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PRESS RELEASE

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BEK TV Premieres New Documentary Series: *My Town* Series Showcases the Spirit of Rural America

Bismarck, ND – BEK TV, the station known for producing more local content than any other broadcaster in the Midwest, is once again expanding its powerhouse lineup with a program that viewers are sure to love. *My Town* is a groundbreaking documentary series written and directed by 3-time Emmy Award-Winning Documentarian and TV Anchor Cory Hepola. With a mission to break down the popular misconceptions of the rural lifestyle, Hepola takes viewers on a journey through 15 small towns across six states, showing why talented people continue to choose rural America as home.

Beginning Sunday, October 5, 2025, *My Town* will air on BEK TV every Sunday at 6:30 p.m. CT. New episodes will premiere every other Sunday, followed by a rerun of the episode the next Sunday. Watch on your local [BEK TV channel](#) or stream each episode on the [My Town Series YouTube Channel](#).

"Small towns have what everyone is searching for," said Cory Hepola, Director and Host of *My Town*. "Younger generations are prioritizing quality of life, and you can't find it any better than in rural America. *My Town* shows why talented people are choosing to call these special places home."

Since premiering online just 10 months ago, *My Town* has already reached more than 2.1 million views in 44 states and 40 countries. "For years, BEK TV has focused on sharing authentic stories from rural towns, so we're thrilled with their enthusiasm to showcase our My Town communities to their audience," says Hepola.

BEK TV has built a reputation for producing authentic, unscripted, and uncensored programming that reflects the voices and values of its viewers. Named *Best Local TV Station* in the Bismarck Tribune's "Best of the Best" contest four years in a row (2021-2024), BEK TV continues to be the Midwest's leader in local content.

(more)

For more information, visit these pages:

[BEK TV webpage](#)

[My Town Facebook page](#)

[My Town Instagram page](#)

BEK TV is one of the only locally-owned, non-corporate television broadcasting networks remaining in the country and produces more local content than any other television station in the Midwest. It broadcasts in North Dakota on over-the-air television and across the world via streaming on BEK TV+.

The concept behind BEK TV's programming is to provide a media service platform that is unscripted and uncensored. The majority of BEK TV hosts are untrained broadcasters who share their perspectives and views on topics and issues that people are talking about. The BEK network never controls the messaging.

BEK TV is the 2021, 2022, 2023, and 2024 winner of the Bismarck Tribune's Best of the Best contest, selected by the people for "Best Local TV Station". BEK TV host Lori Hinz is the winner of the 2024 "Best TV Personality" award. Both were chosen by the people.

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