

Issues : Chronic pain treatment  
Benfits of horseback riding

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #614

Date: 12/18/08 Time: 10<sup>30</sup> am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie as host.

Brief Description

Chronic pain effects more people than heart disease and cancer  
combined and this show introduces local viewers to a new technology  
called rechargeable spinal cord stimulation therapy. Also, this episode  
demonstrates how children with disabilities are being benefited  
by horseback riding which is prevelant in agriculturally minded Logan County.

Issues : Qi Gong for Arthritis  
Challenges with regaining hearing

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #613

Date: 12/11/08 Time: 10<sup>30</sup>am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced    Network    Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie and former Miss America Heather Whitestone

**Brief Description**

Qi Gong is demonstrated as an exercise recommended by the Arthritis  
Foundation for people suffering from arthritis. Additionally, Heather  
Whitestone shares her story of the challenges of entering the world  
of sound when her hearing is restored.

Issues : Controlling chronic pain  
Cholesterol cleaner

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #612

Date: 12/4/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie and actor/comedian Jerry Lewis

Brief Description

Jerry Lewis tells how he finally took control of chronic pain  
that plagued him for almost 40 years and shares his treatments.

A cholesterol cleaner technique is demonstrated that helps  
people deal with extremely high cholesterol levels.

Issues : Avoiding heel pain  
Avoiding workout mistakes

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #611

Date: 11/27/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title Organization City, State

Dr. Anna Marie and Fitness Expert Kevin Makeley

**Brief Description**

There are two and a half million Americans dealing with heel pain.  
Detailed the latest FDA approved procedure to relieve the pain. Expert  
shows the most common workout mistakes and how to avoid them.

Issues : Humidity balance for home & health

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #607

Date: 10/30/08 Time: 10<sup>30</sup>am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie as host.

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Brief Description

Northeastern Colorado is extremely arid and this episode resonates  
as an in depth review was taken to determine how too much or too  
little humidity can destroy your home and health. Advice on  
finding the right balance was presented.

Issues : Exercise defeats Alzheimers

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #603

Date: 10/2/08 Time: 10<sup>30</sup>am Length: 30 minutes

Regularly Scheduled Program  Yes or No (circle one)

Locally Produced Network  Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie with episode #603

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Brief Description

New research shows exercise is not only good for your physical  
health but also your mental health. See how regular exercise  
is helping ward off dementia and Alzeheimer's disease.

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1/8/09

In addition to the 507 DTV PSA's, 127 DTV crawls and 65 DTV half hour programs aired in 4<sup>th</sup> quarter 2008 on KCDO-TV, the following PSA's also aired:

- Army National Guard 3X
- Children in Poverty 2X
- American Diabetes 2X
- Energy Outreach 7X
- Air Force Choices 2X
- Wildfire Prevention 27X
- Heart Disease Prevention 9X
- Booster Seat 10X
- Big Brother, Big Sister 35X

Greg Armstrong, KCDO-TV