

Issues/Programs List

Date Filed: July 8,2016

Quarter Date: 2nd Quarter 2016

Title of Program: Info Track

Time of Airing: See Below

Duration Program: 25 minutes

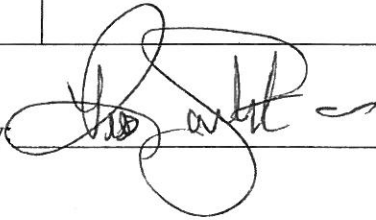
Stations & Airtime: WREZ – 5a; WZZL – 5a; WGKY – 10a

Program Information

Date	Guest/Topic	Issue
04/03	Downsizing - Marie Jameson Heroin - Tracey Mitchell Saving- Arielle O'Shea	Senior Citizen Mental Health Retirement
04/10	Job Market - Michelle Riklan Health Problems- Judy Foreman Rightsizing- Ciji Ware	Career Health Recycling
04/17	Terrorism - Robert Sholly American Prison - Shaka Senghor Economics- Monica Deza	Terrorism Crime Prison Reforms
04/24	Internet - Steve Case Public Health - Ellen Smit Credit Cards - Matt Schultz	Internet Obesity Consumer Matters
05/01	Polleye - Steve Roberts Traffic Ticket- Laura Adams Retirement- Julia Cameron	Education Traffic Safety Retirement
05/08	Retirement - Ric Edelman Health - James Hubbard Reducing Water - Simon Davidoff	Service Issues Emergencies Environment
05/15	Health - Martin Gibala Gangs - Chris Melde Aging Gracefully- Matthias Hollwich	Health Crime Home Safety
05/22	Consumer Opinions - Bart De Langhe Sleeping- David Brown Smoking - Judith Prochaska	Consumer Marketing Careers Personal Health
05/29	Sexual Harassment - Dorothy Espelage Incomes - Greg Kaplan Distracted Driving - Michelle Macy	Violence Economy Traffic Safety
06/05	Church- Tyler VanderWeele Smart Phones- Kostadin Kushlev Brain - Carl Cotman	Religion Mental Health Alzheimer's Disease
06/12	Drinking Issues - Charee Thompson Gender Equality - Iris Bohnet Unethical- Matt Quade	Substance Abuse Gender Equality Ethics

06/19	Grandparents - Leslie Stahl Tech - Kevin Kelly Working Time - Edward Brown	Technology Child Custody Productivity
06/26	Kids Attitude -Michele Borba Problem Solving- Brian Christian Saving Energy- Sumir Karayi	Parenting Technology Energy

Filed by



Date:





Weekly Public Affairs Program

Call Letters: WREZ/WZZL/DCKY

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2016

Show # 2016-14

Date aired: 4/1/16 Time Aired: _____

Marie Jameson, home and lifestyle columnist, author of "*Downsizing The Family Home: What to Save, What to Let Go*"

Nearly everyone eventually faces the difficult, emotional journey of downsizing an aging parents' home. She talked about the often unexpected emotions and challenges as people sort through a lifetime of possessions. She explained how to make wise decisions on what to keep, toss or sell, and why it is usually easiest if elder family members are involved, rather than leaving the task to their heirs after their death.

Issues covered:

Length: 8:56

**Senior Citizens
Retirement Planning
Mental Health**

Tracey Helton Mitchell, former heroin addict, author of "*The Big Fix: Hope After Heroin*"

Ms. Mitchell shared her story of addiction and recovery. She spent eight years on the streets of San Francisco as a heroin addict, then successfully quit and started life anew. She talked about the common misconceptions about heroin addiction, especially for women, and offered advice for those who are struggling with substance abuse.

Issues covered:

Length: 8:23

**Substance Abuse
Women's Issues
Government Policies**

Arielle O'Shea, investing staff writer at NerdWallet.com

It's no secret that Americans need to save more. Ms. O'Shea outlined a recent analysis by NerdWallet that found an alternative approach. She said a 25-year-old could accumulate nearly \$1 million by simply saving and investing 50% of all raises and bonuses over the course of his or her career. She explained why saving for the future is more critical than ever and why this approach may be easier than more traditional plans.

Issues covered:

Length: 4:54

**Personal Finance
Retirement Planning**

Show # 2016-15

Date aired: 4/10 Time Aired: _____

Michelle A. Riklan, employment and career expert, co-author of "*101 Great Ways to Compete in Today's Job Market*"

Mr. Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

Issues covered:
Employment Matters
Career

Length: 8:49

Judy Foreman, nationally syndicated health columnist, author of "*A Nation in Pain: Healing Our Biggest Health Problem*"

According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain. She also discussed reforms in government policies that could allow the healthcare system to better deal with the epidemic of chronic pain.

Issues covered:
Personal Health
Drug Abuse
Government Policies

Length: 8:30

Ciji Ware, author of "*Rightsizing Your Life*"

Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

Issues covered:
Charitable Contributions
Recycling
Consumer Issues
Senior Issues

Length: 4:58

Show # 2016-16

Date aired: 4/17 Time Aired: _____

Robert Sholly, domestic counterterrorism expert, retired army colonel who is experienced in both counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

Issues covered:
Terrorism
Personal Protection
Emergency Preparedness

Length: 9:07

Shaka Senghor, author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

Issues covered:

Length: 7:59

Youth at Risk
Crime
Prison Reforms
Minority Concerns

Monica Deza, PhD, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

Issues covered:

Length: 5:07

Youth at Risk
Crime

Show # 2016-17

Date aired: 4/24 Time Aired: _____

Steve Case, entrepreneur, investor, and businessman best known as the co-founder and former Chief Executive Officer and Chairman of America Online, author of "*The Third Wave: An Entrepreneur's Vision of the Future*"

Mr. Case discussed the rapidly changing nature of the Internet. He believes we are entering a dynamic new period of online development, where every part of our lives will rely on Internet connectivity. He sees this new wave defined not by hardware or software but by partnerships—especially between business and government. He predicted that entrepreneurs will dramatically change the way institutions like healthcare, education, and agriculture integrate the Internet into our lives.

Issues covered:

Length: 8:24

Internet
Employment
Government Regulations

Ellen Smit, PhD, Nutritional Epidemiologist, Associate Professor at Oregon State University College of Public Health and Human Sciences

Dr. Smit led a study that examined four barometers of whether someone's behavior could be considered healthy, and the results were dismal. She found that fewer than 3% of all Americans have a genuinely healthy lifestyle. She explained the importance of the four criteria and the health impacts of each. She also offered suggestions for those who would like to make changes to their own lifestyle.

Issues covered:

Length: 8:39

Personal Health
Obesity

Matt Schulz, Senior Industry Analyst at CreditCards.com

Mr. Schulz said 30 million Americans received a new chip-enabled credit card over the past six months. Mr. Schulz explained the benefits of the new cards. He also talked about the most common complaints by consumers who use them.

Issues covered:
Personal Finance
Consumer Matters

Length: 5:06

Show # 2016-18

Date aired: 5/1 Time Aired: _____

Steven Roberts, college-funding expert, author of *"Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better"*

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

Issues covered:
Education
Consumer Matters
Parenting

Length: 8:38

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

Issues covered:
Traffic Safety
Consumer Matters

Length: 8:35

Julia Cameron, author of *"It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond"*

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life. She outlined several tools to get there.

Issues covered:
Senior Citizens
Retirement Planning

Length: 4:57

Show # 2016-19

5/9

Date aired: _____ Time Aired: _____

Ric Edelman, nationally-recognized financial advisor, syndicated columnist, author of *"The Truth About Retirement Plans and IRAs"*

Only half of all eligible Americans contribute to a retirement plan. Mr. Edelman explained how the average person can save for a comfortable retirement. He talked about the importance of 401(k)s, and IRAs. He also explained how to determine how much money a person may need in retirement, and the dangers of borrowing money from retirement funds.

Issues covered:
Personal Finance
Retirement
Senior Issues

Length: 8:31

James Hubbard, MD, family physician, author of *"Living Ready Pocket Manual - First Aid: Fundamentals for Survival"*

Dr. Hubbard discussed basic skills that everyone should know in the event of a medical emergency, and basic first aid supplies that every home should have on hand. He outlined steps to stop serious bleeding and what to do in the event someone simply collapses. He also talked about the lifesaving value of automated external defibrillators, which are found in many public places.

Issues covered:
Emergency Preparedness
Personal Health

Length: 8:44

Simon Davidoff, Water Expert and Director, Food & Beverage Industry for Siemens Water Technologies

Mr. Davidoff talked about little-known ways that water is wasted by consumers each year, both directly and indirectly. He explained how businesses are changing their practices to reduce water consumption and what the average person can do to determine and reduce their personal "water footprint."

Issues covered:
Environment
Consumer Matters

Length: 4:58

Show # 2016-20

5/15

Date aired: _____ Time Aired: _____

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario

Dr. Gibala led a study that found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. He recommends the plan for occasionally busy days, not as a permanent substitute for longer and more moderate workouts. He said the findings put to rest the common excuse for not getting in shape: there is not enough time.

Issues covered:
Personal Health

Length: 8:52

Chris Melde, PhD, Associate Professor and Director of Graduate Studies, School of Criminal Justice at Michigan State University

Dr. Melde was the co-author of a study of street gang membership. He found that depression and suicidal thoughts or attempts are common among youth who join gangs. He outlined the reasons that many troubled teens join gangs and why gang life causes already significant problems in their lives to become even worse.

Issues covered:

**Youth at Risk
Mental Health
Crime**

Length: 8:24

Matthias Hollwich, internationally-recognized architect, author of "*New Aging: Live Smarter Now to Live Better Forever*"

Mr. Hollwich discussed ways that homes and communities can be redesigned to make aging a graceful and fulfilling aspect of life. He discussed changes to specific rooms, to help seniors stay safely in their homes for as long as possible.

Issues covered:

**Home Safety
Retirement Planning
Senior Citizens**

Length: 4:55

Show # 2016-21

Date aired: 5/22 Time Aired: _____

Bart de Langhe, PhD, Assistant Professor of Marketing, Leeds School of Business at the University of Colorado, Boulder

Many consumers pour through online product reviews before making a purchase. But Dr. de Langhe led a study that found that there is little correlation between better online user ratings and the quality of a product. He explained why consumer opinions often fail to agree with objective product research by consumer organizations.

Issues covered:

Consumer Matters

Length: 8:06

W. David Brown, PhD, DABSM, CBSM, Sleep Psychologist at Children's Medical Center, Dallas, co-author of "*Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed*"

Many Americans believe that less sleep equals more productivity. But Dr. Brown said that sufficient sleep and success go hand in hand. He discussed the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance workplace performance.

Issues covered:

**Personal Health
Career**

Length: 9:01

Judith Prochaska, PhD, MPH, Associate Professor of Medicine, Stanford University School of Medicine

Dr. Prochaska was the lead author of a study comparing employment in smokers and nonsmokers. She found that after 12 months, smokers were less likely to have found a job than nonsmokers, and those who did earned less than nonsmokers. She explained the reasons that employers may be wary of hiring smokers and how they sometimes screen them out in the hiring process.

Issues covered:
Unemployment
Personal Health

Length: 5:03

Show # 2016-22

Date aired: 5/29 Time Aired: _____

Dorothy Espelage, PhD, bullying and youth violence expert, Professor of Child Development, Department of Educational Psychology, University of Illinois at Urbana-Champaign

Dr. Espelage led a youth survey that explored the prevalence of sexual harassment and sexual violence among middle school youth as well as the locations where these behaviors occur. She said that these incidents are extremely common in schools and that they are a strong predictor of dating violence as students move into high school.

Issues covered:
Sexual Harassment
Violence
Parenting

Length: 9:34

Greg Kaplan, PhD, Assistant Professor of Economics, Princeton University

Roughly one-third of all American families live paycheck-to-paycheck, according to Dr. Kaplan's recent study. Surprisingly, he found that many of these are middle-class families who have decent incomes, but illiquid assets tied up in homes or retirement funds. He explained why this is so common and why it may not be as financially dangerous as it may appear.

Issues covered:
Economy
Personal Finance

Length: 7:46

Michelle Macy, MD, Assistant Professor of Emergency Medicine, University of Michigan

Dr. Macy's research found that that 90 percent of parent drivers admitted to distracted driving with kids in the car. She outlined ten types of driving distractions and explained why they are so dangerous. She also offered tips for parents who would like to minimize distractions on the road.

Issues covered:
Traffic Safety

Length: 4:45

Show # 2016-23

Date aired: 4/15 Time Aired: _____

Tyler J. VanderWeele, PhD, Professor of Epidemiology, T.H. Chan School of Public Health, Harvard University

Those who attend church services on a regular basis may receive more than just spiritual benefits—they may live longer. Dr. VanderWeele led a study that found that women who went to church more than once a week had a 33% lower risk of dying, compared to those who never went. He talked about the potential reasons behind the finding. He said it is conceivable in the future that doctors routinely ask about church attendance during medical checkups.

Issues covered:
Personal Health
Religion

Length: 8:48

Kostadin Kushlev, PhD, psychology research scientist, University of Virginia

Smartphones have become part of everyday life. Dr. Kushlev led a study that found that the increasingly pervasive use of digital technology may be causing ADHD-like symptoms even among the general population. He explained why being separated from a smartphone may cause people to experience distraction and getting bored easily when trying to focus.

Issues covered:
Mental Health
Consumer Matters

Length: 8:27

Carl Cotman, PhD, Professor of Neurology and Neurobiology, Director of the Institute for Brain Aging and Dementia, University of California, Irvine

Dr. Cotman explained the results of new research into brain health for seniors. The study found that eating almonds, engaging in exercise and participating in brain-stimulating activities can keep aging brain cells in shape. This may delay or prevent Alzheimer's Disease.

Issues covered:
Alzheimer's' Disease
Health Issues
Senior Issues

Length: 4:56

Show # 2016-24

Date aired: 6/12 Time Aired: _____

Charee Thompson, PhD, Assistant Professor of Communication Studies at Ohio University

Dr. Thompson was the co-author of a study of college students, drinking and social media. She discovered that having an "alcohol identity" puts college students at greater risk of having drinking problems. Her study also found that posting about alcohol use on social media sites is actually a stronger predictor of alcohol problems than having a drink. She discussed possible strategies to reduce alcohol abuse on college campuses.

Issues covered:
Substance Abuse
Education
Social Media

Length: 6:52

Iris Bohnet, PhD, Professor of Public Policy , Behavioral Economist at Harvard University, Director of the Women and Public Policy Program, Co-Chair of the Behavioral Insights Group at the Kennedy School of Government, author of "*What Works: Gender Equality by Design*"

Dr. Bohnet discussed gender equality in the workplace and why it's good business. She explained why diversity training programs have had limited success. She outlined the latest research into quick and often inexpensive ways that companies can address gender bias and improve performance.

Issues covered:

Length: 10:17

**Gender Equality
Women's Issues
Workplace Matters**

Matthew J. Quade, PhD, Assistant Professor in the Department of Management at the Hankamer School of Business, Baylor University

Unethical behaviors by employees can tarnish an organization's reputation, lead to considerable monetary losses, and even result in legal prosecutions. Dr. Quade led a study that found that, in many cases, employees will tolerate misdeeds from a coworker who has the reputation of being a high performer. He believes companies need to take a hard look at how they prioritize performance over ethics.

Issues covered:

Length: 4:56

**Ethics
Workplace Matters**

Show # 2016-25

Date aired: 6/19 Time Aired: _____

Leslie Stahl, longtime reporter for 60 Minutes, author of "*Becoming Grandma: The Joys and Science of the New Grandparenting*"

Ms. Stahl discussed the profound changes and emotions experienced when someone becomes a grandparent. She talked about the physiological changes that occur in women when they have grandchildren, and the therapeutic effects of grandchildren on both grandmothers and grandfathers. She also explained how heartbreakingly common it is for grandparents to be denied access to their grandchildren.

Issues covered:

Length: 9:15

**Family Matters
Senior Citizens
Child Custody**

Kevin Kelly, co-founder and former executive editor of Wired magazine, author of "*The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future*"

Mr. Kelly discussed twelve technological imperatives that he believes will shape the next thirty years and transform our lives. He is optimistic about innovations, from virtual reality in the home to an on-demand economy to artificial intelligence embedded in everything we manufacture. He offered advice to young people who are plotting educational and career paths in a rapidly-changing tech environment.

Issues covered:

Length: 7:55

**Technology
Education
Privacy**

Career

Edward G. Brown, author of "*The Time Bandit Solution: Recovering Stolen Time You Never Knew You Had*"

According to Mr. Brown, 40 to 60% of time at work is squandered by time bandits—co-workers who demand precious time without thinking. He offered suggestions on how to negotiate with time bandits to prevent unwanted, unnecessary and unproductive interruptions.

Issues covered:
Workplace Matters
Productivity

Length: 5:04

Show # 2016-26

Date aired: 4/26 Time Aired: _____

Michele Borba, EdD, parenting expert, author of "*UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World*"

Studies have found that kids today are 40% less empathetic than kids were thirty years ago. Ms. Borba explained why kids are more stressed and less happy these days, and what parents can do about it. She explained why having a caring and kind attitude can lead to success later in life.

Issues covered:
Parenting
Youth at Risk

Length: 9:22

Brian Christian, science writer, co-author of "*Algorithms to Live By: The Computer Science of Human Decisions*"

Mr. Christian explained how computer algorithms can be applied to everyday life, helping to solve common decision-making problems. He believes the wisdom of computer science can help consumers to determine when to leave things to chance, how to deal with an overwhelming array of choices and how best to connect with others.

Issues covered:
Technology
Consumer Matters
Education

Length: 7:51

Sumir Karayi, computer expert, CEO of 1E, a software company that helps companies improve their environmental impact

Mr. Karayi discussed the results of a report by the non-profit Alliance to Save Energy and 1E that found that companies are wasting energy and losing sizable amounts of money by leaving computers on 24 hours a day. He explained why companies choose to do this, and what employees can do to convince corporate leaders to change the policy.

Issues covered:
Energy
Environment
Workplace Matters

Length: 4:58

Affiliate Relations 847-583-9000 email info@syndication.net

Issues/Programs List

Date Filed: July 8, 2016
 Quarter Date: 2nd Quarter. 2016
 Title of Program: Info Track
 Time of Airing: See Below
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 Stations & Airtime: WREZ – 5a; WZZL – 5a; WGKY – 10a

Program Information

Date	Guest/Topic	Issue
04/03	Repeat 03/27	
04/10	Repeat 03/27	
04/17	Repeat 03/27	
04/24	Repeat 03/27	
05/01	Repeat 03/27	
05/08	Drink Water- Asher Rasinger	Health
05/15	Stamp out Hunger - Anne Scheuk	Hungry
05/22	Cuts in Higher Ed-Ashley Spalding	Education
05/29	Medicaid's Future - Susan Zepeda	Health
06/05	Hunger Initiative- Ryan Quarles	Hungry
06/12	Restoration of Hope- Jim Branscome	Economy
06/19	Get up and Move - Chris Kolba	Health
06/26	KY Medicaid- Emily Beauregard	Health

Filed by: *Stephanie*

Date: *July 8, 2014*

5/8

Kentucky News Connection

A statewide news service for Kentucky

Producer: Greg Stotelmyer, 1303 US 127 South Ste. B #359, Frankfort, KY, 40601 Ph: 800-931-1861 Fax: 208-247-1830 E-mail: knc@newsservice.org

MEDIA PRODUCTS ONLINE: www.newsservice.org Your Web Account ID is: KNC-250

Sound Files on the Phone: (888) 600-9800, ID Code: 37

Direct login: www.newsservice.org/story

May 4, 2016

Available files: mp3 wav jpg

CDC: All, Especially Seniors, Should Drink More Water

Frankfort, KY – Most people still aren't drinking enough water, says a new report by the Centers for Disease Control and Prevention (CDC). The research indicates certain groups of people need to drink more water, just to protect their health. Comments from Asher Rosinger (ROSS-in-gurr), epidemic intelligence service officer, National Center for Health Statistics.

Intro: The C-D-C has followed up on a study that was done about a decade ago that looks at whether Americans are drinking enough water. In its updated report C-D-C researchers say women are better at drinking water than men, and older Americans need to try harder to stay hydrated. It's recommended men get 125 ounces of water a day, and women 91 ounces – and that includes not just drinking water, but water from all food sources. Asher Rosinger with the National Center for Health Statistics says the results mirror those in the earlier study. Senior citizens in particular aren't drinking enough.

Cut 56250 :17 "Adults 60 and over are the most vulnerable population, among adults, to dehydration. And by doing this report, we were able to kind of quantify how much they're drinking on a given day, and whether they might be falling short of the amount of water they're consuming. "

Tag: The study also looks at hydration based on race and ethnicity. It says Hispanic and African Americans also are drinking less water than they should, especially the men in those groups.

Second Cut: Rosinger says they looked at water consumption from all food sources.

Cut 57250 :15 "Water moving through the gut is water moving through the gut. So, if you're getting a quarter of a liter of water from an apple, it's still a hydrating source. So, you can get a couple of liters of water from plain water, and get another liter of water from food."

Tag: The study found women get about a third of their daily intake of water from tap or bottled water. For men, it's about 30 percent.

OPTIONAL REPORTER WRAP: uses first soundbite(s)

LEAD: We're still not drinking enough water. A new report by the Centers for Disease Control and Prevention (C-D-C) says there are certain groups of people who need to drink more, to protect their health. Greg Stotelmyer reports.

Cut 58250 :56 Outcue...Stotelmyer reporting.

5/15/16

Kentucky News Connection

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May 12, 2016

Available files: mp3 wav jpg

Letter Carriers to do Double Duty Saturday for Good Cause

Frankfort, KY – Letter carriers will collect food donations Saturday as they deliver the mail. Donations are taken to local food banks to be distributed during the vital summer months when demand to feed children who are out of school is great. Comments from Denise Preston, letter carrier from Lexington; Anne Schenk (shank), vice president of communication and marketing, Gleaners Community Food Bank.

Intro: This week, helping feed people who are hungry in Kentucky will be as easy as putting canned food by the mailbox. Saturday is the 24th year of the "Stamp Out Hunger" food drive, when letter carriers across the country collect nonperishable foods from homes as they deliver mail. Denise Preston, who has been a letter carrier in Lexington for eleven years, says it's a long, but very rewarding day.

Cut 62250 :07 *"At the end of the day I'm exhausted, but I feel very blessed that I was able to do that. I actually look forward to it every year."*

Tag: Preston is coordinating the food drive in Kentucky for the National Association of Letter Carriers. She says what's collected in each town stays in that area and is distributed by local food banks and pantries

Second Cut: Anne Schenk, who helps run a food bank in Michigan, says letter carriers know their communities.

Cut 63250 :14 *"When people are going through tough times, it's very apparent – they deliver the bill collection notices, they deliver the shut-off notices. So, they know that people struggle and they see it every day, and I think that's what has really motivated the letter carriers to do this."*

Tag: Schenk notes the food drive comes at a critical time since, during the summer, more kids are in need of food without the meals provided at school.

Third Cut: Preston says items high in protein are especially needed. Just put your donations in a bag on or near your mailbox.

Cut 64250 :05 *"Any kind of non-perishable foods. Vegetables, fruits, tuna, pasta."*

Tag: In the past two dozen years the "Stamp Out Hunger" food drive has collected more than one billion pounds of food nationwide.

OPTIONAL REPORTER WRAP: uses first soundbite(s)

LEAD: This week, helping feed people who are hungry in Kentucky will be as easy as putting canned food by the mailbox. Greg Stotelmyer has more.

Cut 65250 :38 *Outcue...Stotelmyer reporting.*

Note to Editors: Reach Preston at 859-779-0873; Schenk at 248-332-7135.

5/22

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May 20, 2016

Available files: mp3 wav jpg

KY Among States with Biggest Cuts to Higher Ed Funding

Frankfort, KY – A new national report from the Center on Budget and Policy Priorities (CBPP) shows state support for higher education in Kentucky is down 32-percent from when the recession hit in 2008, the sixth-largest cut in the nation. The report comes as the cuts continue in Kentucky. Comments from Michael Mitchell, CBPP senior policy analyst; and Ashley Spalding, research and policy associate, Kentucky Center for Economic Policy.

Intro: Funding cuts to higher education have driven up tuition, making college less affordable and less accessible for many students, according to a new national report. The Center on Budget and Policy Priorities says with inflation factored in, Kentucky is spending 32-percent less on higher education than it did when the recession hit in 2008. The nationwide average is 17-percent less. Report author Michael Mitchell says almost every state is now trying to reinvest in college – while in his words, Kentucky is "going backwards and digging its hole deeper."

Cut 77250 :12 *"Unfortunately for students, when it comes to tuition, when it comes to quality of schools, it puts in question whether or not those things will be there – affordability and quality – moving forward."*

Tag: The report shows 37 states increased college funding over last year, and says Kentucky is one of only three states to make cuts the last two years. Governor Matt Bevin has cut university budgets two-percent late in the current fiscal year. And the state's new budget year, which begins July first, brings another four-and-a-half percent cut.

Second Cut: Ashley Spalding, a research and policy analyst in Kentucky, says to reverse the trend, the state needs to clean up its tax code and end some of its tax breaks.

Cut 78250 :04 *"To free up more funds, to enable greater investment in areas like higher education."*

Third Cut: The report says when adjusted for inflation, tuition has increased by about one-third at Kentucky universities since 2008. Spalding notes that's in line with the national average – but with an important caveat.

Cut 79250 :12 *"That doesn't mean it's affordable. We're a poor state and our students can't afford continued tuition increases. We have a lot of low-income Kentuckians without college degrees. Affordability should be considered in that context."*

Tag 2: She adds the size of student debt in Kentucky rose 63-percent from 2008 to 2014.

Fourth Cut: Mitchell says students also have been affected by larger class sizes, and elimination of faculty positions and course offerings.

Cut 80250 :10 *"These are all things that can make navigating the college experience more complicated for students, can threaten educational quality and ultimately, impact how many kids graduate."*

OPTIONAL REPORTER WRAP: uses first soundbite(s)

LEAD: Funding cuts to higher education have driven up tuition, making college less affordable and less accessible for many students, according to a new national report. Greg Stotelmyer has more on what it says about Kentucky.

Cut 81250 :56 *Outcue...Stotelmyer reporting*

Note to Editors: Mitchell is at 202-408-1080; Spalding at 502-986-2373. Report: <http://www.cbpp.org/>.

5/29/16

Kentucky News Connection

A statewide news service for Kentucky

Producer: Greg Stotelmyer, 1309 US 127 South Ste. B #359, Frankfort, KY, 40601 Ph: 800-931-1861 Fax: 208-247-1830

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**MEDIA PRODUCTS ONLINE: www.newsservice.org Your Web Account ID is: KNC-250
Sound Files on the Phone: (888) 600-9800, ID Code: 37**

May 27, 2016

Available files: mp3 wav jpg

Ideas for Medicaid's Future in Kentucky

Louisville, KY – A new report summarizes ideas for the future of Medicaid in Kentucky. The suggestions come from a broad cross-section of stakeholders who were convened earlier this month by the Foundation for a Healthy Kentucky, a nonprofit organization that focuses on health policy. Comments from Susan Zepeda (zuh-PAY-duh), the Foundation's president and CEO.

Intro: A broad cross-section of people who are interested in how Kentucky will implement changes to its Medicaid program have spoken – and their ideas are now being made public. Nearly 130 stakeholders were brought together earlier this month by the Foundation for a Healthy Kentucky. And according to the Foundation's president, Susan Zepeda, there was "significant consensus" on ways to make sure Medicaid in Kentucky is "safe, effective and affordable."

Cut 88250 :15 *"I think it's fair to say that there was interest in incentives for healthy behavior; streamlined administrative processes; innovative ways to deliver care; and greater transparency and predictability of costs."*

Tag: The state is in the process of seeking the federal government's okay to test and evaluate new ways to provide Medicaid. Zepeda says the suggestions from providers, payers, consumers, public health professionals and academic researchers have been shared with the team drafting the waiver request.

Second Cut: According to Zepeda, one of the main themes voiced at the meeting was support for integrating health services.

Cut 89250 :13 *"It would be more effective, cost-effective, to deliver primary care services on the same site, in the same location, in a coordinated manner with oral health services and with behavioral health services."*

Tag: Nearly a half-million Kentuckians have gained coverage through Medicaid expansion, making Kentucky the state with the greatest decrease in its uninsured rate.

Third Cut: But Governor Matt Bevin says the state can't afford to continue down the current path and he's banking on a federal waiver to improve health outcomes and encourage personal responsibility in what he calls "a fiscally sustainable manner." Because the state is still drafting its waiver request, Zepeda says the discussions about cost-sharing by Medicaid participants centered on experiences in other states.

Cut 90250 :16 *"And there I think in the conversation the preference tended to be toward a premium payment, largely because that would be a known amount, a predictable amount, that people could budget – whereas the co-pays sometimes can lead to surprises."*

OPTIONAL REPORTER WRAP: uses first soundbite(s)

LEAD: A broad cross-section of people who are interested in how Kentucky will implement changes to its Medicaid program have spoken – and their ideas are now being made public. Greg Stotelmyer has more.

Cut 91250 :49 *Outcue...Stotelmyer reporting*

Note to Editors: Reach Zepeda at szepeda@healthy-ky.org. Link to report: <http://healthy-ky.org/node/2371>.

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Arrival 5:30 AM 06/05

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June 3, 2016

Available files: mp3 wav png

Hunger Initiative Launched in KY

Frankfort, KY - A wide array of citizens including farmers, religious and community leaders and those who run charities are joining together to find solutions to Kentucky's hunger problem. The Hunger Task Force is part of the state's new Hunger Initiative. Comments from Ryan Quarles, Kentucky Agriculture Commissioner; and Tamara Sandberg, executive director, Kentucky Association of Food Banks.

Intro: A Hunger Task Force has been formed in Kentucky to search for ways to combat the problem in the Bluegrass State, where one out of every six residents is food insecure. Agriculture Commissioner Ryan Quarles says the "Hunger Initiative" is a way to bring those who grow, sell and distribute food together to find solutions.

Cut 15250 :09 *"It's important for us to spend time to better define the causes of hunger. Hunger has many faces in Kentucky. It affects many different people in different ways."*

Tag: The Hunger Initiative was launched Thursday at a farm in Shelby County, where the more than two-dozen members of the task force met for the first time.

Second Cut: The 2016 Map the Meal Gap study by Feeding America found that 17 percent of Kentucky's population is food insecure – that's nearly three-quarters of a million Kentuckians. Task force member Tamara Sandberg says the coordinated public-private partnership is crucial to addressing the underlying causes of hunger

Cut 16250 :11 *"It's a big problem in Kentucky, but it's a problem with a solution. We don't believe that we have yet identified the magic bullet. And, we don't think there is one silver bullet. We think there are lots of silver BBs."*

Third Cut: Sandberg, who heads the Kentucky Association of Food Banks, says making sure the sources of food in Kentucky, especially farmers, know they can receive tax credits for donating food is one way to reduce hunger. She says another way is to improve the infrastructure at some of the state's nearly 800 food banks and soup kitchens.

Cut 17250 :09 *"For example, many of them don't have a refrigerator, so they are not able to safely store some of the products that we want the low-income families to receive."*

Tag 2: Sandberg says we have "more than enough food" to feed every man, woman and child in Kentucky. The challenge is getting it to them.

OPTIONAL REPORTER WRAP: uses first soundbite(s)

LEAD: A Hunger Task Force has been formed in Kentucky to search for ways to combat the problem in the Bluegrass State, where, as Greg Stotemyer reports, one out of every six residents is food insecure.

Cut 18250 :27 *Outcue...Stotemyer reporting*

Note to Editors: Reach Quarles through Angela Blank at 502-782-9253; Sandberg at 859-986-7422. Link to KY Hunger Initiative: kyagr.com/hunger

4/12/14



Kentucky News Connection

A statewide news service for Kentucky

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June 6, 2016

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"Restoration of Hope" Part of One Man's Plan for Appalachia

Frankfort, KY - Long-time journalist Jim Branscome, a native of central Appalachia, has a plan for restoring hope and reviving the economy in the coal regions of Eastern Kentucky and beyond. He calls his idea the "Appalachian Homestead Act," a proposal he says is homage to the federal initiative that helped settle the West. Comments from Branscome, retired managing director of Standard & Poor's and a former journalist.

Intro: With the decline of the coal industry in Appalachia, there are plenty of ideas being floated on how to revive the region's economy. Jim Branscome calls his the "Appalachian Homestead Act," an idea he detailed in recent op-ed articles in some of the region's largest newspapers. He proposes using land the federal government would purchase from bankrupted coal companies to help people in Appalachia revive the economy and, in turn, restore hope.

Cut 19250 :12 *"People not having access to those kinds of things is what keeps an economy in a backwards state and limits the opportunity for people to think there's a chance for advancement for themselves and their children."*

Tag: Branscome compares his idea to when the West was settled, envisioning the Appalachian Homestead Act providing people land to farm and garden; graze livestock on and create business opportunities. He says it may be "today's single best solution to the enduring problem of mountain poverty." □□□

Second Cut: A native of Virginia's coalfields, Branscome graduated from Berea College, became a journalist and covered the War on Poverty. He says for decades the national media has portrayed the region as a place where people are too lazy to work and many are on welfare - obscuring what is really going on. Branscome says the region's people are "good Americans" with "some of the best ideas going."

Cut 20250 :16 *"And the truth is, can you image anybody that is harder working than a coal miner? Can you imagine anybody who's harder working than a farmer who's scratching out a living in the hills of Appalachia? We're talking about some of the most enterprising people on the face of the earth."*

Third Cut: In his op-ed article Branscome writes, "...the lack of money and hope is what combines to produce poverty." He says the critical element of his proposal is getting people in the mood to restore a "sense of pride and progress." Branscome admits his own experiences over the decades reporting on a region which remains "at the bottom of the poorest" temper his optimism.

Cut 21250 :14 *"Despite all of this advocacy, and despite all of the political power and newspaper power that was brought, we still haven't managed to change the fundamental economic basis of those areas and homesteading is one way to do that."*

Tag 2: Branscome says he has received an overwhelming response from people to his call for an Appalachian Homestead Act.

OPTIONAL REPORTER WRAP: uses first soundbite(s)

LEAD: With the decline of the coal industry in Appalachia, there are plenty of ideas being floated on how to revive the region's economy. Greg Stotelmyer has one man's idea - an idea born from a lifetime of experiences in the region.

Cut 22250 :49 *Outcue...Stotelmyer reporting.*

Note to Editors: Reach Branscome at jbranx@hotmail.com. Link to op-ed article:
<http://www.kentucky.com/opinion/op-ed/article78960212.html>

Aired 5:30a.m
06/19/2016**Kentucky News Connection**

A statewide news service for Kentucky

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June 17, 2016

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Experts Urge: Get Up and Get Moving

Frankfort, KY - Millions of people in the United States suffer from knee, hip or back pain, and experts say "dormant butt syndrome" may be the cause. Comments from Chris Kolba, sports medicine physical therapist with Wexner Medical Center.

Intro: It may sound like a joke or an insult, but "Dormant Butt Syndrome" is a real issue and affects millions of Americans. It's a weakness of the glute muscles that can be caused by repetitive motions, or by sitting still for too long. Chris Kolba, a sports medicine physical therapist, says for athletes, if the buttock muscles aren't strong, it can lead to other injuries.

Cut 41250 :13 *"When that glute muscle isn't working to its maximum efficiency, it decreases our ability to absorb shock. It can lead to various things like back pain, hip pain, knee pain, muscle strains, things of that nature."*

Tag: Dormant Butt Syndrome also happens when we sit still too long. He says younger people are beginning to experience hip and back pain at an earlier age because they're not moving around enough; they're texting, web surfing or watching videos.

Second Cut: Kolba says our bodies are meant to move, and technology has created a society of sedentary people. He's especially worried about kids because they aren't outside running, jumping and playing as much as they used to.

Cut 42250 :09 *"They're going to have poor posture, they're going to have poor movement patterns, they're going to have weak muscles, and typically if they're unactive kids, they a lot of times may grow up to be unactive adults."*

Tag 1: It's not just about pain. The lack of exercise is attributed to cardiovascular disease, cancer and diabetes. The University of Maryland Medical Center says the combination of inactivity and eating the wrong foods is the second most common preventable cause of death in the United States, with smoking being the first.

OPTIONAL REPORTER WRAP: uses first soundbite(s)

LEAD: Millions of people in the United States suffer from knee, hip or back pain, and experts say dormant butt syndrome may be the cause. Greg Stotelmyer reports.

Cut 43250 :46 *Outcue...Stotelmyer reporting.*

Note to Editors: Reach Kolba at 614-293-5000. View reports at:

<http://umm.edu/health/medical/reports/articles/exercise>,

<https://wexnermedical.osu.edu/mediaroom/pressreleaselisting/dormant-butt-syndrome-mm>

Aired 5:30 a.m.
06/26/2016**Kentucky News Connection**

A statewide news service for Kentucky

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June 23, 2016

Available files: mp3 wav jpg

Concerns Bevin's Medicaid Changes Could Undo KY Expansion Success

Frankfort, KY – Health-care advocates say the governor's proposed changes to Medicaid could undo improvements the program has brought to Kentucky. Comments from Emily Beauregard, executive director for Kentucky Voices for Health; and Kentucky Gov. Matt Bevin.

Intro: Changes Governor Matt Bevin is proposing for Medicaid would put up barriers to care and could undermine the program's enormous success, say health advocates. Kentucky expanded Medicaid to cover the working poor under the Affordable Care Act. But Bevin now wants federal permission to add premiums and a "community engagement and employment activities" requirement to the program. Emily Beauregard with Kentucky Voices for Health says expansion has worked brilliantly. She says if it ain't broke, don't fix it - it won't work as well if some people are left out.

Cut 48250 :11 *"When your neighbors, your friends, your co-workers, your family members are covered, it's good for everyone in Kentucky. It will help us improve the health of our population and it improves our economy."*

Tag: Bevin and die-hard Obamacare opponents say the changes are necessary to keep costs under control. The federal government always will pay no less than ninety percent of the cost of covering the expansion population.

Second Cut: Bevin's critics see a hidden threat to Medicaid expansion in his proposal. The federal government has never allowed states to impose employment requirements on the program. But when announcing the plan, Bevin implied he might undo expansion - entirely - if the feds don't accept his changes.

Cut 49250 :08 *"The federal government – (Health and Human Services) Secretary (Sylvia Mathews) Burwell and her team – will decide if there is expanded Medicaid in the state of Kentucky. It's as simple as that."*

Third Cut: Since Medicaid was expanded, Kentucky has seen the greatest reduction in the rate of uninsurance in the country. But Beauregard says when other states have required Medicaid clients to pay premiums, that put care out of reach for many.

Cut 50250 :10 *"We know that premiums aren't the answer. Right now Kentucky leads the nation in the decline in the rate of uninsured. We don't want to see Kentucky taking a step backwards."*

OPTIONAL REPORTER WRAP: uses the first soundbite(s)

LEAD: Changes Governor Matt Bevin is proposing for Medicaid would put up barriers to care and could undermine the program's enormous success, say health advocates. Dan Heyman (HI-men) explains.

Cut 51250 :52 *Outcue... Dan Heyman reporting.*

Note to Editors: Beauregard can be reached at 502-882-0584 or kvhexec@kyvoicesforhealth.org. Bevin's office can be reached at 502-229-0420. More from health-care advocates: goo.gl/59PqD0 and the Governor's office: <http://chfs.ky.gov/dms/kh>