

KVMD CHILDREN'S PROGRAMMING *FOR*

Tuesdays at 2:00 p.m.

January 1, 2008

Episode: 11

Ultimate Choice: 30 minutes

PRODUCED BY: *JOHN LAURENCE*

Icon: Ages 13-18

CREATIVE DIRECTOR: *SUSAN LAURENCE*

Show #1 – PREMIER: The adventure begins as the unsuspecting cast is whisked away to a surprise destination. First stop, steamy Phoenix. Episode one chronicles the journey to the southwest and introduces the personal side of each cast member.

Show #2 – HANG GLIDING: Day two starts early with a 3:30am wake up call in Phoenix. Before the sun rises, the cast comes face to face with an adventure in the sky.

DISCUSSION: A New Perspective on Your Future.

Show #3 – COWBOY LIFE: UC hits the road again for a trip to destination number two....the mountains of New Mexico. The cast discovers that the rest of their time will be on a Wild West adventure. They get fitted with hats and boots and roll into their new home for the week, the Double E Ranch. Their first activity: shoveling horse manure!

DISCUSSION: Amber drug abuse story

Show #4 – BARREL RACING: You can't survive in the Wild West without learning how to ride a horse. After a little practice they're thrown head first into competition, as the crew tests its horsemanship skills in a little barrel racing.

DISCUSSION: Fitting In

Show #5 – ROPING/PENNING: competition. There are few things on a ranch as uncooperative as cattle, but with a few quick pointers the cast is cut loose in some hilarious attempts at penning, roping, and flanking. In conversation, one of the cast members discloses a life threatening journey.

DISCUSSION: Perseverance – Pt. 1

Show #6 – PERSEVERANCE: The conclusion to the riveting story of one cast member's journey through and back from a devastating accident.

DISCUSSION – Perseverance Pt. 2

Show #7 – NASTY RELAY: No ULTIMATE CHOICE season is complete without having to indulge in eating some nasty stuff. Throw in milking some non-dairy cows and a horrific experience in cow manure and you have the ultimate nasty relay. Another incredibly compelling discussion follows, highlighted by a frank talk about pornography and other things that can destroy us.

DISCUSSION – Things That Can Destroy Us

Show #8 – GIVING BACK : A surprise trip to a little town called Santa Clara brings a heartwarming day spent biking with underprivileged kids.

DISCUSSION: Giving Back

Show #9 – ROCK CLIMBING: Another early day off the ranch introduces the cast to saddle rock canyon, and a rock climbing adventure that takes their breath away.

DISCUSSION: Dealing with Hurt Feelings

Show #10 – BIKE RACE: The cast gets a taste of a world famous bike race from the area called the Tour of the Gila. But trying to survive just one mountain climb takes a physical toll on one cast member, in a stirring episode that changes the experience for everyone.

Show #11 – MOUNTED SHOOTING: Guns and horses....sounds like a recipe for disaster! Actually it provides for a thrilling game of shoot 'em up on horseback that's a ball for everyone. Afterwards, one cast member discloses a devastating secret.

DISCUSSION: Violence/Date Rape

Show #12 – CAMPING IN THE WILDERNESS – Part I: Sent packing for an overnight in the wilderness, the cast stops along the way for a frank and personal discussion about male/female relationships.

DISCUSSION: Relationships

Show #13 – CAMPING IN THE WILDERNESS – Part II: The cast sets up camp on top of a mountain and enjoys a thrilling cowboy night, complete with an impromptu competition doing the two-step.

DISCUSSION: Surviving Life's Trials

Show #14 – COWBOYS RELAY: The final day at the ranch puts all the skills learned during the week to test....an event to crown the king cowboy including riding, shooting, roping, and flanking.

DISCUSSION: Busyness in our Lives

Show #15 – THE BIG SURPRISE: The guys have a surprise in store for the ladies. They'll never guess what they're about to witness!

DISCUSSION: Deception in the Media

Show #16 – 18 AERIAL COMBAT/FINALE: To the top performing male and female from the week's competition goes a reward that takes them to new heights. It's a once in lifetime experience that wraps up a once in the lifetime week.

Episode #5-1

In a new twist on a familiar theme, four families embark on a journey together that will change them forever. Arriving at a military base in Florida, the UC families are greeted by a drill sergeant with an attitude and hustled into a grueling one-on-one encounter with the ULTIMATE Obstacle Course.

Episode #5-2

Having conquered the obstacles in the ULTIMATE Obstacle Course, the families share

their stories of real life obstacles....and how divorce, single family homes, absent fathers and more have impacted their lives at home. After leaving the military base they're whisked off to their home for the rest of the adventure...a rustic cabin in the woods. Unfortunately there are only three bedrooms for four families, with the next competition to determine who spends a frigid night in a tent....with a latrine!

Episode #5-3

A spirited game of Paintball in the woods determines the odd family out for sleeping arrangements at the house. It also provides for a shocking moment for co-host Sean. Afterwards the families discuss how anger takes root in their families and how they deal with teenage hormones.

Episode #5-4

The stage is set for an Ultimate Choice tradition....the Nasty Food Eating Contest. The families are challenged to shop for one another and then get the surprise of the entire adventure....they're forced to eat the horrible stuff they bought for someone else! There are few settled stomachs in the end. In conversation the group talks about what really makes families sick....problems with drugs & alcohol.

Episode #5-5

Recovered from their previous unsettling experience, the families cap their UC adventure with an individual event, an incredibly challenging high ropes course. Some succeed, some don't. Some don't even make it up onto the course. In the end the talk turns to something many families have trouble talking about.....sex!

Episode #5-6

The frank conversation about sex concludes with a major challenge to both parents and kids, and the adventure finishes with the families heading home with a newfound closeness and a dramatically changed perspective.

Episode #6-1

Five diverse young women are invited to join a revolution....a revolution to live a dramatically different life than dictated by the pop culture. These "real" girls are brought to an incredible house on the water and introduced to their new weekly routine...time with their new mentors (the show's hosts Courtenay – from ULTIMATE CHOICE – and Shennette). They immediately begin to live their new motto....living life beautifully, brought face to face in this premier episode with their own insecurities about body image.

Episode #6-2 and 6-3

As the girls work toward solutions to their own struggles with body image, their day is turned topsy-turvy by a pair of muscle-bound trainers, who show up at the house and whisk them away for a workout they won't soon forget.

Episode #6-4

Another week brings a surprise pair of visitors...one a quiet new cast member for the day PLUS a talented makeup artist who brings new meaning to the word beautiful for

each of the girls. There's a perfect ending to the day with a trip to Sephora where everyone gets a makeover!

Episode #6-5

After getting the ultimate makeover, the girls are challenged with the real meaning behind the word "beautiful". And the intrigue builds over just who the guest cast member is and why she's a part of their day.

Episode #6-6

In a highly emotional episode, the guest cast member Grace shares her story, and her secret to being beautiful. The emotionally charged afternoon brings many tears and a commitment to living life differently for most of the girls.

Episode #6-7

A new week brings another surprise visitor....a frighteningly upright well-mannered woman who arrives at the house in a limo ready to talk about a subject few people EVER want to think about. Etiquette!!!! The girls brace for the worst.

Episode #6-8

What started as a nightmare ends as a dream as the girls are taken by limousine to a five diamond hotel and restaurant. There they get to practice what they learned about etiquette while enjoying the best meal of their lives! During dinner Kaylan shares a shocking story about her past.

Episode #6-9

The conclusion of the etiquette adventure brings a whole new perspective for the girls about what it means to be a "lady".

Episode #6-10

The girls are greeted with roses, chocolate, and a theme of romance as they arrive for their weekly time with Courtenay and Shennette. Relationships are the topic of the day, led by a national family expert named Dr. Drew.

Episode #6-11

The girls get to have a little fun with the romance theme, turning the tables on guys in a spectacular setting. With the Atlantic ocean as a backdrop, the girls orchestrate the REAL GIRLS Guy Game, interviewing bachelors and then labeling anything from marriage material to "just friends" to "no thanks"!

Episode #6-12

With the guys back on the sidelines (and some of them clearly put in their places), the day concludes around the pool with some final thoughts and advice about relationships.

Episode #6-13

The girls get together for a final time to look back on their experiences together. Their new objective is clear....and they leave the show with a b

