



[www.facebook.com/OurTownCOS](http://www.facebook.com/OurTownCOS)

*“Our Town” is a weekly 30 minute program a staff personality who interviews three community leaders for approximately 10 minutes each. This program airs each Sunday at 6am throughout our cluster of stations (except KVOR-AM where it airs Saturdays at 1pm). Listeners are encouraged to log on to our station social media pages to follow up with our featured organizations via listed hyperlinks and telephone numbers.*

**Date, non-profit organization, issue(s) addressed:**

**Q-3 2020**

**7/4 & 5**

**Sofia Sinda- VFW Colorado Winner for the Voice of Democracy**

Established in 1947, the Voice of Democracy audio-essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed recorded essay. Each year, nearly 40,000 9-12 grade students from across the country enter to win their share of more than \$1.9 million in educational scholarships and incentives awarded through the program.

<https://www.vfw.org/community/youth-and-education/youth-scholarships>

**Michael Timlin- Bustang**

For those looking to travel from Denver to Grand Junction, Colorado Springs, Vail, or another city in Colorado. View Bustang routes, maps and station details: <https://ridebustang.com/>

**Jessica Lieber, Operations Manager with Kids on Bikes**

Kids on Bikes inspires and empowers all kids to lead healthy, active and happy lives through bicycling. Programs provide free bicycles and training to under-served kids through the Pedal Station.

<https://kidsonbikes.net/>

**Majors Jim & Rachel Gallop- The Salvation Army**

They work to understand the obstacles, hardships, and challenges native to the area's particular population. Next, they build local programs designed to offer immediate relief, short-term care, and long-term growth in the areas that will best benefit the community. Then, offer the local programs to the local community, working to optimize their efficacy via spiritual, physical, and emotional service.

<https://www.salvationarmyusa.org/usn/> <https://www.989magicfm.com/the-worlds-largest-indoor-garage-sale-2020/>

## **7/11 & 12**

### **Beth Roalstad, Executive Director of Homeward Pikes Peak**

Homeward Pikes Peak is at the forefront of homelessness, addiction and mental illness services. The services provided by HPP help clients dig deep, help them build long-term sustainability by addressing each individual's underlying challenges, and help them build accountability to themselves and their independence. Their outreach workers meet unsheltered people where they are, connecting them to available community services and the possibility of home. <https://homewardpp.org/>

### **Gail –Envida / Kathryn – Health Promotions Partners (Older Wiser Project)**

Kathryn will be speaking on how seniors know it's time to give up the keys, the safety behind it and how you can plan for it ahead of time (like retirement). Gail will speak on Envida's transportation program and how easy it is for seniors to use, how they take seniors to more than just Dr appointments and how inexpensive it is to use. <https://fittodrive.org/> <https://envidacares.org/>

### **Leslie Oliver- Comcast/ Internet Essentials Program**

Internet Essentials has an integrated, wrap-around design that addresses each of the three major barriers to broadband adoption that research has identified. These include: a lack of digital literacy skills, lack of awareness of the relevance of the Internet to everyday life needs, and fear of the Internet, the lack of a computer, and cost. The program is structured as a partnership between Comcast and tens of thousands of school districts, libraries, elected officials, and nonprofit community partners. For more information, or to apply for the program [www.internetessentials.com](http://www.internetessentials.com) or call 1-855-846-8376.

### **Clint Emerson- Author, Former Seal Team 6 Navy Seal**

Clint Emerson, retired Navy SEAL, spent twenty years conducting special ops all over the world while attached to SEAL Teams (including the elite SEAL Team SIX) and the National Security Agency (NSA). Utilizing an array of practical skills he developed to protect himself while at home and abroad, he created Violent Nomad. Clint will share about his New York Times Bestseller book 100 Deadly Skills and just released book The Right Kind Of Crazy.

<https://www.simonandschuster.com/books/The-Right-Kind-of-Crazy/Clint-Emerson/9781501184161>

## **7/18 & 19**

### **Jacob Anderson- City of Colorado Springs**

The City of Colorado Springs has a NEW app GoCOS, and gives residents a direct line to getting issues addressed in their areas. Report a pothole, vandalism, trash, litter- a safety issue, Parks trails. Also info on COS flights, metro buses events and more, all in one spot. GoCOS at [coloradosprings.gov/GoCOS](http://coloradosprings.gov/GoCOS)

### **Mohawk & Coach – Bikers Against Child Abuse**

Bikers Against Child Abuse, Inc. (BACA) is organized with a central contact person to receive calls from referring agencies and individuals. A recognized, authorized agency with which the child has had contact determines that the child is still frightened by his or her environment. The agency representative contacts BACA, or refers the individual to contact BACA and the name and address of the child is given to our BACA/Child Liaison. The entire BACA chapter rides to meet the child and he/she is given a vest with a BACA patch sewn on the back. [https://colorado.bacaworld.org/pikes-peak-chapter/ppc\\_contact/](https://colorado.bacaworld.org/pikes-peak-chapter/ppc_contact/)

## **7/18 & 19 (cont'd)**

### **Sandra Kwesell MSC/MFCT- Pillars for Success**

Pillars for Success is a parent education program that focuses on empowering adults to positively change their interactions with children. The [9 Pillar](#) program for parents works with children of all ages, whether their growth is “typical” or “developmentally delayed” or whether they struggle with mental health issues. <https://www.pillarsforsuccess.com/>

### **Brian Kilmeade- Author, Sam Houston & The Alamo Avengers**

Sam Houston and the Alamo Avengers recaptures this pivotal war that changed America forever, and sheds light on the tightrope all war heroes walk between courage and calculation. A new generation of readers will remember the Alamo—and recognize lesser known heroes who snatched victory from the jaws of defeat. <https://www.amazon.com/Sam-Houston-Alamo-Avengers-American/dp/0525540539>

## **7/25 & 26 (Education Edition)**

### **Liz & Ryan- Huntington Learning Centers**

Huntington Learning Center has been serving students and making a significant difference in the lives of children across the country for 41 years. They provide students with the ability to master the academic skills needed in Reading, Writing, Study Habits, Math, Phonics, Spelling and Vocabulary.

<https://huntingtonhelps.com/center/colorado-springs>

### **Anneliese- Corpus Christi Catholic School**

Providing an exemplary, faith-filled education in the Roman Catholic tradition of Vatican II. They combine that tradition with the very best of today’s technology and resources for a solid educational experience that develops the whole child – spiritually, intellectually, morally, physically and socially.

<https://corpuschristicos.org/>

### **Gunnie/Kyle- Goal Academy High School**

GOAL High School is a free public charter school serving students in grades 9-12 through age 20 across the state of Colorado. GOAL High School is the largest charter in Colorado and one of the largest Alternative Education Campus (A.E.C.) schools in the United States. Founded in 2007, GOAL’s mission is to “develop productive members of society.” GOAL currently serves 4,600 students. <https://goalac.org/>

### **Warren Epstein- Pikes Peak Community College**

Pikes Peak Community College and Colorado College are re-imagining how students pay for college. PPCC has announced the Dakota Promise Scholarship, which will give every eligible (2.5 GPA) high school grad in Harrison free tuition. CC has announced the Colorado Pledge, which is offering free tuition, room and board to low-income Colorado students and reducing costs for others. <https://www.ppcc.edu/>

## **8/1 & 2**

### **Gabe Beatty- SAFY Preserving Families, Securing Futures**

SAFY Preserves Families and Secures Futures. Through their Model of Care, they provide coordinated, community-based programs that ensure the physical and emotional safety of each individual while improving family functioning. More Info at [www.safy.org](http://www.safy.org)

## **8/1 & 2 (cont'd)**

### **Lt. JD Ross & Dr. Kelly | El Paso County Sheriff's Office/Coroner**

JD will discuss BHCON and Man Therapy programs running in El Paso County, as a multi-agency campaign to de-stigmatize "emotional health" issues and the Sheriff's Office pro-active approach to dealing with mental health crisis situations in the field. <http://mantherapy.org/>

**Lisa Gustafson- Career Transition Coach** An Alternative Career coach not only can help you better define your Income, Lifestyle, Wealth and Equity goals, but can also help you understand your career transition options. Their no cost coaching sessions are geared to help you learn.

<https://lgustafson.esourcecoach.com/>

### **Susan DiNapoli- Sue DiNapoli Ovarian Cancer Society**

Mission is to support gynecologic cancer patients in need throughout Southern Colorado through the Sue's Gift Financial Assistance Program and to educate the community about ovarian cancer symptoms and risk factors. <https://www.beovaryaware.org/>

## **8/8 & 9**

**Michael Timlin- Bustang** Looking to travel from Denver to Grand Junction, Colorado Springs, Vail, or another city in Colorado? View Bustang routes, maps and station details: <https://ridebustang.com/>

### **Cass & David- Pikes Peak Suicide Prevention**

Pikes Peak Suicide Prevention Partnership [PPSPP] and Education for a Lifetime are grateful and proud to partner with Doherty High School to address this issue. Research shows that death by suicide can be prevented by reducing risk factors and increasing protective factors. Doherty High School is expanding its involvement with suicide prevention and addressing the mental health of its students in a very real way. <http://www.pikespeaksuicideprevention.org/>

**Bazzel Baz- Association For The Recovery of Children** ARC is a 501(c)(3) non-profit organization (est. 1993) comprised of former and active intelligence (CIA), military special operators and law enforcement personnel that rescue missing and abducted American children in domestic and foreign locations. ARC's all-encompassing child recovery program comes at no cost to the custodial parents. They don't come home without the child. <http://www.recoveryofchildren.com/>

### **Leslie Oliver- Comcast/ Internet Essentials Program**

Internet Essentials has an integrated, wrap-around design that addresses each of the three major barriers to broadband adoption that research has identified. These include: a lack of digital literacy skills, lack of awareness of the relevance of the Internet to everyday life needs, and fear of the Internet, the lack of a computer, and cost. For more information, or to apply for the program in seven different languages, please visit [www.internetessentials.com](http://www.internetessentials.com) or call 1-855-846-8376.

## **8/15 & 16**

### **Sandra Kwesell MSC/MFCT- Pillars for Success**

Pillars for Success is a parent education program that focuses on empowering adults to positively change their interactions with children. The [9 Pillar](#) program for parents works with children of all ages, whether their growth is "typical" or "developmentally delayed" or whether they struggle with mental health issues. <https://www.pillarsforsuccess.com/>

### **8/15 & 16 (cont'd)**

#### **Dr. Vu & Dr. Matthews- Matthews Vu Medical Group**

Sharing about their community work and the care given to people regardless of the ability to pay. Also some great health tips to prevent illness. <https://www.matthewsvu.com/>

#### **Kim Noyes- Centennial Elementary**

An extensive renovation from the Bond that District Two voters passed in 2018. This includes new furniture and amazing learning environments! The students have the latest and greatest technology so they are competitive! Centennial Elementary is a national AND local award winning school recognized for achievement, growth, engagement, partnerships with parents and community partners. They were recently voted in 2019 as a Best of Elementary! <https://www.hsd2.org/Domain/9>

#### **Jack Carr- Author/Former Navy Seal Sniper**

Jack spent 20 years as a Navy SEAL sniper, and based this story on an actual event that he experienced while in Iraq in 2006, and his transition back into civilian life. The story channels his experiences as a SEAL to the extent that it took the Department of Defense seven months to complete their security review prior to his book release. <https://www.officialjackcarr.com/>

### **8/22 & 23**

#### **Mohawk & Coach – Bikers Against Child Abuse**

Bikers Against Child Abuse, Inc. (BACA) is organized with a central contact person to receive calls from referring agencies and individuals. A recognized, authorized agency with which the child has had contact determines that the child is still frightened by his or her environment. The agency representative contacts BACA, or refers the individual to contact BACA and the name and address of the child is given to our BACA/Child Liaison. The entire BACA chapter rides to meet the child and he/she is given a vest with a BACA patch sewn on the back. [https://colorado.bacaworld.org/pikes-peak-chapter/ppc\\_contact/](https://colorado.bacaworld.org/pikes-peak-chapter/ppc_contact/)

#### **Tanner Adams- Entrepreneur Consulting**

Tanner has several successful companies he started and runs and is now offering free coaching on how you can be successful on your own and with the needed confidence to chase your own dreams. Tanner Max for more info and to ask questions! <https://www.facebook.com/TannerMaxx/>

#### **Gunnie/Kyle- Goal Academy High School**

GOAL High School is a free public charter school serving students in grades 9-12 through age 20 across the state of Colorado. GOAL High School is the largest charter in Colorado and one of the largest Alternative Education Campus (A.E.C.) schools in the United States. Founded in 2007, GOAL's mission is to "develop productive members of society." GOAL currently serves 4,600 students. <https://goalac.org/>

#### **Ben Echeverria- B & K Publishers**

Author of, "The Rhymes & Rhythms of a Life" (2019, B & K Publishers), a small but powerful work of non-fiction containing Ben's poems, ditties, and short stories covering a host of entertaining subjects from doctor's screw ups to gripes about growing old in a society that barely tolerates old folks. He has entertained others all of his life. <https://bkfreelancewritersandpublishers.com/2019/08/09/a-new-book-is-coming-soon-the-rhymes-rhythms-of-a-life/>

## **8/29 & 30**

### **Dallas Shepard | Harmonized Brain Center**

Talking about mental health and suicide and how low energy neurofeedback (LENS) can help many adolescents and teenagers with stress, depression, anxiety, PTSD, ADD/ADHD and concussion/Traumatic Brain Injury. <http://harmonizedbraincenters.com/>

### **Jean Alfieri- Local Author with Crohn's & Colitis Foundation Rocky Mountain Chapter**

Jean Alfieri, a local children's book author, released her latest book, "Zuggy the Rescue Pug: Bellyache Blues," at The Crohn's and Colitis Foundation Rocky Mountain Chapter's Take Steps walk. Half of all proceeds from book sales at the event directly benefited the foundation's efforts to improve the lives of IBD patients. <https://www.crohnscolitisfoundation.org/>

### **Lt. JD Ross & Dr. Kelly | El Paso County Sheriff's Office/Coroner**

JD will discuss BHCON and Man Therapy programs running in El Paso County, as a multi-agency campaign to de-stigmatize "emotional health" issues and the Sheriff's Office pro-active approach to dealing with mental health crisis situations in the field. <http://mantherapy.org/>

### **Gabe Beatty- SAFY Preserving Families, Securing Futures**

SAFY Preserves Families and Secures Futures. Through their Model of Care, they provide coordinated, community-based programs that ensure the physical and emotional safety of each individual while improving family functioning. More Info at [www.safy.org](http://www.safy.org)

## **9/5 & 6**

### **Sarah Stacy, Transitional Specialist for the families, Ithaka Land, Inc.**

Ithaka Land - One leading cause of homelessness is a loss of relationships. Ithaka provides the community and support necessary to recover. The relationships at Ithaka helped a resident "feel human again". <https://www.ithakaland.org/>

**Bazzel Baz- Association For The Recovery of Children** ARC is a 501(c)(3) non-profit organization (est. 1993) comprised of former and active intelligence (CIA), military special operators and law enforcement personnel that rescue missing and abducted American children in domestic and foreign locations. ARC's all-encompassing child recovery program comes at no cost to the custodial parents. They don't come home without the child. <http://www.recoveryofchildren.com/>

### **Theresa Strader – Founder of the National Mill Dog Rescue**

National Mill Dog Rescue's mission is to put an end to the cruelty of the commercial dog breeding industry, more commonly known as puppy mills. Through rescue and education, NMDR continues in its life-saving work while enlightening the public about the truth of pet store puppies. NMDR has taken a national approach to their efforts and they have rescued and placed more than 15,000 mill dogs since their inception in 2007. <https://nmdr.org/>

### **Sofia Sinda- VFW Colorado Winner for the Voice of Democracy**

Established in 1947, the Voice of Democracy audio-essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed recorded essay. Each year, nearly 40,000 9-12 grade students from across the country enter to win their share of more than \$1.9 million in educational scholarships and incentives awarded through the program. <https://www.vfw.org/community/youth-and-education/youth-scholarships>

## **9/12 & 13**

### **Jacob Anderson- City of Colorado Springs**

Report a pothole, vandalism, trash, litter- a safety issue, Parks trails. Also info on COS flights, metro buses events and more, all in one spot. Community members can download the GoCOS! app by searching "GoCOS!" on the Apple and Android app stores. Visitors to the City's website can submit requests in GoCOS! throughout the website and at [coloradosprings.gov/GoCOS](http://coloradosprings.gov/GoCOS)

### **Brian Kilmeade- Author, Sam Houston & The Alamo Avengers**

Sam Houston and the Alamo Avengers recaptures this pivotal war that changed America forever, and sheds light on the tightrope all war heroes walk between courage and calculation. Thanks to Kilmeade's storytelling, a new generation of readers will remember the Alamo—and recognize the lesser known heroes who snatched victory from the jaws of defeat.

<https://www.amazon.com/Sam-Houston-Alamo-Avengers-American/dp/0525540539>

### **Mohawk & Coach – Bikers Against Child Abuse**

Bikers Against Child Abuse, Inc. (BACA) is organized with a central contact person to receive calls from referring agencies and individuals. A recognized, authorized agency with which the child has had contact determines that the child is still frightened by his or her environment. The entire BACA chapter rides to meet the child and he/she is given a vest with a BACA patch sewn on the back.

[https://colorado.bacaworld.org/pikes-peak-chapter/ppc\\_contact/](https://colorado.bacaworld.org/pikes-peak-chapter/ppc_contact/)

### **Sandra Kwesell MSC/MFCT- Pillars for Success**

Pillars for Success is a parent education program that focuses on empowering adults to positively change their interactions with children. The [9 Pillar](#) program for parents works with children of all ages, whether their growth is "typical" or "developmentally delayed" or whether they struggle with mental health issues. <https://www.pillarsforsuccess.com/>

## **9/19 & 20**

### **Dallas Shepard | Harmonized Brain Center**

Talking about mental health and suicide and how low energy neurofeedback (LENS) can help many adolescents and teenagers with stress, depression, anxiety, PTSD, ADD/ADHD and concussion/Traumatic Brain Injury. <http://harmonizedbraincenters.com/>

### **Jean Alfieri- Local Author Crohn's & Colitis Foundation Rocky Mountain Chapter**

Jean Alfieri, a local children's book author, released her latest book, "Zuggy the Rescue Pug: Bellyache Blues," at The Crohn's and Colitis Foundation Rocky Mountain Chapter's Take Steps walk. Half of all proceeds from book sales at the event directly benefited the foundation's efforts to improve the lives of IBD patients. <https://www.crohnscolitisfoundation.org/>

### **Lt. JD Ross & Dr. Kelly | El Paso County Sheriff's Office/Coroner**

JD will discuss BHCON and Man Therapy programs running in El Paso County, as a multi-agency campaign to de-stigmatize "emotional health" issues and the Sheriff's Office pro-active approach to dealing with mental health crisis situations in the field.

<http://mantherapy.org/>

## **9/26 & 27**

### **Lauren | Alternativ Global Entrepreneurs**

As nationals are equipped with business skills and confidence, they are presented with new economic opportunities. These opportunities lead to financial stability, and financial stability leads to critical solutions in eradicating systemic poverty—increased food security, access to education, and life-changing movement for individuals, and entire communities. <https://www.alternativproject.org/>

### **Grace, Max, Chase, Rowan | Pie Corner Band**

Youth band aging from 12 to years old to 14 years old, rocking Colorado Springs and beyond. Sharing about the local events they are playing at and how you can listen to their music. <https://www.facebook.com/Pie-Corner-543778049369437/>

### **Cassandra & Wendy | Harrison School District 2**

District 2 has many options to fit your child's learning style. They honor an open enrollment policy where students can enroll in one of the thirteen elementary schools, one K-8 school, three middle schools, two high schools, one career readiness academy, a home school program, four charter schools and International Baccalaureate programs. <https://www.hsd2.org/Domain/4>

### **Gayle Gross | Soar with Network Fundraising**

Gayle is the Founder and CEO of SOAR with Network Fundraising. She's an author, artist, and fundraising educator. Programs are all available online, and calls provide an easy access point to anyone who wants to learn about raising money, AKA increasing market share. The Center for Non-profit Excellence, Association of Fundraising Professionals of Southern Colorado and Colorado Nonprofits provide the stage to implement her tools into their roundtable discussions. "Marketing Your Nonprofit," "Developing a Volunteer Program – the V-formation," and "Donor Inclusion" are common themes. <https://soarwithnetworkfundraising.org/>