



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-4 2020

Weekend of October 3 & 4

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, below:
<https://ridebustang.com/>

Cass & David- Pikes Peak Suicide Prevention Suicide is a topic that has deeply impacted our community. 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. 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. 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 in seven different languages, please visit www.internetessentials.com or call 1-855-846-8376.

Weekend of October 10 & 11

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/>

Dusten St. Germaine- Cave of the Winds Discovered in 1881, Cave of the Winds has been a must-see Colorado Springs attraction for travelers for more than a century. One of the premiere show caves in the United States – and, at 7,000 feet, they also one of the highest! Cave tours, spectacular scenery, rides and attractions from mild to wild atop breathtaking Williams Canyon. <https://caveofthewinds.com/>

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/>

Dan Gabriel- Former CIA Officer now Filmmaker Dan is as qualified as they come, as he completed 6 tours in Iraq & Afghanistan specializing in countering terrorism & violent-extremism, directing counter-insurgency operations, and developing & benchmarking counter-radicalization theory and methodology in the Islamic world. Dan's experience doesn't stop there. Last month, Dan released his debut film, MOSUL, which documents the last battle of the Iraq War, and even includes a chilling interview with a captured ISIS recruiter - taking viewers into the twisted ideology that causes groups like ISIS to take shape, and explains how they will never be truly destroyed. The camera crew for MOSUL was embedded with Iraqi forces, and literally went door-to-door liberating families while taking fire from ISIS (the look on their faces was incredibly moving). <https://mosul-film.com/press>

Weekend of 10/18 & 18

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. www.safy.org

Michael Allen- Veterans Trauma Court Michael Allen is the Senior Deputy District Attorney of El Paso and Teller County. Having served 8 years in the Navy, Michael is very passionate about helping the Veterans in our community. Over 10 years they have had over 400 Veterans graduate through the veterans trauma court program. <http://www.4thjudicialda.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. These dogs are now living as cherished family members across the United States! <https://nmdr.org/>

Lisa Gustafson- Career Transition Coach Working with a Career Transition Coach is one of the most powerful ways to get clarity around what you want. 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 what may or may not work for you. <https://lgustafson.esourcecoach.com/>

Weekend of 10/24 & 25

Beth Roalstad, Executive Director of Homeward Pikes Peak It's a tough and uncomfortable topic, but 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. They help clients become good employees, good neighbors, and sober living advocates. Their outreach workers meet unsheltered people where they are, connecting them to available community services and the possibility of home. <https://homewardpp.org/>

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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>

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Weekend of 10/31 & 11/1

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 specializes in personalized, interactive learning featuring online curriculum blended with face-to-face instruction. recently selected as one of the top 50 Alternative Education Campuses in the nation and is the only A.E.C. designated as a Microsoft Showcase School in the world! GOAL currently serves over 4,600 students. <https://goalac.org/>

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Jacob Anderson- City of Colorado Springs The City of Colorado Springs has a NEW app GOCOS! It is super cool 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. 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

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>

Weekend of November 7 & 8

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>

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is expanding its involvement with suicide prevention and addressing the mental health of its students in a very real way. <http://www.pikespeaksuicideprevention.org/>

Majors Jim & Rachel Gallop- The Salvation Army First, they assess the needs of each community in which they serve. 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, they offer the local programs to the local community, working to continually optimize their efficacy via spiritual, physical, and emotional service. <https://www.salvationarmyusa.org/usn/>

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. Liaison contacts the family and an initial ride is organized to meet the child at their home or in some other location. 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/

Weekend of November 14 & 15

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. They offer solutions for families across the globe! <https://www.pillarsforsuccess.com/>

Cassandra- Pikes Peak Suicide Prevention with Brittany -Education for a Lifetime Education for a Lifetime promotes conversations around relationships and mental health, with an emphasis on sexual activity and suicide prevention. While advocating for optimal whole-person health, EFL focuses on removing stigma around these topics. Their mission is for every student to have healthy, non-violent relationships, and access to help and hope to live purposefully. <http://educationforalifetime.com/>

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. At Matthews-Vu it's all about you! <https://www.matthewsvu.com/>

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/>

Weekend of November 21 & 22

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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 Liaison determines that the case is legitimate, meaning that the authorities have been contacted, and the case is being processed within the system. The Liaison contacts the family and an initial ride is organized to meet the child at their home or in some other location. 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/

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. Like his Facebook page Tanner Max for more info and to ask questions! <https://www.facebook.com/TannerMaxx/>

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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. At age five, Ben Echeverria was already an entertainer. He loved to dress up in formal wear and strike poses for the camera. He enjoyed being on stage or behind a set of drums. 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/>

Weekend of November 28 & 29

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 Working with a Career Transition Coach is one of the most powerful ways to get clarity around what you want. 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 what may or may not work for you. <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/>

Weekend of December 5 & 6

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More Info at www.safy.org

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Weekend of December 19 & 20

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Ashley Perry, Board member, Catamount Institute Catamount Institute mission is to connect kids to the outdoors. Creating a positive relationship with being outside through education and adventure. Their programs work with over 8,000 kids each year connecting them to nature in their backyard and in Colorado's beautiful back-country. Kids today are only spending about 7 minutes a day outside. <https://www.catamountinstitute.org/>

Greg Morris, Executive Director, Ascending to Health Respite Care Ascending to Health is the only facility in the Pikes Peak region offering homeless individuals a safe place to recuperate after a hospital stay. Their respite services assist with meds management, benefits enrollment, connections to primary care and supportive housing options. They partner with hospitals to provide a vital safety net to our community’s most vulnerable, because no one should have to recover on the street. <https://www.athrc.com/>

Weekend of December 26 & 27

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/>

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