



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-2 2021

April 3 & 4 2021

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 Teams up 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. Jean will share more about her books and how to get involved with the foundation.

<https://www.crohnscolitisfoundation.org/>

Gabe Beatty- SAFY Preserving Families, Securing Futures

SAFY Preserves Families and Secures Futures. Through there 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

4/10 & 4/11

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/>

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/>

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 greatly reducing costs for others. Tune in to hear more about these great programs! <https://www.ppcc.edu/>

4/17 & 4/18**Keri Kahn -CASA of the Pikes Peak Region**

CASA of the Pikes Peak Region is a nonprofit organization that trains and supervises volunteers to represent the best interests of victims of child abuse, neglect, and severe domestic conflict. CASA volunteers are appointed by judges to be a voice for these children in court and in the community. The desired result is that children be placed in safe, loving homes where they can thrive.

<https://www.casappr.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. As a result, the program includes: multiple options to access free digital literacy training in print, online, and in person, the option to purchase an Internet-ready computer for less than \$150; and low-cost, high-speed Internet service for \$9.95 a month plus tax. Apply for the program in seven different languages, please visit www.internetessentials.com.

Teddi Domann- Pro Football Camp

Current and former **NFL athletes** from teams across the league—including Houston Texans linebacker Dylan Cole, Colts Long Snapper Luke Rhodes, Saints Running Back Divine Ozigbo and many more—are volunteering their time and talents to help coach the 16th annual **Pro Football Camp!** For the past 15 years, Pro Football Camp has created an instructional, fun, and uplifting experience for kids 7 - 14 years old in the Colorado Springs area. More than 3,600 kids have learned not only football skills, but also developed character traits off-the-field from listening to NFL athletes coaching at the Pro Football Camp, who share their stories of perseverance, respect, and overcoming adversity in their lives. July 13-15, 2021, 8:00-11:30 a.m. Athletes ages 7-14 TBD. <https://profootballcamp.com/>

5/1 & 5/2**Chuck Broerman- El Paso County Clerk & Recorder**

The El Paso County Motor Vehicle Department is responsible for certification of motor vehicle titles and registrations and acts as a division of the Colorado State Department of Revenue. They also renew Colorado Driver's Licenses and offer other select driver's license services. They have four office locations

throughout the county that provide motor vehicle and driver's license services Monday through Friday. To book an appointment go to: www.epcdrives.com or call 719-520-6240

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5/8 & 5/9

Dr. Cristi Bundukamara (Dr. B) – Mentally Strong

The Mentally STRONG Method is a simple and practical do-it-yourself method for creating sustainable mental strength. Developed by Dr. Cristi Bundukamara, Ed.D, PMHNP (Dr. B), The Mentally STRONG Method utilizes a scientifically based Cognitive Behavioral Approach (CBA) to help you identify your thoughts, feelings, actions, choices, and behaviors, and understand the impact they have on your life. With The Mentally STRONG Method, you will learn how to map your thoughts in relation to your story and your past. The insight you gain will empower you to develop a meaningful vision for yourself. Download the FREE Mentally Strong APP. <https://www.mentallystrong.com/home>

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5/15 & 5/6

Lauren Foster- All Breed Rescue & Training

All Breed Rescue & Training (ABRT) is a nonprofit dog rescue and training organization based in Colorado Springs. Since 1994, they have been rescuing, rehabilitating, and finding forever families for dogs deemed unadoptable and facing euthanasia. Their 98% adoption success rate proves that the positive reinforcement- and relationship-based training works. And they offer this training to the whole community—the many on-site, certified, trainers can help make your canine a happy member of your family, always. <https://haveanicedog.org/>

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5/22 & 5/23

Chris Smith- Jackson In Action 83

Vincent often spoke fondly of his adolescent years spent in Colorado Springs while his father was stationed at Fort Carson. With the support of many good and faithful friends, the Jackson in Action 83 Foundation is hosting the Vincent Jackson Memorial Golf Tournament presented by Mr. Handyman and Mr. Electric of Colorado Springs on Friday, July 16, 2021 at Eisenhower Golf Club (Blue Course) located at the U.S. Air Force Academy, Colorado Springs, CO. Through hosting of this golf tournament, the foundation plans to increase the annual scholarship awards for military dependents in Widefield School District 3. <http://www.jacksoninaction83.org/vincent-jackson-memorial-golf-tournament/>

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5/29 & 5/30

Ben Schoch- Kids Crossing

Becoming a foster parent is a life changing decision, and being a foster parent is a tough job! Foster care is not for everyone, but if you are ready to commit to foster youth in need, Kids Crossing is here to support you every step of the way. Locations in Denver, Colorado Springs and Pueblo. You may also consider sponsoring a foster family event! Kids Crossing holds various types of events and outings for their families throughout the year, and your contribution can help subsidize the costs of these events. To donate, volunteer or look into becoming a foster family <https://www.kidscrossing.com/>

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6/5 & 6/6

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6/12 & 6/13

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6/19 & 6/20

Mason Aksamit- Author, The One-Year Diploma

What if I told you, you could graduate college without going into Student Loan Debt? Imagine starting your dream career without having to make monthly payments towards your already completed education. Mason Aksamit, received his Bachelor's degree from an accredited university in

less than a year and four months without going into ANY student loan debt. He has since used that degree to get a job teaching, as well as he was accepted into a Master's program. The student debt crisis is now in the trillions of dollars, so he feels obligated to share the information in this book with the public. Universities refuse to talk about these strategies, they keep them hidden to increase their income. This book is for anyone looking to test out of their degree, and not run their wallets dry from higher education. The Testing Tutor-

https://www.youtube.com/channel/UCYwwhDQDg7pTb2n_9ugAw6A

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6/26 & 6/27

Dana Schield- Colorado Springs Airport

There are two major airports in Colorado. Colorado Springs Airport is the small one. This might seem like a funny thing to embrace. But it's true, and it means several big benefits for all passengers. Flying a small airport means small lines, small waits and small walks. It means a low stress place to start and finish your travels. Fly with COS and enjoy Colorado's small airport. Always remember "Look Before You Book" anywhere else as the fares are competitive and they offer 40 flights a day with lots of connections available. www.flycos.com

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