

# Virtual community forum series open for public input on state’s foster care system



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The public is invited to attend a virtual community forum series in September and October hosted by Citizen Foster Care Review Boards to discuss ways to improve outcomes for Kentucky families and children in the foster care system. All interested individuals are encouraged to attend one of the forums scheduled for Sep. 25 and 29, and Oct. 3 and 8. Registration is required.

The forums are part of the reforms outlined in House Bill 1, passed in 2018 to address challenges within the foster care and adoption systems. The Citizen Foster Care Review Boards (CFCRBs) first held regional forums to gather public input on the foster care system in late October 2018.

The forums will focus on prevention efforts,

including protecting children from harm, fostering strong and nurturing relationships between children and their parents, and connecting families with essential resources. Due to confidentiality, specific cases will not be discussed.

Discussion points at the community forums will include:

What early intervention services are available in your community?

What type of targeted services are available for children and families that are tailored to meet the family’s individual needs?

What barriers impede prevention efforts?

What local solutions can be identified to overcome these barriers to prevention?

How can your community prioritize prevention of child

maltreatment?

Findings from the forums will be reported to the Kentucky Citizen Foster Care Review Board and will be included in the CFCRB’s annual recommendations to the Supreme Court, the governor and legislature.

## FORUM SCHEDULE

Registrants will receive a confirmation email with the Zoom meeting link one week before their town hall. For more information, email [cfcrb@kycourts.net](mailto:cfcrb@kycourts.net).

### Sep. 25, 2025

11 a.m.-noon CT/ noon- 1 p.m. ET

Registration required at <https://kcoj.info/Sep-25CFCRB>.

For residents in these counties: Allen, Ballard, Barren, Breckinridge, Butler, Caldwell, Calloway, Carlisle, Christian, Crittenden, Daviess, Edmonson, Fulton, Graves, Grayson, Hancock, Hardin, Hart, Henderson, Hickman, Hopkins, LaRue, Livingston, Logan, Lyon, Marshall, McCracken, McLean, Meade, Metcal-

fe, Muhlenberg, Nelson, Ohio, Simpson, Todd, Trigg, Union, Warren, and Webster.

### Sep. 29, 2025

11 a.m.-noon CT/noon- 1 p.m. ET

Registration required at <https://kcoj.info/Sep-29CFCRB>.

For residents in these counties: Adair, Bath, Bell, Boyd, Breathitt, Carter, Casey, Clay, Clinton, Cumberland, Elliott, Floyd, Green, Greenup, Harlan, Jackson, Johnson, Knott, Knox, Laurel, Lawrence, Leslie, Letcher, Lewis, Magoffin, Marion, Martin, McCreary, Menifee, Monroe, Montgomery, Morgan, Perry, Pike, Powell, Pulaski, Rockcastle, Rowan, Russell, Taylor, Washington, Wayne, Whitley, and Wolfe.

### Oct. 3, 2025

11 a.m.-noon CT/noon – 1 p.m. ET

Registration required at <https://kcoj.info/Oct3CFCRB>.

For residents in these counties: Anderson, Boone, Bourbon, Boyle,

Bracken, Campbell, Carroll, Clark, Estill, Fleming, Franklin, Gallatin, Garrard, Grant, Harrison, Henry, Jessamine, Kenton, Lee, Lincoln, Madison, Mason, Mercer, Nicholas, Oldham, Owen, Owsley, Pendleton, Robertson, Scott, Shelby, Spencer, Trimble, and Woodford

### Oct. 8, 2025

11 a.m. -noon CT/noon -1 p.m. ET

Registration required at <https://kcoj.info/Oct8CFCRB>.

For residents in these counties: Bullitt, Fayette and Jefferson

Citizen Foster Care Review Board -The Kentucky General Assembly created the state CFCRB in 1982 to decrease children’s time in out-of-home care. More than 700 volunteers across the state serve as members of the Kentucky CFCRB.

Thousands of Kentucky children enter foster care each year due to dependency, neglect and abuse. CFCRB volunteers play a crucial role in protecting children by reviewing the cases of each child in the custo-

dy of the Department for Community Based Services within the Kentucky Cabinet for Health and Family Services.

CFCRBs review the case of each child in foster care at least once every six months, as required by statute. In fiscal year 2024, volunteers reviewed 19,565 cases involving 11,301 children in out-of-home care. View the latest CFCRB annual report at <https://kcoj.info/CFCRB2024>.

Join a CFCRB - Make a difference for the children in your community by serving as a CFCRB volunteer. CFCRBs throughout Kentucky need volunteers. Get more information and apply at [bit.ly/CFCRB-volunteer](http://bit.ly/CFCRB-volunteer). Contact the state CFCRB at [CF-CRB@kycourts.net](mailto:CF-CRB@kycourts.net).

Administrative Office of the Courts – The Administrative Office of the Courts administers the CFCRB program. The AOC is the operations arm for the state court system and supports the activities of nearly 3,300 employees and 412 elected justices, judges and circuit court clerks. The AOC also executes the Judicial Branch budget.

# The Red Dye Dilemma - Part I

## What You Need to Know About Recent Changes to Food Additive Regulations

**Katrina England**  
*Jobe Publishing, Inc.*

Red Dye has garnered significant media attention recently, driven by new legislative changes regarding artificial dyes at both the federal and state levels in the United States.

The use of synthetic food dyes, including red dyes, has increased dramatically in the U.S. over the past several decades.

A 2010 article from the Center for Science in the Public Interest (CSPI) estimated a five-fold increase since 1955.

The Focus on Red Dye No. 3

Red Dye No. 3 (Erythrosine) is the lesser-known of the red dyes, but it is the one the FDA has recently targeted. This additive was once widely used in food products, particularly those with a vibrant red or pink color.

In a move that surprised many, on January 15, 2025, the FDA announced a ban of Red Dye No. 3 in foods and ingested drugs due to its link to cancer in animal studies.

Though the FDA had previously banned Red Dye No. 3 for use in cosmetics and externally applied drugs in 1990, it remained legal as an investable additive for decades.

This newest ban aligns the U.S. with regulations

in Europe, Australia, and New Zealand, where Red Dye No. 3 is already largely prohibited.

In anticipation of the ban and in response to consumer pressure, many companies have already begun removing Red Dye No. 3 from their products, switching to other dyes or natural colorants like beet juice. To be certain if a product contains this dye, consumers should check the ingredient list for "Red 3," "Red Dye No. 3," or "FD&C Red No. 3."

While the FDA ban is in effect, manufacturers have a grace period until January 2027 to reformulate their products, so some items may still contain the dye for now.

According to health experts at Everyday Health, products that have historically contained Red Dye No. 3 include:

**Candies and Sweets:** Certain brands of candy corn, gummies (like Trolli Sour Crunchy Crawlers), jelly beans, fruit snacks, lollipops, and Pez.

**Baking Decorations:** Sprinkles, frostings, and icings, especially those with red or pink coloring.

**Beverages and Dairy:** Some brands of strawberry milk (e.g., Nesquik, TruMoo), fruit-flavored drinks, fruit punches, nutritional shakes, ice cream, and popsicles;

and

Savory and Processed Foods: Imitation bacon bits, some smoked sausages and hot dogs, maraschino cherries, and certain microwaveable meals like instant mashed potato mixes.

Erica Callahan, D.C., M.S.A.C.N., Associate Dean of Chiropractic Education at Campbellsville University, offered her perspective on food additives and recent legislative changes.

"As a healthcare provider who believes in the power of real, wholesome food, I've long encouraged families to stick to natural ingredients whenever possible," explained Dr. Callahan. "Unfortunately, over the last few decades, our food supply—especially in the U.S.—has become filled with additives and artificial chemicals. These are used to make products look brighter, last longer, and taste more appealing on store shelves. But what's added for convenience may come at a cost to our health."

Dr. Callahan also emphasized that from a nutritional standpoint, there is no need for red dyes in our diet.

"These additives are used purely for appearance—not for taste, nutrition, or safety," she said. "Thankfully, nature already provides alternatives. Ingredients like beet juice or beet sugar can add a similar splash of color without the potential health concerns.

While naturally colored foods might not pop quite as brightly as that deep red cereal, they are far less likely to carry hidden risks."

However, Dr. Callahan also noted that the presence of a red dye does not automatically make a food unhealthy.

"Unless someone has a known allergy or sensitivity, enjoying a brightly colored treat every now and then isn't the end of the world," she explained. "The key is balance. We don't aim for perfection—we aim for better choices, more often. That means choosing foods with fewer ingredients, made with whole and recognizable items, and ideally sourced close to home, like from local farmers' markets. When we focus on real, minimally processed foods, we give our bodies what they need to grow, heal, and thrive—without making them work overtime to process and eliminate unnecessary chemicals."

In a future publication, Part II will highlight the still-legal and widely-popular Red Dye No. 40, as well as its reported health and behavioral effects on children. It will feature more information from Dr. Erica Callahan, as well as testimonials from two local families who will share their experiences with behavioral changes in their children after eliminating artificial dyes.

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