she met and married her husband, Jay, gave birth to their daughter, Bernadette, in January of 2015, son, Franklin, in July of 2017, and son Heathcliff was born in October of 2020. Their house is also home to a flock of backyard chickens and a German Shorhaired Pointer named Gracie. She's also shared the tough times with TCL viewers and was overwhelmed by the support from fellow dog-lovers after saying goodbye to her 13 year old Westie, Henry in May of 2017. Elizabeth has deep Minnesota roots. Her father is the president of Concordia University in St. Paul and her mother is an interior designer who is a frequent guest on Twin Cities Live.

"The greatest compliment," Elizabeth says, "is when people tell me they feel like they know me because they watch Twin Cities Live. It's a real honor to have people invite me into their living rooms every day."

Cooking is her passion and she loves growing as much of her own food as possible in her backyard garden. That is, of course, when it's not covered with snow. Elizabeth says, "Meeting super accomplished chefs has been one of the most fun perks of hosting TCL. I've gotten to cook with Lidia Bastianich, Martin Yan, Amanda Freitag, Ree Drummond and more." Elizabeth shares recipes and her urban farming adventures on her blog [hometohomestead.com](http://hometohomestead.com) and co-hosts a weekly podcast called "Best to the Nest" about making your home a place where you can truly be your best self.

Although she's a Minnesotan through and through, her football loyalty lies in Wisconsin. She's a loyal Badger fan and her dad raised all of his girls to cheer for the Packers. Please forgive her!