

Issues and Programs

First Quarter 2024

Community Affairs Programming

KOSI 101.1 FM and KOSI HD2

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Mile High Magazine

Mile High Magazine is a weekly public affairs program intended for their listeners in the Denver Metro area, as part of meeting programming obligations as stipulated by the Federal Communications Commission and Communications Act of 1934.

At sixty minutes in length, **Mile High Magazine** consists of two-three segments weekly which are produced and hosted by Bonneville-Denver personalities Adam Morgan, Murphy Huston and Melissa Moore. Specific comments and inquiries regarding programs, content, and guests should be directed to Ms. Geffre at (303) 321-0950 or at publicaffairs@bonneville.com.

Topics on **Mile High Magazine** cover issues of concern to the Denver Metro community as ascertained by the program hosts, listeners, other programming staff, and through quarterly meetings sponsored by the Colorado Broadcasters Association.

This listing is not intended to be all-inclusive, but is representative of the programming broadcast by KOSI and directed to the needs of our audience.

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ISSUE 01 – HEALTH

Date: 01/21/2024 and 01/28/2024

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Leora Joseph Director

Summary: The Colorado Office of Behavioral Health oversees over 1,000 cases of child physical abuse and neglect. It also administers the states two mental health hospitals. One principal focus of the office is in the area of mental health and the criminal justice system and youth in the juvenile justice system with mental health challenges. This program goes inside the system and how it is making things better.

Date: 02/18/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Dr. Angela Tran, DO Internal Medicine Doctor and Obesity Expert

Summary: Your heart is one of the most important organs in your body. Being overweight can put you are a higher risk for higher cholesterol, diabetes, and high blood pressure, all of which could lead to a heart attack or a stroke. The extra weight puts more load on your heart and it can cause strain and restrict the blood flood. Good fats we can consume are avocado, almonds, walnuts, fatty fish. Health fats can help lower your cholesterol and blood pressure. The bad fats are in butter, creams and oils, even meats high in fat. Knowing your numbers helps you understand what adjustments you need in your diet. High sugar can also affect the walls of your blood vessels, when vessels are damaged, it makes you more at risk for infections or other medical issues. Some simple things to lose weight are making sure you have 10,000 steps a day, eating more healthy fats and lean proteins, even getting a restful sleep. If you take care of your heart, it will take care of you.

Date: 02/25/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Dr. Terry Dunn

Summary: Botox is used in medicine for lots things, not just wrinkles. Botox can also be used for migraines and overactive bladder. overactive bladders when you have to go to the bathroom all the time and your bladder starts to control your life. Botox is a great life changing treatment option for overactive bladder. njected into the muscles and the bladder. The procedure is done under anesthesia, not at a hospital, it helps the muscles relax so women don't have that constant symptom of the bladder muscle spasming it's causing. The Botox paralyzes those muscles and makes them work more correctly. Overactive bladder happens mostly in women but in men as well and it does not matter the age. Perimenopause can start in the 40s, and even some women in their late 30s, and it's hot flashes, decreased energy, brain fog, decreased libido and just not feeling like yourself.

Date: 02/25/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Dr. Terry Dunn

Summary: March is Colorectal Cancer Awareness Month. Colorectal cancer is a malignancy that develops in the colon or the rectum. Screening now starts at 45 because, colorectal cancer is going to be the number one cause of cancer related death in people aged 20 to 49 by 2030. There are four main symptoms to be looking out for, blood in the stool, unexplained abdominal pain, if

you have unexplained fatigue or weight loss, and if you have unexplained iron deficiency. Kendra was diagnosed in her 30's, she did not know her family history but went to her primary doctor when she knew something wasn't right. The doctor ordered a colonoscopy and they found stage 1 cancer. Even if you are healthy, it is so important to have that relationship with your primary doctor. When you know when you need help or when to discuss screening or just to make sure that you're healthy and stay healthy, having a good relationship with a primary care doctor or a nurse practitioner or physician's assistant can make all the difference.

Date: 03/03/2024 and 03/10/2024

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Deidre Johnson Executive Director

Summary: The vision of the Center for African American Health is to create opportunities for Black individuals and families to live in healthy, vibrant, and sustainable communities. They achieve their vision with such programs as diabetes self-empowerment education, mental health support and aging mastery and events as the Spring Collaborative Health Expo.

Date: 03/31/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Monica Murray, a doctor of audiology with UnitedHealthcare

Summary: Hearing loss is the third most common chronic health condition in the United States, there are about 48 million adults who experience hearing loss to some degree. Partially due to exposure to loud sounds and due to age related changes. There are many social and mental impacts due to hearing loss. People stop doing certain things because they get frustrated. Once your hearing is gone, you cannot get it back. Tinnitus is a persistent noise you hear; it could be a crackling noise or even a buzzing noise. If you have tinnitus, it is important to go and get your hearing checked by a health care professional. Wish of A Lifetime grants life changing wishes to older adults that helps them celebrate their accomplishments and share their stories and empowers them to chose how they live as they age.

ISSUE 02 – SOCIAL ISSUES

Date: 01/07/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Maria Trujillo

Summary: Human Trafficking is the exploitation of someone for their compelled labor, through commercial sex or it could be other forced labor. This is someone who is forcing, defrauding or coercion to work in a particular area and they are not receiving any pay or any benefits. Human Trafficking happens here in Colorado to all genders, ages and socioeconomic backgrounds. Human Trafficking every day and all over the state. It could be hard to spot someone that is being trafficked since it can look different for every person. Somethings you can look for are common sign risk factors like, is someone being paid very little, they owe money to their employer for housing or food, are they having to constantly checking in with someone. Most trafficking situations do not happen with a stranger, the person works very hard to develop a trusting relationship to develop that relationship.

Date: 01/07/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Michael Gadlin Director

Summary: PlatteForum connects high school students and professional artist. They have programs that are created around the artist practice. The high school students get to see what the artist is working on and their process. It helps the students with exploration and for them to notice their own fill potential. The high school students need to apply to be in the program and they are also paid interns. The high school students can apply once they are sophomores, and they are with PlatteForum as long as they are in high school. The current exhibit, they gave the teens the space. Over the past year, they have created work on issues and topics that are important to them. They range from social justice that are impacting their community and things that they are worried about such as housing, mental health, and climate change just to name a few. The show runs from January 5th – 21st.

Date: 01/14/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Jason Hopcus President Nami Arapahoe/Douglas Counties

Summary: People are talking about their mental health more then before. The system cannot keep up with the demand. Jason started the Connection Project to help meet everyone were they are. The Nobody's Perfect podcast starts with education and giving people resources. Through a survey and focus groups they learned topics that people are needing resources for, coming at the of the first quarter there will be a hub people can go to so they can find the resources they need. Perfection isn't real, your story is.

Date: 01/14/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Jill Shenkel Henwood Executive Director

Summary: The Nathan Yip Foundation is named for the son of the founders Linda and Jimmy Yip. The Yips lost their only son Nathan in a car accident in 2002. For the first 15 years, they helped fund rural schools in China and international. In the last 7 years started focusing on rural schools Colorado. They provide grants to schools, districts and teachers. In Colorado 146 out of the 150 school districts in Colorado are considered rural. On February 3rd, the Nathan Yip foundation will have their Luner New Year Gala. The event includes a Lion Dance, silent and live auction, silent disco, palm reader, calligraphy, a night market and more! All proceeds from the evening benefit The Nathan Yip Foundation. This year is the year of the dragon which symbolizes power, nobleness, honor, luck, and success.

Date: 01/14/2024

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Racheal Noel Denver School Board member, Anna Swain and Sarah Foster Shorter Church members, with an interview with son Martin Luther King, Jr

Summary: For the 60th Anniversary of his principal consulting trip to Denver, with a side stop in Littleton by Dr. Martin Luther King, Jr. for the 2024 holiday, this program reflects upon that visit.

Date: 01/21/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Dr. Jody Ryan Chief Medical Officer for WellPower, formerly Mental Health Center of Denver

Summary: Dry January started as a public health challenge in the UK in 2013. It gained popularity and 35% of Americans participated last year. People double the amount they drink in a year between Thanksgiving and New Year's. People will use January as a reset to get their health back on track. A fifth of millennials and a quarter of gen z were unable to stay dry so they did damp January. Damp January might be being more mindful so maybe cutting back one day a week or even one drink when you go out. The truth is no amount of alcohol is health. Alcohol is a toxin that helps people feel more relaxed but it can cause inflammation and can cause liver cancer and heart disease.

Date: 01/21/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Amy Miller, Executive Director

Summary: Domestic violence deaths in Colorado are at an all-time high with 94 persons lost to such incidents in 2022. Now the state has a domestic violence prevention awareness program developed to run ten years to drastically lower or end domestic violence during its decade.

Date: 01/28/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Kevin Petersen Licensed Marriage and Family Therapist

Summary: This is a difficult time of the year for many people. Five things that can help people are exercise, nutrition, community, therapy and possibly medication. Exercise even for just a short time is great for people's mental health. Nutrition, what we put into our body can change our mood. Studies have shown people who eat more sugar are more lonely and salt are more anxious. Community gives people the sense of what they are going through that they are not alone. Therapy is a great resource for people to just listen to them. It is a small as just the connection, it is helping them feel seen and heard. Some people just have biological and chemical imbalances. Sometimes medication can help to regulate that. Medication is just there to give you a little help and not use for the rest of your life.

Date: 01/28/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Andrea Malcomb, Director

Summary: Margret Brown known to many by Molly Brown, married a gold miner in Leadville who help lead one of the largest gold strikes in American History. They moved down to Denver in the Capitol Hill area. JJ and Margret Brown were avid art collectors. The Molly Brown house has a new exhibit they are getting ready to display called The Rise and Fall of Mining Towns in Colorado. The paintings show case Colorado history and mining towns. The works featured are from the collection of Robert G. Lewis, Esq. The exhibition is open from January 24th through March 24th.

Date: 01/28/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Jeff Smith head Coach and Owner

Summary: Dive 5280 is a program that was created to help those who want to be spring board divers that compete both nationally and internationally. Dive 5280 holds kids accountable and get them prepared for life. One thing Jeff has noticed has been the over the years the mental health of the youth has been changing. He shares his opinions with us on things that he has been noticing on some things he has been seeing.

Date: 02/04/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Alison Jacobson is the CEO

Summary: First Candle is committed to ending sudden unexpected infant death through education and outreach campaign but also providing support to families that have lost a baby to sudden unexpected infant death or stillbirth. SID stands for sudden infant death, SUID stands for sudden unexpected infant death. There are 3,500 SUID deaths a year; the rate has not gone down in 20 years. During the pandemic, while the rate stayed the same, the number went up for black children. Breast-feeding can reduce the rate of SUIDs by 50% but they also believe in meeting families where they are at and there is no shame if they cannot. The best way for a baby to sleep is on a very firm flat mattress on their back with no blankets or stuff animals.

Date: 02/04/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Eugene Ebner Page

Summary: Love Changes Everything will be at the Fox Theater in Aurora on March 3rd. The theme is to bring all types of artistic people together to give back to the community. The money raised from the concert goes to the Denver Actors Fund. The concert will feature improve and group numbers, and music ranging from pop to jazz. There will be a number of Broadway actors lending their support for the event. The Denver Actors Fund is a source of funding for members in the theater community when they need medical assistance. The Denver Actors Fund provides financial and practical. They also will help actors with pets. Ticket prices are based on a sliding scale.

Date: 02/04/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Dr. Jeff McWhorter (chiropractic neurological rehabilitation) & The HBOT Spa

Summary: Concussions tend to be higher during this time of there year in Colorado because of all of the winter sports we offer. People do not realize you can still get concussions from skiing. They can be caused my person to person contact to even the condition of the snow. One of the ways to prevent injuries is to wear proper gear and the main thing would be to wear a helmet. One of the best helmets to wear will have a yellow sticker with MIPS on it. MIPS stands for Motion Impact Protection System. Concussions can happen from something as simple as slipping on ice. Somethings to look to see if you have a concussion are headaches, dizziness, nausea or even sensitivity for light or sound. Any laps of memory or fogginess or confusion or common knowledge information are indicators it would be a moderate to sever head injury. Changes to emotions is an indicator to go to the hospital for CT scan.

Date: 02/11/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Stephanie Piko Mayor, City of Centennial and of President Centennial Arts and Cultural Foundation and Libby Swenson Regional Director of Donor Engagement

Summary: Love Justice is an anti-human trafficking organization. Human trafficking is a crime that involves compelling or coercing a person into labor or services or to engage in commercial sex acts. This can be emotional or physical. It is the fastest growing criminal industry in the world today. Love Justice works in places of transit such as bus or train stations and even the airports to identify and stop trafficking as it is occurring. On February 21st at the Village Workspace will be an event that will showcase works of art that were commissioned to support Love Justice by the Freedom 58 Project. Local artist created artistic renditions of stories from people who were saved from human trafficking situations. There will be over 120 pieces of art on display. The event will not only show the art but people will also hear from Love Justice, The District Attorney's office, and Sheriffs' office to hear about the human trafficking impact in Centennial. The event is free to the public.

Date: 02/18/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Meghan Shay Executive Director

Summary: Step Denver is a men's residential addiction recovery program for primarily homeless men. Step Denver gives them the time and structure of a sober environment to achieve lasting sobriety but also help them rebuild their life from the ground up. They help them men get tax paying full time employment, teach them how to manage and budget finances, rebuild family relationships, and even health issues. They help around 400 men each year. They have four core principals they focus on, sobriety, work, accountability, and community. They provide same day admission and there is no cost to enter. Out of the men they are in contact with 80% stay sober, 84% stay employed, and 91% have stable housing.

Date: 02/18/2024 and 02/25/2024

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Paul Lopez Denver City and County Clerk and Recorder

Summary: With the presidential primary coming up, Election Judges and Volunteer workers are essential to its operational integrity. Our system operated by these workers keep our democracy strong. With more workers needed their personal safety is high on the agenda of Colorado Clerks. Getting prepared for the primary and future elections and workers is the focus of this edition.

Date: 02/25/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Doni Aldine CEO

Summary: Culturs sheds light on the cultural in between. What that means is people who have a foot in two or more cultural worlds that could be multiethnic, multicultural, racially fluid or geographically. Culturs Magazine educates, activate and inspire people who are in between cultures and those who love them. Each issues features a different location and focuses on the culture in that location, the history, the culture of the people, and the food just to name a few. Culturs Magazine has been partnering with CU Boulder College of Media and Communications.

The students have come up with a campaign how to get more students culturally informed and diverse. There are 281 million people living outside of their passport country. The missing E in cultures stands for the hidden diversity of our population.

Date: 03/03/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Kevin Peterson A Licensed Marriage And Family Therapist And Founder

Summary: You did try January, now see how you feel? Kevin recommends now when you go out, try just having two drinks and see how that goes. Alcoholism is defined, once we start drinking, we can't control it or stop. Alcohol and drugs is about changing your mood, changing your feelings and changing your behavior. When you go out, see how you do to limiting yourself to just two drinks. Start keeping a chart and see how you are doing. If you start going over four or five drinks a night more than once a week, it might be time to see a therapist.

Date: 03/03/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Jin Shin Founder, CEO & Mental Wellness Coach

Summary: Jin Shin calling it to help prevent suicides. He had his first encounter suicide with suicide at 15. A friend of a friend was threatening suicide and the only person he would agree to talk to was Jin. They spoke on the phone for 45 minute and luckily the story had a happy out come. That person now has a masters degree and two children. Mental health is about being present. Two mindfulness techniques, reductive and additive, aid this. Reductive mindfulness uses meditation and yoga to refocus our attention. Additive mindfulness addresses lingering unease through reflection therapy and journaling. The Pencive app, launched in June, supports journaling and emotion identification. It features a feelings wheel and a sharing function where only the author sees responses.

Date: 03/03/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: DaVarryl Williamson Colorado Sports Hall of Fame Boxer

Summary: DaVarryl started boxing at 25 and turned professional 25 days before his 32nd birthday. He is one of only three boxers who are part of the Colorado Sports Hall of Fame. Black History Month has a very personal meeting to DaVarryl. Having been born in Washington DC in the 60's, he has been fortunate to observe the influence of prominent figures like Muhammad Ali and Barack Obama. Simultaneously, he has been able to introspect on his own path. This has been inspirational for the younger generation, who can see successful individuals who share their racial identity. At DaVarryl's gym, he is encouraging kids to flex all their muscles with activities at the gym like playing piano or chess. Boxing offers so much, one of the things DaVarryl learned was confidence. It also teaches you resilience, you are bound to face opponents in life that you are going to have to overcome.

Date: 03/10/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Shanna Shelby, Denver Arts & Venues Exhibition Curator

Summary: In March, the Buell Theater presents "Solo en Papel: 30 Años de Grabados", a retrospective of artist Emilio Lobato's 30-year printmaking journey. Lobato, known for his

paintings, showcases serene and classic printworks. The exhibition runs from January 20 to April 7, 2024, as part of the Month of Printmaking. There will be two free open house events during the exhibition: March 18th and March 23rd, both from noon to two. Denver Arts & Venues oversees this cultural celebration, as well as managing iconic venues like Red Rocks and the Denver Performing Arts Complex. Keep an eye out for the upcoming show “Click, Clack, Squeak”, featuring diverse shoes from around the world.

Date: 03/10/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Ken Paieski Vice President

Summary: In 1989 Nan Wolbert, a registered nurse, had a severe head injury and she was looking for some recreational activity to improve her concentration and balance. She started for golf for fun and then it turned into more people who were disabled came. They work with people of all ages and disabilities. Adaptive golf is different because everyone is different. They will provide clubs if the person does not have them.

Date: 03/17/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Kevin Petersen Licensed Marriage and Family Therapist

Summary: The childhood and the family that you were raised in is call it family of origin. That's where all the markers are set. You may think you had a perfect childhood but there is no such thing. You think what you grew up with is normal, it could be addiction, abusive or even absent. Your therapist is just looking for data to understand who you are and how they can help you. Once you are aware of where you behaviors are coming from, you can work on how to change them. There is no quick fix and it will take time. The moment you come in and ask for help, you are already starting the process to start the change.

Date: 03/17/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Ken Dalton

Summary: New Hope Ministries is a non-domination church, they also have a men's and women's home to help those that are struggling with drugs, alcohol and behavioral issues. A typical day would be, they go to the church and do chores, they go and pray and have a church service, they go finish their chores, followed by more prayer and services. They cannot get a job until they are clean and sober, once they are clean and sober, they enter a re-entry program. Sometimes people leave on their own, after a year they are blessed to go out and start life. Some people have been the homes for five or six years. They will be doing a play on Easter Eve that the youth pastor helped put together. The play will follow when Jesus was put on the cross and what he died for. Also during the play, people will give testimony how their lives have been changed.

Date: 03/17/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Jennifer Anderson Deputy Director

Summary: March is problem gambling awareness month. The Colorado Lottery is working with other organizations in the state to help raise awareness and provide recourses to folks who think

they are problem gamblers. People who hide how much they are gambling or not paying their bills to use the money for gambling, would be considered problem gamblers. The Colorado Lottery is working to make sure that even giving scratch tickets could cause problem gambling later in life.

Date: 03/17/2024

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Alex Egbune Health Equity and Wellness Coordinator

Summary: The mission of the Black Parents United Foundation (BPUF) is to educate and provide resources to improve health in disproportionately impacted communities. This includes African American, Latino and Native American people who face increasing barriers to accessing and utilizing health care.

Date: 03/24/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Michele Majeune

Summary: March is Developmental Disabilities Awareness month, dedicated to raising awareness about the inclusion and contributions of individuals with developmental disabilities across all aspects of life. During this time, we also acknowledge the ongoing work required to eliminate barriers to their full participation. A developmental disability is one that manifests before the age of 22. However, rather than solely focusing on disabilities and impairments, DDRC (Developmental Disabilities Resource Center) emphasizes building on individuals' abilities. Their mission is to create opportunities for people of all ages with intellectual and developmental disabilities, enabling them to fully engage in their communities.

Date: 03/24/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Renee Ferrufino Vice President of Development

Summary: The Women's Foundation of Colorado is a statewide Community Foundation dedicated to safeguarding women's progress and promoting gender, racial, and economic equity. They serve all 2.85 million women in Colorado, spanning all 64 counties. Their initiatives include providing grants to address women's basic needs and foster economic mobility. Additionally, they run the WINcome program, which assists women by offering financial support for housing, rent, mortgages, transportation, car expenses, and home-related costs. The foundation also contributes through donor advice funds and giving circles. Despite being half of the population, women receive only 1.9% of philanthropic dollars from foundations, and women of color serving women and their families receive a mere 0.5%. Notably, Colorado is making significant strides in closing the gender pay gap, surpassing other states by more than threefold.

Date: 03/24/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Vicki Macki Executive Director

Summary: Sites and Insights provides programs for adults impacted by cancer, addressing emotional trauma associated with a cancer diagnosis. Their support extends to patients, survivors, caregivers, and clinical staff. Regardless of cancer type or treatment location, they offer a unique approach to transform fear, anxiety, and grief into hope, motivation, and

empowerment. These programs utilize therapeutic art, color science, complementary therapies, mindful healing tools, and neuroscience research. Participants learn to creatively express their emotions in a safe, abstract manner. All programs are free, with supplies delivered or shipped directly to participants.

Date: 03/24/2023 and 03/31/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Marc Jacobson CEO

Summary: Many times the challenges of homelessness and housing are accompanied with hunger and food insecurity. Hunger Free Colorado is a one-stop shop for food resources statewide. They provide community contacts for information on food, nutrition, and offer assistance to access public benefit programs like SNAP.

Date: 03/31/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Imani Williams

Summary: Bella Boutique provides free formal wear shoes and accessories to low income students, they support those that need help getting ready for homecoming and prom and can't afford to go otherwise. They started in 2014 and helped 14 girls that year and since then it has grown to help 550 students this prom season. They have over 2000 dresses. A student makes an appointment, they get paired with a one-on-one with a personal shopper and the personal shopper helps them pick out their dress. The dresses they have in stock range from size 0 to size 30. All the dresses are donated and are either new or have only been worn once. They have also had people donate new jewelry, shoes and accessories.

Date: 03/31/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Jonathan Dickerson

Summary: The Center for Relationship Education a science based, healthy relationship development skills training, that teaches you how to have healthier relationships at all ages. They start as young as fourth grade and have even been in a senior living facility. They have a number of programs and they are also free. They also offer programs for first responders and military. The Center for Relationship Education want to make sure that anyone who want to have healthier relationships, as the path to get them.

ISSUE 03 – FAMILY

Date: 01/07/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Rebecca Heinrich Director

Summary: Mothers' Milk Bank works with neo-natal intensive care units (NICUs) at hospitals across the country are able to have nutrition for pre-term babies. Since the babies are so small, Mothers' Milk Bank provides human milk for babies and makes sure that is safe and screened so they are getting the proper nutrition. There has been an increase in demand with clinicians learning about the benefits of donor human milk. The clinician are recognizing more and more the nutritional benefits plus the immune system benefits. Human donors are mothers who are producing more milk then they need for their baby. A mother has to be prescreened with

medical questions and some blood work, after you are approved they will send a courier to pick it up, you can take it to the hospital you delivered at, or they even work with FedEx to overnight. In 2023 they had 800 new donors with a total of 685,000 ounces. If a family is needing donor milk, talk to your care team and they will help you out. If you have been discharged and still needing help, you will need a prescription and call the Mother's Milk Bank.

Date: 01/21/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Rich & Shelly Howard Founders

Summary: OneFamily is a non-profit that helps families with parenting tools to improve their marriages. Spouses are not on the same page with their parenting styles so their styles are contradicting each other which is hard to support the other parent and hard on their kids. Many parents today are reactive and they do not have a chance to be proactive. OneFamily helps give tools and practical advice to help parents be proactive and to help them build a healthy and strong family.

Date: 02/04/2024 and 2/11/2024

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Dr. Evie Dennis

Summary: February is Black History Month. Dr. Evie Dennis was the first woman and African American to serve as Superintendent of the Denver Public Schools. She was also the first woman Vice-President of the United States Olympic Committee. She discusses how parents can be more effective to make their children stronger achievers with education and shares insights into managing the athletes of the Olympic team away from the performance venues at the Games.

Date: 02/11/2024

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Cathy Sandoval Executive Director

Summary: Rocky Mountain Children's Health Foundation believes no family with a sick child should have to go through that experience alone. They help the families get through the crisis so they family can focus on their child getting better. Financially they help families buy groceries, gas or even living expenses in some cases. Emotional support, they have two different K9 programs. The first program, matches kids with an emotional support dog that are with them for life. The other program, they take the dog to the hospital to interact with the kids to help when they are feeling down. They also help with nutritional support, one program they use is The Mothers Milk Bank. Coming up on February 24th is the 12th annual Kaleidoscope Gala at the Ritz-Carlton in downtown Denver.

ISSUE 04 – ENVIRONMENT

Date: 01/14/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Jennifer Orrigo Charles Executive Director

Summary: Colorado Preservation Inc.'s helps saves places around Colorado that are historic. They work on 16 places a year and have done everything from surveying to restoration. Coming up January 31st - February 2nd is the Saving Places Conference. If you cannot attend in person, you can also watch online. This year the theme is focused on sustainability and resiliency. You

will see different kinds of attendees from community planners, historians, students, realtors, homeowners interested in historic homes, everyone is welcome.

Date: 02/11/2024

Time: 6:15 am

Duration: 15 minutes

Title/Guest: Jim Fricke Executive Director

Summary: The Colorado Garden Foundation was formed in 1958, the same year as the Botanic Gardens. The Colorado Garden Foundation was originally formed to help raise money for the Botanic Gardens and now they also give out grants and scholarships. They have give away over \$13 million dollars in grants and scholarships over the years. The Colorado Garden and Home Show will start on 2/24 and will run until 3/3 There will be eight gardens that will have over 8,000 flowers in bloom. After the show, the flowers that were used in the display gardens are donated to nursing homes around the city. On 2/28 they change out some of the flowers and if you go down right outside the show entrance, you can buy the plants for \$2.00.

ISSUE 05 – ECONOMY/FINANCIAL

Date: 01/07/2024

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Kevin McNulty, Career and Applied Pathways Manager and Nate Cadena, Chief Impact Officer

Summary: What to do next after high school graduation? It's the first major decision for many a young adults life. The Denver Scholarship Foundation partners with students, families, and supporters to increase access and completion of post-high school learning including career and entrepreneurial opportunities.

Date: 02/18/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Dave Young Colorado State Tresure

Summary: When a person has money that they were separated from a bank, insurance company, a last paycheck, etc., the company must hold on to it for a certain period of time. After a certain period of time, that company turns the money over to the Treasury and it becomes their job to find that person. Currently they are holding over a billion dollars. You can go to their website and search for your name and claim that money. You have to go through a process to verify your identity. The Tresure holds on to that money forever. In 2023, they returned over \$52 million.

Date: 03/10/2024

Time: 6:30 am

Duration: 15 minutes

Title/Guest: Isabel Dickson Economic Mobility Manager at *Colorado* Department of Public Health and Environment

Summary: Get Ahead Colorado and Hacia Adelante Colorado are statewide awareness campaigns designed to educate people about tax credits and encourage tax filing. Their websites offer three free, secure methods for filing taxes. In 2023, the federal Child Tax Credit provides \$2000 per eligible child aged 0 to 16, with up to \$1600 being refundable. Additionally, Colorado residents can benefit from the Colorado State Child Tax Credit for children or dependents under age 6. Income level impacts eligibility, and if qualified, Coloradans can receive an additional amount ranging from \$200.00 to \$1200, in addition to the federal credit. The Taxpayer Bill of

Rights (TABOR), a Colorado state law, allows eligible residents to receive a one-time refund for the 2023 tax year, with potential refunds of up to \$800 (or \$1600 for joint filers). Remember, filing your taxes is necessary to access these benefits. Visit their websites for free resources and secure assistance, including a map of Colorado Vita sites—IRS-certified free tax filing locations. You can also call 211 for further assistance.