

### Issues/Programs List

Date Filed: 01/10/2019

Quarter Date: 4th Qtr 2018

Title of Program: Community News Break

Time of Airing: See Below

Duration Program: 5 Minutes

Stations & Airtimes: WZZL- 05:45a, WREZ- 05:45a, WGKY- 05:45a, WRJJ- 05:45a

### Program Information

Date	Guest/Topic	Issue
10/7/18	Aaron Thompson- Money to help kids	Education
10/14/18	Pam Darnall- Sudden Infant Death Syndrome	Child Safety
10/21/18	Paul Brophy- Sponsored Health Plans	Health Care
10/28/18	Victor Gensini- Tornado Alley	Weather Safety
11/4/18	Griffin Rodgers- Diabetes Month	Weather Safety
11/11/18	Mary Johnson- COLA Increase	Elderly
11/18/18	Jim Casey- better support for foster	Youth issues
11/25/18	Jason Dunn- Lose SNAP	Nutrition
12/2/18	Joan Alker- Uninsured Kids	Insurance
12/9/18	Kara Gotsch- Harsh Sentencing	Sentencing
12/16/18	Jasob Bailey- KY. Economy	Economy
12/23/18	Joan Alker- Medicaid Expansion	Preventing
12/30/18	Don Peters- Clean Water	Pollution

Filed by: 

Date: 1/10/19

12/30

## Kentucky News Connection

A statewide news service for Kentucky

Producer: Eric Tegethoff, 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](http://www.newsservice.org) Your Web Account ID is: KNC-250  
Sound Files on the Phone: (888) 600-9800, ID Code: 37**

December 26, 2018

Available files: mp3 wav jpg

### Clean Water Act Rollback Could Stymie KY Pollution Fights

Frankfort, KY – A proposal from the U.S. Environmental Protection Agency (EPA) could make it harder for Kentuckians battling for clean water. The EPA's proposed rule would undo protections for small streams and wetlands set forth during the Obama administration. Comments from Don Peters, western Kentucky resident fighting local water pollution; and Hank Graddy ("GRAD-ee"), attorney.

**Intro:** Some Kentuckians are concerned that proposed changes to the Clean Water Act could set back the fight against waste and pollution in their own backyards. The E-P-A has announced a replacement for the "Waters of the United States" rule, lifting federal protections from water sources that are seasonal and wetlands that are not connected by a stream to a larger body of water. Don Peters, a retired resident of western Kentucky, says he and his neighbors have been battling a hog-farm operation that has been polluting a stream feeding into the Green River.

**Cut 67250 :08** *"We're concerned that whatever case we have to make would be diluted by the changing of the regulations."*

**Tag:** Peters says the owner has been cited for multiple water violations but neighbors have been unsuccessful in getting him to clean up his operation. Acting E-P-A administrator Andrew Wheeler called the original, Obama-era rule "government overreach" and said the new rule gives power back to states, reducing red tape for farmers and other landowners.

**Second Cut:** Attorney Hank Graddy says according to E-P-A numbers, more than three-point-two million Kentuckians receive their drinking water from public systems that rely on intermittent or ephemeral streams. He says weakening the Waters of the United States rule could put these Kentuckians in danger.

**Cut 68250 :08** *"We're already having great risks to our drinking water from poor systems in eastern Kentucky and across the state."*

**Third Cut:** Graddy notes Kentucky is a karst state, meaning all the ground water in the state is connected to surface water.

**Cut 69250 :15** *"We thought that would entitle Kentucky to even stronger protection. So we are dismayed that this administration seems intent to try to repeal that rule and substitute a much more narrow definition of the scope of the Clean Water Act."*

**Tag:** The public can comment on the proposed changes at 'Regulations.gov.' If the rule is finalized, multiple conservation groups already have vowed to take the fight to the courts.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

**LEDE:** Some Kentuckians are concerned that proposed changes to the Clean Water Act could set back the fight against waste and pollution in their own backyards. Eric Tegethoff (TEG-it-off) has more.

**Cut 70250 :42** *Outcue...and other landowners*

**Note to Editors:** Reach Peters at 310-683-3786; Graddy at 859-229-4033. Proposed WOTUS rule changes: <https://pnsne.ws/2Gc5q9C> ; Original rule: <https://pnsne.ws/2rsA8B8>.

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December 18, 2018

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## New Data: Rural Kentucky Relies on Medicaid Expansion

**Manchester, KY** – New research shows that expansion of the Medicaid program is vital for rural counties. According to new data, Kentucky is home to nine of the 10 rural counties in the United States with the highest percentages of adults enrolled in the Medicaid program. Comments from Joan Alker, executive director, Georgetown University Center for Children and Families; and Dr. Kelly Evans, chief medical officer, Grace Community Health Center in Manchester.

**Intro:** Newly-crunched data reveals the growing importance of Medicaid expansion for rural Kentucky. Nine of the top 10 rural counties nationwide with the highest Medicaid enrollment are in Kentucky, according to research from the University of North Carolina Sheps Center for Health Services Research and the Georgetown University Center for Children and Families. Executive Director Joan Alker at Georgetown says these are economically-challenged counties in the southeast corner of the state, where nearly half of adults rely on Medicaid coverage.

**Cut 59250 :13** *"Because these rural counties do have high poverty rates, this is Medicaid expansion working to really support not only those folks on Medicaid, but the health-care infrastructure in those counties, including the rural hospitals."*

**Tag:** Alker contends Kentucky's pending Medicaid waiver would result in considerable coverage losses, with ripple effects throughout these counties. The waiver includes work requirements and provisions that could affect the ability of eligible people to retain coverage.

**Second Cut:** As Chief Medical Officer at Grace Community Health Center in Manchester, Dr. Kelly Evans explains Medicaid expansion has brought down the uninsured rate, and helped boost health-care infrastructure of the area.

**Cut 60250 :15** *"We have the outreach workers that are helping people to get signed up for insurance. And we've been able to add providers in order to service the increase in patients. That adds jobs to the area and it provides greater access for the patients to have care."*

**Third Cut:** Evans says she's concerned that the waiver will create too much red tape and discourage people from applying for coverage. She explains they could miss out on regular medical visits and medications to keep them healthy. □ □

**Cut 61250 :15** *"Even for people who don't have a chronic illness but seeing a doctor for regular care and preventative measures – colorectal cancer screening when you reach age 50, your mammograms, getting regular eye visits and dental visits – can prevent disease down the road."*

**Tag:** According to the state, 95-thousand Kentuckians would lose coverage under the waiver, which supporters argue is needed to save money and keep the Medicaid program sustainable. Economic policy experts counter that Medicaid expansion is an investment that's paid off for Kentucky through job growth, improving health, and a decrease in uncompensated care. They also note that fears of a budget shortfall are unfounded.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

**LEDE:** Newly-crunched data reveals the growing importance of Medicaid expansion for rural Kentucky. Mary Schuermann has the story.

**Cut 62250 :51** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Reach Alker at 202-784-4075; Evans at 606-309-8911. Research: <https://bit.ly/2sfLsm0>.

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December 11, 2018

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**Report: Kentucky's Economy Not as Rosy as Suggested**

Frankfort, KY - A report released Monday contends that corporate investment announcements by Kentucky leaders are not a good measure of the state's economy. According to the Kentucky Center for Economic Policy, the Cabinet for Economic Development's \$9.2 billion in investment announcements in 2017 are not fully accurate. Comments from Jason Daley, executive director, Kentucky Center for Economic Policy.

**Intro:** A new report challenges assertions from Kentucky policymakers that corporate investments are spurring an economic revival. In its new analysis, The Kentucky Center for Economic Policy says the Cabinet for Economic Development's announcements of potential private business investment are not a reliable barometer of how the state's economy is faring. Executive Director of the think tank Jason Bailey says they took a close look at the nine-point-two billion dollars in investments announced in 2017.

**Cut 47250 :12** *"We find that about a third of those contain no new jobs. Nearly half of them will contain no new jobs if the Braidy Industries project in Northeastern Kentucky doesn't actually materialize, and there are significant questions about whether it will."*

**Tag:** Bailey says more than 80 percent of those announcements were from companies already operating in the state, before the state's so-called right-to-work law went into effect. He says that brings into question whether those investments were the result of policy changes. Governor Matt Bevin's Office dismissed the report in a statement, and said the state has "achieved the highest workforce participation ever and record-low unemployment."

**Second Cut:** Bailey says the state's investment projections also are not completely accurate because in 2016 the Cabinet stopped releasing a companion report on facilities closing down and eliminating jobs. While he agrees the economy is in recovery, Bailey says it's lopsided.

**Cut 48250 :15** *"We've seen job growth in the Golden Triangle, in Lexington, Louisville, Bowling Green and places like that. Much of rural Kentucky really hasn't seen job growth. There's still not enough jobs to where we are back to where we were when the economy was strong, to about the year 2000."*

**Third Cut:** The right-to-work law limits the power of unions to collect dues, and has been touted by Bevin and top Republicans as a factor in corporate investments coming into the Commonwealth. But Bailey argues lower labor standards and expanded tax breaks will not result in strong job creation.

**Cut 49250 :15** *"The most important thing the state can do is really reinvest in things like education, infrastructure that we've let erode over the past decade. And that will create the conditions in which we will have small-business startups and existing business expansion."*

**Tag:** The research found that the state added only 700 jobs a month in the 21 months since right-to-work, in contrast to the 21-hundred new jobs a month in the 21 months before it passed.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

**LEDE:** A new report challenges assertions from Kentucky policymakers that corporate investments are spurring an economic revival. Mary Schuermann has the story.

**Cut 50250 :57** *Outcue... Mary Schuermann reporting.*

**Note to Editors:** Reach Bailey at 859-671-0202. The research: [kypolicy.org](http://kypolicy.org).

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December 6, 2018

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## Congress Called to Act on "Harsh" Sentencing Laws

Frankfort, KY – A diverse set of groups on the political right and left has hopes for a compromise in the final weeks of Congress' lame-duck session, on a bill that would reduce tough sentences for some drug crimes that they see as draconian. This comes in the wake of similar state efforts that died in the 2018 legislative session. Comments by Kara Gotsch (GOT-shh), director of strategic initiatives at The Sentencing Project.

**Intro:** People languishing in federal prison for decades on nonviolent drug convictions may get a new chance at justice – if the U-S Senate finds the political will to pass sentencing reform in the final weeks of the lame-duck session. Groups on both left and right on the political spectrum support the First Step Act, a series of measures to give judges more freedom to get around harsh sentencing laws first passed in the 1980s and 90s. Kara Gotsch with The Sentencing Project says the bill would take the existing reforms that fixed the gulf between sentences for trafficking crack versus powder cocaine, and make them retroactive.

**Cut 35250 :07** *"It would impact about 2,600 people who are still in prison. It would give them an opportunity to petition to a judge for re-sentencing."*

**Tag:** President Donald Trump has expressed support for the bill, but Senate Majority Leader Mitch McConnell has yet to schedule a vote. The U-S has two-point-six million people behind bars right now, but these reforms would only affect the 181-thousand in federal prisons. The First Step Act would also add a "safety valve" that lets judges get around mandatory minimum sentences for certain low-level, nonviolent drug cases.

**Second Cut:** Gotsch explains many states are taking sentencing reform into their own hands. □□□□□□

**Cut 36250 :16** *"States across the country have passed mandatory minimum sentencing reform and seen impressive results – of not only reducing their prison population, but also seeing a reduction in crime – because it allows government and communities to reinvest their dollars in other ways that help to protect and secure communities."*

**Tag:** Here in Kentucky, there are some calls for reforms to reduce the state's prison population, which this year rose above 25-thousand for the first time. This week, Justice and Public Safety Secretary John Tilley discussed reducing some drug possession penalties and ending the state's cash bail system.

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**OPTIONAL REPORTER WRAP: uses first soundbite(s)**  
LEDE: People languishing in federal prison for decades on nonviolent drug convictions may get a new chance at justice – if the U-S Senate finds the political will to pass sentencing reform in the final weeks of the lame-duck session. Mary Schuermann has the story.  
**Cut 37250 :55** *Outcue...Mary Schuermann reporting.*

**Note to Editors: First Step Act: <https://www.congress.gov/bill/115th-congress/house-bill/5682/text>. Reach Gotsch at 202-628-0871.**

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November 29, 2018

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**Advocates Disheartened by Increase in Uninsured Kids in KY**

Frankfort, KY – A new report from the Georgetown University Center for Children and Families shows a rise in numbers of uninsured children, across the nation and in Kentucky, from 2016 to 2017 – the first setback in eight years. Comments from Emily Beauregard, executive director, Kentucky Voices for Health; Joan Alker ('Al' rhymes with 'gal'), executive director, Georgetown University Center for Children and Families.

**Intro:** For the first time in nearly a decade, the number of children without health coverage in the U-S has risen, and in Kentucky stands at 41-thousand. According to a new Georgetown University report, the number of uninsured kids nationwide rose by more than 275-thousand in 2017, and nearly four million children in the U-S now lack coverage. Kentucky saw an increase of 17 percent, which is six thousand kids. Emily Beauregard with Kentucky Voices for Health believes there are many factors at play, including congressional efforts to shrink programs designed to help working families, which she says created an "unwelcome mat" effect.

**Cut 23250 :14** *"It's really disheartening after so many years of making those gains in coverage. Between ACA sabotage and threats to roll back Medicaid coverage for adults, it's not surprising that some families are no longer enrolling in the benefits that they're eligible for."*

**Tag:** In 2017, the Trump administration cut the budget for publicizing affordable coverage and hiring "navigators" to help explain the enrollment process for the A-C-A.

**Second Cut:** States that expanded Medicaid, like Kentucky, fared better in the report. Joan Alker, executive director of the Georgetown Center and report co-author, says the research shows in families where parents have health insurance, kids are more likely to have it, too.

**Cut 24250 :16** *"Few things matter more than a healthy childhood: when children's health needs are met, they're better able to learn in school and their parents miss fewer days of work. We need to make sure that we redouble our efforts to continue years of bipartisan progress to reduce the number of uninsured children."*

**Third Cut:** The report also cites Congress' trouble getting the Children's Health Insurance Program or "CHIP" reauthorized last year. Alker hopes the one-year downturn doesn't become a trend.

**Cut 25250 :14** *"We're very concerned that this number is actually going to get worse. Barring new and serious efforts to get back on track, there's every reason to believe this decline in the number of kids having health insurance may get worse in 2018."*

**Tag:** The report is online at [ccf-dot-georgetown-dot-edu](http://ccf-dot-georgetown-dot-edu).

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

**LEDE:** For the first time in nearly a decade, the number of children without health coverage in the U-S has risen, and in Kentucky stands at 41-thousand.

**Cut 26250 :53** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Reach Beauregard at 502-882-0584; Alker at 202-784-4075. Report: <https://bit.ly/2ByUfU5>



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November 19, 2018

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## 10,000 Lose SNAP After KY Work Requirement

**Frankfort, KY – A new analysis delves into the impact of reinstated work requirements for the Supplemental Nutrition Assistance Program in Kentucky. It finds, as a result, 10 thousand adults in the Commonwealth have lost food assistance since May. Comments from Dustin Pugel (PEW-gull), policy analyst, Kentucky Center for Economic Policy; and Jason Dunn, policy analyst, Kentucky Voices for Health.**

**Intro:** Putting food on the table has become a much bigger struggle for tens of thousands of Kentuckians over the past few months. The state began reinstating work requirements for the Supplemental Nutrition Assistance Program on a county-by-county basis back in February. And since May, new data shows one-in-five people subject to the requirement have since lost SNAP assistance. Dustin Pugel with the Kentucky Center for Economic Policy explains that's 10 thousand people, many who live in communities with insufficient job opportunities.

**Cut 11250 :15** *"There are still parts of the state that have not recovered from the Great Recession or have always been economically behind and so expecting folks in those parts of the state to go out and find a job when there are no jobs available to them just doesn't make a lot of sense."*

**Tag:** Kentucky sets a three month limit on how long adults without a disability or dependents can receive SNAP assistance without working 20 hours per week on average. Over 54 thousand adults in 112 counties are now subject to this requirement. □ □

**Second Cut:** Jason Dunn, policy analyst with Kentucky Voices for Health, who helped crunch the numbers, says increased food insecurity could result in poor health outcomes. And he says the data also raises concerns about the impact of the state's waiver program for Medicaid, which is currently blocked by a legal challenge.

**Cut 12250 :15** *"These are the same processes and systems that Medicaid recipients would be using. So we think the experience that we see with a statewide program for SNAP would be a good predictor for what might happen if that waiver is ultimately approved for Medicaid."*

**Third Cut:** Pugel notes that there is very little evidence that work requirements for public assistance programs like SNAP will produce better work outcomes.

**Cut 13250 :13** *"People who have to adhere to a work requirement often don't end up with any better employment than other people who are like them. It doesn't reduce poverty and there's some evidence that it could increase extreme poverty."*

**Tag:** From May to September, SNAP participation fell anywhere between 47 percent in Marion County and four-point-seven percent in Owsley County.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

LEDE: Putting food on the table has become a much bigger struggle for tens of thousands of Kentuckians over the past few months. Mary Schuermann reports.

**Cut 14250 :52** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Pugel at 859-671-0213; Dunn at 502-759-2171. Data: <https://tinyurl.com/ycrmrkuh>.

11/18

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November 14, 2018

Available files: mp3 wav jpg

**Report: KY Foster Youth Need Better Supports for Success**

Louisville, KY – For young people with foster-care experience, the transition to adulthood often is complicated. New data uncovers the challenges these young adults in Kentucky face. Comments from Nikki Thornton, director of program operations, True Up; and Leslie Gross, director, Jim Casey Youth Opportunities Initiative, Annie E. Casey Foundation.

**Intro:** New research reveals the instability faced by Kentucky young people in foster care, and the negative outcomes they may experience in their transitions to adulthood. "Fostering Youth Transitions" is a data brief released Tuesday by the Annie E. Casey Foundation. It shows that moving in and out of foster-care placements, unstable placement settings, and leaving foster care without finding a permanent family can create barriers to well-being. Nikki Thornton is with True Up in Louisville, which assists young people as they transition out of the system. She says these kids desperately need adults in their lives to help guide them into adulthood. □□

**Cut 91250 :14** *"So, not having those supports in place – with housing, with education, with employment, with just social skills – across the board, you see negative outcomes when our young people don't have support people in their life as they're going through these transitions."*

**Tag:** About 31-percent of Kentucky children in foster care are between ages 14 and 18, or just over four-thousand. And the data show 69-percent of them will age out of care.

**Second Cut:** Leslie Gross is director of the foundation's Jim Casey Youth Opportunities Initiative, which works specifically to improve outcomes for foster youths ages 14-plus. She explains that challenges faced by foster youth are exacerbated by race, as young people of color enter the foster-care system at higher rates than their white peers, and are more likely to experience three or more placements.

**Cut 92250 :15** *"All young people, regardless of race, ethnicity or ZIP code, deserve the relationships, resources and opportunities to ensure their well-being and success. And so, we know that we must work with communities and other stakeholders to change what is happening for youths of color."*

**Third Cut:** Thornton notes this data is the first of its kind, and is hopeful it sparks a conversation about the need to advance policies and practices that can give foster youths their best shot at life.

**Cut 93250 :17** *"Our community cannot help them, or help us as advocates, if they don't know the need. If they don't really understand that – just because on paper it looks really good, but they don't really understand all these other misses. There is a real need to help our foster youth, and I think a lot of people would want to do that, if they just knew."*

**Tag:** According to the data, 80-percent of Kentucky foster youths get their high school diploma or G-E-D, compared to 76-percent nationally. However, just 33-percent of Kentucky's foster youths have found employment, compared to about 50-percent nationally.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

LEDE: New research reveals the instability faced by Kentucky young people in foster care, and the negative outcomes they may experience in their transitions to adulthood. Mary Schuermann explains.

**Cut 94250 :52** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Reach Thornton at 502-536-3734; Gross at 410-547-6600. The report: [aecf.org](http://aecf.org).

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November 8, 2018

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**COLA Increase Not Game Changer for KY Retirees**

Frankfort, KY – Kentuckians collecting Social Security will get a cost-of-living adjustment (COLA) next year. It may be larger than any recent year, but it won't significantly increase what most folks on a fixed budget have to spend. The 2.8 percent increase will hit Social Security checks starting in January, when most retirees will receive about \$40 in additional income per month. Comments from Mary Johnson, Social Security and Medicare policy analyst with the nonprofit Senior Citizens League.

**Intro:** The cost-of-living increase or COLA that takes effect for people on Social Security next year will be the most generous in seven years – but it's still mostly grocery money and not a trip to the beach. The average Kentucky recipient collects more than 13-hundred dollars a month from Social Security, so with the increase, the typical senior is looking at about a 40-dollar monthly boost, or 468-dollars per year. Mary Johnson with the Senior Citizens League says this is the largest COLA increase since 2012.

**Cut 87250 :11** *"And there have been three years when there was no cost-of-living adjustment at all; and in 2017, it was only three-tenths of a percent, or almost zero."*

**Tag:** Johnson says people who receive less than 600-dollars in Social Security income won't see any net increase in their benefit.

**Second Cut:** More than 62-million people collect Social Security in the U-S, including more than 582-thousand retirees in Kentucky. Johnson says the low cost-of-living increases are concerning, because those who depend the most on this income are losing significant buying power over the years.

**Cut 88250 :14** *"Since the year 2000, Social Security benefits have lost about 34 percent of their buying power, and that has really big implications for anybody trying to live on Social Security if they don't have lots of savings."*

**Third Cut:** Johnson says people often underestimate how much money they'll need to live on in retirement, and end up spending their savings faster than they planned, or going into debt by taking out a second mortgage. Health care and high medication costs often are to blame. She adds that seniors in rural areas often face the greatest challenges.

**Cut 89250 :14** *"A lot of people simply did not have the type of job where they had the opportunity to have a 401(k) or to save. And 60 percent of retirees are dependent on Social Security for over half of their income."*

**Tag:** Kentucky is one of 37 states that does not tax Social Security benefits. Lawmakers continue to work on solutions for the COLA to better keep up with actual inflation rates.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

LEDE: The cost-of-living increase or COLA that takes effect for people on Social Security next year will be the most generous in years. But as Mary Schuermann reports, it's still mostly grocery money and not a trip to the beach for Kentuckians.

**Cut 90250 :39** *Outcue... Mary Schuermann reporting.*

**Note to Editors:** Reach Johnson at 540-832-5513. Senior Citizens League: <https://seniorsleague.org/>. Social Security figures by state at <https://read.bi/2qrlzNN>. □□□□

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November 2, 2018

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### National Diabetes Month: Pregnant KY Women Urged to Take Precautions

Frankfort, KY – Kentucky's high rate of diabetes likely means more gestational diabetes among pregnant women, according to experts. National Diabetes Month started this week and doctors want women at risk to take precautions, during and after pregnancy. Comments from Dr. Griffin P. Rodgers, director of the National Institute of Diabetes and Digestive and Kidney Diseases, at the National Institutes of Health.

**Intro:** National Diabetes Month started this week, and at 14-percent, Kentucky has the third-highest rate of diabetes in the U-S. While diabetes can affect people of all age groups, experts are particularly concerned about gestational diabetes in women, or abnormal blood-sugar levels during pregnancy. An increasing body of research indicates the problem doesn't stop when the baby is born, says Dr. Griffin Rodgers with the National Institute of Diabetes and Digestive and Kidney Diseases, so it's important to take precautions.

**Cut 80250 :15** *"Women with a history of gestational diabetes can take modest but important steps for themselves and their children to prevent or delay the onset of Type 2 diabetes. Keep up healthy habits; see a dietician or a diabetic educator to guide them."*

**Tag:** Rodgers says about half of all women who had gestational diabetes will develop Type 2 diabetes later in life, and their children have a greater chance of becoming obese. He recommends women and their families work to maintain healthy weights, with good nutrition and daily exercise.

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**Second Cut:** Rodgers says the C-D-C doesn't keep specific data for gestational diabetes, but it stands to reason that with a high rate of diabetes in Kentucky, the trend would include pregnant moms.

**Cut 81250 :09** *"In general, there's a fairly good correlation between the prevalence of the disease in the state and the likelihood that the women in the state would follow that rate."*

**Tag:** Diabetes can lead to such serious health problems as heart disease, blindness, kidney disease and limb amputations. Experts believe as many as 108-thousand people in Kentucky have diabetes, but are un-diagnosed.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

LEDE: National Diabetes Month started this week, and at 14-percent, Kentucky has the third-highest rate of diabetes in the U-S. Mary Schuermann reports on one group at special risk.

**Cut 82250 :54** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Reach Rodgers through Sherry Perez at 562-244-8048. More info at <https://bit.ly/2wp131C>.

10/25

**Kentucky News Connection**

A statewide news service for Kentucky

Producer: Mary Kuhlman, 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](http://www.newsservice.org) Your Web Account ID is: KNC-250**  
**Sound Files on the Phone: (888) 600-9800, ID Code: 37**

October 22, 2018

Available files: mp3 wav jpg

**Will Kentucky Become Part of New Tornado Alley?**

Frankfort, KY – A new study published in the *Journal of Climate and Atmospheric Science* suggests Tornado Alley is on the move, a potentially alarming development for states such as Kentucky that are seeing a steady increase in tornadic activity in the Mid-South and Midwest. Comments from Dr. Victor Gensini, professor of atmospheric science, North Illinois University.

**Intro:** A new study shows Tornado Alley is on the move with an increase in tornadic activities heading eastward, impacting areas more vulnerable and unprepared, including in Kentucky. According to a study in the journal *Climate and Atmospheric Science*, tornadoes have been decreasing over the past few decades in typical places such as Oklahoma, Texas and Kansas but increasing in Kentucky, Indiana, Illinois and Tennessee. The study's lead author is Victor Gensini, a professor of atmospheric sciences at Northern Illinois University.

**Cut 69250 :14** *"It's very hard for us to say with any degree of certainty that this is due to climate change. It could just be that the Plains have been quieting down and other areas of the East are heating up and this is sort of a natural cyclical cycle that will then transition back to the Plains someday."*

**Tag:** Gensini says the biggest increase in tornado activity is in states along the Mississippi River. He warns the shift could mean more fatalities as it encroaches on areas where more people live. More than 12 hundred tornadoes touch down on average in the U-S each year; in Kentucky there are about 24.

**Second Cut:** Gensini says he's worried about those areas east of the Mississippi where there are more mobile-home parks and places where there are a lot of trees, making it harder to spot tornadoes.

**Cut 70250 :16** *"You see a lot of tornado fatalities and casualties every year in these locations. So, with tornado numbers on the rise, kind of intersecting this very vulnerable area, we really need to get the word out, do some education and outreach, to let these folks know they're at risk every year but the risk is increasing in some areas."*

**Tag:** Several other researchers praised Gensini's work. The report notes that other studies also highlight the Mid-South as having the greatest potential for a rise in tornado disasters by the end of the century.

**OPTIONAL REPORTER WRAP: uses First soundbite(s)**

**LEDE:** A new study shows Tornado Alley is on the move with an increase in tornadic activities heading eastward impacting areas more vulnerable and unprepared, including in Kentucky. Mary Schuermann has more.

**Cut 71250 :52** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Reach Gensini at [vgensini@niu.edu](mailto:vgensini@niu.edu) Journal Research:  
<https://www.nature.com/articles/s41612-018-0048-2>

10/21

## Kentucky News Connection

A statewide news service for Kentucky

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

October 19, 2018

Available files: mp3 wav jpg

### Tips for Choosing Employer-Sponsored Health Plans

Frankfort, KY – It's health insurance selection time for those Kentuckians with employer-sponsored coverage. Health-care advocacy groups recommend thoroughly examining all coverage options, and making sure you understand the benefits and costs, to find coverage that works best for you. Comments from Paul Brophy, CEO, United Healthcare of Kentucky.

**Intro:** Candidates in the upcoming election aren't the only choices Kentuckians need to make this fall. Some workers will have to decide on health insurance options for 2019. Executive Director of United Healthcare of Kentucky Paul Brophy explains it's the time of year when many companies set aside a two-week period for employees to select health benefits for the following year. And he recommends people take time to review all their options and costs to find the best-fitting coverage. One important point, he says, is checking to see if your doctor is in a health plan's care provider network. □□

**Cut 66250 :18** *"If an employee has a physician that currently is in their network of providers and the employer decides to move to a new carrier – and that provider happens to not be in-network – the employee could be facing higher out-of-pocket expenses when they go to receive care from that provider."*

**Tag:** And beyond the monthly premium, he notes there are out-of-pocket expenses to consider, such as deductibles, co-pays and coinsurance. Health changes are another important consideration, such as a pregnancy or planned surgery. It's estimated that one-point-75 million Americans have employer-sponsored health coverage.

\*\*\*

**Second Cut:** There are ways to reduce the cost of health coverage. Brophy says many health insurance companies offer incentive-based wellness programs that reward members for a healthy lifestyle. He adds another option to consider is a Health Savings Account.

**Cut 67250 :17** *"Let's just say someone has some kind of a surgery planned for the year. They can make a decision to set aside funds in a Health Savings Account on a pre-tax basis and then, be able to utilize those funds for that treatment later in the year. So, it is very much a personal planning process."*

**Tag:** Some Kentuckians without employer-sponsored coverage will also be making decisions soon for 2019. Medicare's annual enrollment period is open and runs until December 7th. And open enrollment for the health insurance marketplace begins November 1st.

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

LEDE: Candidates in the upcoming election aren't the only choices Kentuckians need to make this fall. As Mary Schuermann reports, some workers will have to decide on health insurance options for 2019.

**Cut 68250 1:01** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Reach Brophy through Tiffany Murray at 502-398-7705.

1-2/14

### Kentucky News Connection

A statewide news service for Kentucky

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

October 8, 2018

Available files: mp3 wav jpg

## Safe Sleep Practices Can Prevent Tragedies in Kentucky

Frankfort, KY – Despite sleeping safety awareness efforts over the past few decades, Sudden Infant Death Syndrome claims the lives of hundreds of babies in the U.S. each year. And safety experts in Kentucky say while SIDS is not totally preventable, there are many things parents can do to reduce the risk. Comments from Pam Darnall, president and CEO, Family and Children's Place, which runs Kentucky's HANDS program.

**Intro:** Hundreds of babies die of Sudden Infant Death Syndrome in the U-S each year, and Kentucky safety experts are sharing valuable information to help prevent future tragedies. Pam Darnall is President and CEO of Family and Children's Place which runs a local HANDS program, which provides in-home support to new and expectant parents.

**Cut 52250 :11** *"Sudden Infant Death Syndrome is the leading cause of death for babies between the ages of one month and one year. And co-sleeping, that's one of the high risk factors."*

Darnall says families should follow the ABCs of safe sleep: alone, on their back, and in a clean and clear crib, without soft objects such as pillows, bumper pads, or stuffed animals. Also, she warns... □ □ □ □ □ □ □ □

**Cut 53250 :11** *"Never hang a pacifier around the baby's neck, never smoke around the baby and always make sure that babies are sleeping on their back and never on their stomach or side. It's really critical."*

**Tag:** HANDS provides sleep safety resources to caregivers and parents, and Darnall says they can also provide portable cribs to families who do not have a safe place for babies to sleep. October is SIDS Awareness Month.

\*\*\*

**Third Cut:** Darnall notes babies should have a medical home for routine wellness visits.

**Cut 54250 :16** *"That medical provider is there and building a relationship with that parent so that the parent can ask questions. Or hopefully that medical provider can maybe see some signs that might be concerning and they can get out in front of that before it turns into another problem."*

**Tag:** Parents and caregivers can learn more about safe sleep practices at safesleepky-dot-com and about local HANDS programs at kyhands-dot-com.

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**OPTIONAL REPORTER WRAP:** uses first and second soundbite(s)  
LEDE: Hundreds of babies die of Sudden Infant Death Syndrome – or SIDS – each year in the U-S, and Kentucky safety experts are sharing valuable information to help prevent future tragedies. Mary Schuermann reports.  
**Cut 55250 1:02** *Outcue...Mary Schuermann reporting.*

**Note to Editors:** Reach Darnall at 502-262-0156. Information on HANDS: [www.kyhands.com](http://www.kyhands.com).

10/7

### Kentucky News Connection

A statewide news service for Kentucky

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October 3, 2018

Available files: mp3 wav jpg

## KY Wins GEAR UP Money to Help Kids Graduate

Frankfort, KY – Kentucky is the recipient of a \$24.5 million grant from the U.S. Department of Education, to be used to boost the number of low-income students graduating from high school and enrolling in college or workforce training programs. Aaron Thompson, executive vice president, Kentucky Council on Postsecondary Education.

**Intro:** New money will soon be flowing into the Commonwealth to help close the achievement gap. On Tuesday, state leaders announced that Kentucky is one of six states to win a 24-point-five-million-dollar GEAR UP grant from the U-S Department of Education. Executive Vice President of the Kentucky Council on Postsecondary Education Aaron Thompson explains the money will be used to increase the number of low-income students graduating from high school and enrolling in college or workforce training programs. And he believes it's the right program at the right time for Kentucky. □ □

**Cut 49250 :14** *"This grant is there to serve our underserved populations. And as you've seen with the results of the testing in Kentucky, many of these students need the kind of assistance that we're talking about, that this grant can bring."*

**Tag:** The Kentucky Department of Education's annual student assessment released last week identified 481 schools as needing to close the achievement gap for students who have been under-served. Starting next year, the GEAR UP grant will help at least 10-thousand students in middle and high school, in at least ten school districts.

\*\*\*

**Second Cut:** GEAR UP stands for "Gaining Early Awareness and Readiness for Undergraduate Programs." Thompson says it targets four elements for success: the student, the family, school supports and community and state services. He notes this is Kentucky's fourth GEAR UP grant.

**Cut 50250 :13** *"There's sometimes the mentality that if you're an underserved student, if you're low-income, if you're a minority student that you may not be able to achieve. GEAR UP has been very successful in showing that's not the case."*

**Tag:** Three national partnership grants were also awarded in Kentucky: two at Berea College and one at Western Kentucky Educational Cooperative.

\*\*\*

**OPTIONAL REPORTER WRAP: uses first soundbite(s)**

LEDE: New money will soon be flowing into the Commonwealth to help close the achievement gap. Mary Schuermann has the story.

**Cut 51250 :58** *Outcue...Mary Schuermann reporting.*

**Note to Editors: Reach Thompson at 502-892-3051.**

## Issues/Programs List

Date Filed: 1/10/2019

Quarter Date: 4th Qtr 2018

Title of Program: Info Track

Time of Airing: See Below

Duration Program: 25 Minutes

Stations & Airtimes: WREZ- 05:15a; WZZL- 05:15a; WGKY- 05:15a; WRJJ-05:15a

### Program Information

<b>Date</b>	<b>Guest/Topic</b>	<b>Issue</b>
10/7/18	Ryan Hampton- Addiction Kevin Leman- Kids hurt	Drug abuse Parenting
10/14/18	Lisa Maragakis- infection prevention Jean Twenge- Igen	Public Health Teenage Careers
10/21/18	Kew Dychtwald- Aging population Jeff Asher- Violence	Student debt Crime
10/28/18	Deborah Thorne- Filing bankruptcy Elizabeth Saewye- Victims	Bankruptcy Social Violence
11/4/18	Sarah Fallaw- Building Wealth Jason West- Air Pollution	Personal finance Pollution
11/11/18	Bonnie Halpern- E- Cigarettes Lan Nguyen- Reduce Materialism	Health Parenting
11/10/18	Ryan Kalember- Scams Diane Redleaf- Families at risk	Crime Foster Care
11/25/18	Brandi Britton- Social Media Jennifer Bradley- Safeguard Children	Career Human Trafficking
12/2/18	Patrick O'Rourke- Scholarships Jennifer Molinsky- Report a housing	Education Housing
12/9/18	Keith Whyte- Problem gambling Quint Studer- Changing amendment	Gambling addict Volunteerism
12/16/18	James Cooper- Weight gain R. Fields- Mental Health	Obesity Mental Health
12/23/18	Danny Iny- 4 year degrees Gina LaRoche- Chances of success	Education Consumer matters
12/30/18	Rashmi Shetgini- Influenne teens Harold Pollack- Managing many	Minority Charitable Contributions

Filed by: 

Date: 1/10/19



**Weekly Public Affairs Program**

Call Letters: \_\_\_\_\_

**QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2018**

Show # 2018-40

Date aired: 10/11 Time Aired: \_\_\_\_\_

**Ryan Hampton**, recovering addict, author of *"American Fix: Inside the Opioid Addiction Crisis - and How to End It"*

Nearly every American knows someone who has been affected by the opioid crisis. Mr. Hampton shared his story of addiction and recovery. He said 9 out of 10 Americans who need addiction treatment are not able to access it. He believes the nation's approach to treatment needs to be reformed from the bottom to the top. He said billions of dollars of federal spending aimed at this problem are not making it to local communities.

**Issues covered:**

**Drug Addiction  
Government Policies**

**Length: 9:08**

**Kevin Leman, PhD**, psychologist, author of *"When Your Kid Is Hurting: Helping Your Child through the Tough Days"*

The impulse for parents to protect their children is strong, but Dr. Leman said that very protection can end up handicapping them for life. He said that rather than seeking to save them from unhappiness or struggle, parents must teach their kids how to cope with and rise above their problems. He discussed the importance of listening and offered techniques to get kids to talk about their problems.

**Issues covered:**

**Parenting  
Youth at Risk**

**Length: 8:12**

Show # 2018-41

Date aired: 10/14 Time Aired: \_\_\_\_\_

**Lisa Lockerd Maragakis, MD, MPH**, Senior Director of Infection Prevention at the Johns Hopkins Health System in Baltimore

Last year's flu season was one of the deadliest in the last 40 years, with an estimated 80,000 deaths in the U.S. Dr. Maragakis explained why it is important to get a flu shot in October. She discussed the different types of flu vaccine available and dispelled some of the most common myths about it.

**Issues covered:**

**Public Health**

**Length: 8:49**

**Jean M. Twenge, PhD**, Professor of Psychology at San Diego State University, author of the book "iGen"

Fewer than 20 percent of U.S. teens report reading a book, magazine or newspaper daily for pleasure, while more than 80 percent say they use social media every day, according to Dr. Twenge's latest research. She noted that the decline in reading print media was especially steep. She explained why this is such cause for concern and what parents can do to counteract it.

**Issues covered:**

Literacy  
Parenting  
Teenage Concerns

**Length: 8:32**

Show # 2018-42

Date aired: 08/21 Time Aired: \_\_\_\_\_

**Ken Dychtwald, Ph.D.**, gerontologist, psychologist, CEO of Age Wave, a company that conducts research on issues relating to aging populations

Dr. Dychtwald discussed his recent survey that uncovered the staggering amount of financial support that parents are providing to their adult children. He found that 79% of parents are providing money to their children between age 18 and 34, and the average was \$7,000 a year. He said that figure is twice the amount that parents are putting into their own retirement accounts. He explained the possible reasons behind this trend.

**Issues covered:**

Parenting  
Retirement Planning  
Student Debt

**Length: 9:47**

**Jeff Asher**, crime analyst based in New Orleans

Mr. Asher discussed his research into the connection between weather and gun violence. He found that twice as many people are shot in northern cities on hot days compared to cold ones. He also talked about the potential long term effects of climate change on crime rates.

**Issues covered:**

Gun Violence  
Crime  
Climate Change

**Length: 7:26**

Show # 2018-43

Date aired: 08/22 Time Aired: \_\_\_\_\_

**Deborah Thorne, PhD**, Associate Professor of Sociology at the University of Idaho, Principle Investigator on the nationally-recognized Consumer Bankruptcy Project

Dr. Thorne's research paper entitled "Graying of U.S. Bankruptcy: Fallout from Life in a Risk Society" found that the rate at which Americans age 65 and older are filing for bankruptcy has more than tripled since 1991. She outlined a number of factors that may contribute to this problem, including rising healthcare expenses and a lack of financial knowledge or discipline to properly save for retirement, since pensions have been replaced by 401k plans.

**Issues covered:**

Bankruptcy  
Senior Citizens  
Retirement Planning

**Length: 9:27**

**Elizabeth Saewyc, PhD, RN, FSAHM, FCAHS, FAAN**, Professor of Nursing at the University of British Columbia

Dr. Saewyc conducted a recent survey that found that boys—not girls—are more likely to report being victims of dating violence committed by partners who hit, slap or push them. While there has been an overall decline in dating violence, she believes that it may still be socially acceptable for girls to hit or slap boys in dating relationships. She suggested that teenagers who date need more support and education programs to address this problem.

**Issues covered:**  
Social Violence  
Teenager Concerns

**Length: 7:43**

Show # 2018-44

**Date aired:**           12/14           **Time Aired:** \_\_\_\_\_

**Sarah Stanley Fallaw, PhD**, industrial psychologist, researcher, and president of DataPoints, author of *"The Next Millionaire Next Door: Enduring Strategies for Building Wealth"*

Dr. Stanley wrote a follow up to her father's classic book *"The Millionaire Next Door."* She talked about several myths relating to millionaires and how they accumulate wealth. She discussed the importance of living below your means, and how to identify and develop behaviors that are conducive to building wealth.

**Issues covered:**  
Personal Finance  
Consumer Matters  
Retirement Planning

**Length: 9:44**

**Jason West, PhD**, Professor of Environmental Sciences and Engineering at the University of North Carolina at Chapel Hill Gillings School of Global Public Health

Air pollution in the U.S. has decreased since about 1990. Dr. West led a study that found that this improvement resulted in a 47% decrease in deaths related to air pollution exposure. He noted that, despite clear improvements, air pollution remains an important public health issue in the U.S., with an estimated 71,000 deaths in 2010. He discussed the effectiveness of tree planting programs and other steps ordinary people can take to help.

**Issues covered:**  
Air Pollution  
Government Regulations  
Energy

**Length: 7:26**

Show # 2018-45

**Date aired:**           12/11           **Time Aired:** \_\_\_\_\_

**Bonnie Halpern-Felsher, PhD**, Professor of Pediatrics, Stanford University School of Medicine

Dr. Halpern-Felsher led a study that found that teens and young adults who use Juul brand e-cigarettes are failing to recognize the product's addictive potential, despite using it more often than their peers who smoke conventional cigarettes. She said the nicotine levels in a single Juul pod are the equivalent of smoking 1 ½ to 2 packs of cigarettes. She also discussed the high vulnerabilities of teens to brain changes caused by e-cigarettes, as compared to people in their twenties.

**Issues covered:**  
Substance Addition  
Teenager Concerns  
Health

**Length: 9:00**

Lan Nguyen Chaplin, PhD, Associate Professor of Marketing, University of Illinois at Chicago

Materialism may be more common than ever. Dr. Chaplin led a study that tested ways to reduce materialism among young consumers. She found that a teenagers who completed a two-week gratitude journal were significantly more grateful, more generous and less materialistic.

**Issues covered:**  
Parenting  
Consumer Matters

**Length: 8:05**

Show # 2018-46

Date aired: 2/1/18 Time Aired: \_\_\_\_\_

Ryan Kalember, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint

Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.

**Issues covered:**  
Crime  
Online Security  
Personal Finance

**Length: 7:43**

Diane Redleaf, family defense attorney, author of "*They Took the Kids Last Night: How the Child Protection System Puts Families at Risk*"

The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.

**Issues covered:**  
Foster Care  
Minority Concerns  
Parenting

**Length: 9:24**

Show # 2018-47

Date aired: 2/1/18 Time Aired: \_\_\_\_\_

Brandi Britton, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the

most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

**Issues covered:**

**Length: 7:28**

**Employment  
Career  
Social Media**

**Jennifer Bradley**, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

**Issues covered:**

**Length: 9:43**

**Human Trafficking  
Child Abuse  
Poverty**

Show # 2018-48

**Date aired:** 12/2 **Time Aired:** \_\_\_\_\_

**Patrick O'Rourke**, Certified Public Accountant in Washington, D.C., founder of ScholarshipStats.com

There are roughly 8 million high-school student athletes in the U.S. However, only a small percentage go on to play a sport in college, and even fewer receive athletic scholarships. Mr. O'Rourke explained which sports have the most scholarship money available. He talked about parents' misconceptions about college scholarships and offered advice.

**Issues covered:**

**Length: 8:58**

**Youth Sports  
Education  
Parenting**

**Jennifer Molinsky, PhD**, housing expert, Senior Research Associate at the Joint Center for Housing Studies of Harvard University

Dr. Molinsky shared the findings of her annual report on the nation's housing. She said that many older Americans are burdened by housing costs, and that affordable, accessible and supportive senior housing is in short supply. She also warned that many households in their 50s and early 60s may not be financially prepared for retirement.

**Issues covered:**

**Length: 8:17**

**Housing  
Senior Citizens  
Retirement Planning**

Show # 2018-49

Date aired: 12/9 Time Aired: \_\_\_\_\_

**Keith Whyte**, Executive Director of the National Council on Problem Gambling

Millions of Americans are hooked on gambling, and at least 40 states are addicted to gambling revenue. Mr. Whyte said states have not taken the measures needed to address gambling addiction, as they have greatly expanded gambling in the past ten years. He talked about the most common characteristics of those addicted to gambling and how to recognize if someone has a problem.

**Issues covered:**

**Gambling Addiction  
Government Spending**

**Length: 8:38**

**Quint Studer**, community development expert, author of "*Building A Vibrant Community: How Citizen-Powered Change Is Reshaping America*"

Mr. Studer said vibrant communities don't just happen—they are built. He discussed ways that cities and towns can attract investments, encourage small business startups and build lively downtowns. He talked about the importance of creating community events such as street festivals, rallies, fundraisers and concerts to foster a sense of neighborhood. He also outlined ways that citizens can volunteer to improve their local community.

**Issues covered:**

**Community Development  
Volunteerism**

**Length: 8:39**

Show # 2018-50

Date aired: 12/16 Time Aired: \_\_\_\_\_

**Jamie Cooper**, Associate Professor in the University of Georgia Department of Foods and Nutrition

Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.

**Issues covered:**

**Personal Health  
Obesity**

**Length: 9:31**

**R. Douglas Fields, PhD**, Chief of the Section on Nervous System Development and Plasticity at the National Institute of Child Health and Human Development, a part of the National Institutes of Health, Adjunct Professor in the Neuroscience and Cognitive Science Program at the University of Maryland, College Park, author of "*Why We Snap: Understanding the Rage Circuit in Your Brain*"

Today's headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap. He also said the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing.

**Issues covered:**

**Mental Health  
Domestic Violence**

**Length: 7:46**

Show # 2018-51

Date aired: 12/20 Time Aired: \_\_\_\_\_

**Danny Iny**, entrepreneur, author of *"Leveraged Learning: How the Disruption of Education Helps Lifelong Learners and Experts with Something to Teach"*

Mr. Iny believes that pursuing a four-year degree leaves too many students drowning in debt and unprepared for the work world. He outlined the decisions that students and parents should consider before committing to the time and cost commitments of a college degree. He discussed what careers require a college education, along possible alternative paths for other careers.

**Issues covered:**

**Length: 9:19**

**Education  
Career**

**Gina LaRoche**, organizational consultant, executive coach, co-founder of Seven Stones Leadership Group, co-author of *"The 7 Laws of Enough: Cultivating a Life of Sustainable Abundance"*

Ms. LaRoche said counting your blessings year-round can be good for your mental health and well-being, ultimately boosting a person's chances of success. She talked about ways to avoid a "scarcity mentality," where more is always better and having more will lead to happiness. She talked about the influence of social media on this mentality.

**Issues covered:**

**Length: 7:57**

**Mental Health  
Consumer Matters  
Career**

Show # 2018-52

Date aired: 12/20 Time Aired: \_\_\_\_\_

**Rashmi Shetgiri, MD**, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

**Issues covered:**

**Length: 7:47**

**Youth Violence  
Youth at Risk  
Minority Concerns**

**Harold Pollack, PhD**, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of *"The Index Card: Why Personal Finance Doesn't Have to Be Complicated"*

Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

**Issues covered:**

**Length: 9:33**

**Personal Finance  
Charitable Contributions**