Stevie Lowery surprised with Max Heath Gold Star Award

Lebanon Enterprise Publisher Stevie Lowery received a coveted award from Landmark Community Newspapers for her commitment to strong community journalism year after year.

The Max Heath Gold Star Award for Everyday Excellence in Community Journalism was presented at the Enterprise office by John Nelson, the company’s editorial director. Nelson said Lowery’s coverage in 2016 of an effort to improve schools in Marion County with the passage of a nickel tax was just one example of the exemplary work Lowery consistently produces.

Ask any Landmark editor about former LCNI Vice President Max Heath and he or she will likely bring up gold stars and purple ink. Heath, whose career began in the newsroom, was known for recognizing good work by pasting a gold star atop the page and writing a note in purple script. Newspapers around the country were known to hang the tearsheets on their bulletin boards. That trademark method of praise became the basis in 2002 for creating the award.

Lowery received a plaque adorned with a gold star along with a check for $100. This is the first time the award has been presented since 2012.

Following her college graduation, Lowery returned to her hometown and joined the Enterprise staff as a reporter in July of 2002.

She has been the editor and general manager since August of 2005, filling the same shoes and occupying the same office as her late father, Steve Lowery, who was editor of the paper from 1979 to 1987. She was promoted to publisher in 2011.

LCNI Editorial Director John Nelson, left, presents Stevie Lowery, editor/publisher of The Lebanon (Ky.) Enterprise, the Max Heath Gold Star Award for Everyday Excellence. Nelson stopped by the Enterprise office in July to make the surprise presentation.
## 2018 Open Enrollment:

Monday, October 23 through Friday, November 10

More info to come soon!

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### LCNI News

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### Celebrating 5 generations

The Herzberg family posed recently with five generations of their family. Great-great-grandfather Vernon Herzberg, (seated) is holding Brantley Joshua Marsh. Standing (l-r) are Brantley’s Mother, Jennifer (Brown) Marsh, Great-grandmother, Karen Herzberg, Great-grandfather, Everett Herzberg, and Grandmother, Amy (Herzberg) Gray. Karen is circulation manager at The Opinion-Tribune in Glenwood, Iowa.
Want a chance to win?

All full-time employees are eligible even if not enrolled in a Landmark medical plan. Just participate in the Wellness Program by completing the member health assessment and biometric screening - that’s it! Drawings will be held in August and September. October’s FitBit award will be given to the participant who earns the most wellness points.

Wellness Program Reminders!

2018 FSA Incentive – To earn Flexible Spending Account dollars for 2018, you must currently be enrolled in a Landmark medical plan and complete the required member health assessment and biometric screening. This will earn you $200 FSA incentive dollars. To earn up to the maximum $400, you can complete additional wellness program activities on your Viverae homepage.

*****

$5,000 Incentive – All full-time employees, even if not enrolled in a Landmark medical plan, are eligible to participate in the Wellness Program. If you participate and earn at least 400 Wellness Points by September 30, 2017, you will be eligible for the $5,000 incentive drawing. Get started now!

*****

2018 Medical Plan Enrollment – To enroll in the Standard OR Premium medical plan for 2018 without paying a $20 surcharge, you must complete the wellness program requirements. If you do not complete the wellness program requirements by the deadline, you will be subject to a $20 bi-weekly surcharge in 2018.

Wellness Program Deadline!!!!

Don’t forget the deadline to complete all Wellness Program Activities is September 30, 2017.

- www.Ask4HR.com
- MY HR Tab
- Wellness Program (PowerMe)
- Click on the MyViverae Logo

Congrats to Becky Outen, Lancaster News Office Manager, for completing the Member Health Assessment and Biometric Screening and winning a Fitbit in the July 2017 Wellness Program drawing!
LaFollette Press picks up 20 awards from Tennessee Press contests

Members of the LaFollette Press staff won 20 awards in Tennessee Press Awards contests in July.


The Press won first, second and third in Best Niche Publication for its annual Norris Life summer lake magazine. The Press took first and third in Best ¼ page Ad or Smaller, second in Best Food Store Ad, and second and third in Best Use of Multi-color Ad.

The Press also earned first place in Best Self-promotion of News for its annual Eyes on LaFollette special section.

During the recent Tennessee Press Awards in Franklin, former reporter Logan White was runner-up in Best Sports Photo and Best Feature Photo, third in Best Business Coverage and shared fourth place in Local Features with Sports Editor Robby O’Daniel and Reporter Deidre Wilson.

O’Daniel got fourth in Headline Writing and fifth in Best Sports Coverage.


Campbell County Chamber of Commerce Director Christie Elkins, who writes a lifestyle column for the Press, was runner-up in Best Personal Column and took third and fifth place in Best Personal Humor Column.

Hollenhead takes editorial reins of Morgan Co. News

Michelle Hollenhead has been named Morgan County News editor in Wartburg, Tenn., rejoining LCNI after nearly 20 years.

A resident of Knoxville, Michelle served as interim writer/editor for two months before being named editor in June.

She has nearly 18 years of full-time newspaper experience, starting with an 18-month stint at the Montgomery County News Messenger in Christiansburg, Va., writing features and news stories.

While there, she won two Virginia Press Association Awards for layout and design and news coverage.

She moved on to the Landmark-owned Harriman Record in Harriman Tenn., in 1991, where she was editor of that publication for one year before being named Features Editor at the Roane County News in Kingston, Tenn.

While there, she won a first place Tennessee Press Award for Best Single Feature in 1995.

Michelle continued working at the Roane County News for 5-1/2 years, then worked as secretary to the local school board before returning to journalism in 2000, when she went to work for the Knoxville News Sentinel.

She worked writing features for the special publications department until the economic downturn hit the newspaper industry in 2008, and she was laid off.

She “came home” to the Roane County News in 2015, where she worked part-time then as a correspondent for both the Roane County and Morgan County newspapers.

She enjoys the area she has come to know over the last 18 months and is looking forward to learning more and more about the community, the people and what is important to them.

Michelle and her husband, Gary, together have four children and two grandchildren.

She enjoys reading, movies, spending time with her family, and trying to figure out a topic for her next personal column.
LCNI Employee Service Recognition

40 Years of Service

Duane McClure
PRE-PRESS TEAM LEADER
The News-Enterprise

Cheryl Jacob
COPY EDITOR
Citrus County Chronicle

35 Years of Service

Tammy Burns
PAGE MAKE-UP
Citrus County Chronicle

Martha Sepulveda
SINGLE COPY SPECIALTY PUBS TEAM LEADER
The News-Enterprise

20 Years of Service

15 Years of Service

PK Fearn
BOOKKEEPER
Canyon Courier

Sandi Howard
TELEPHONE SOLICITOR
The News-Enterprise

Warren Johnson
POST-PRESS TEAM LEADER
The News-Enterprise

Danny Kirk
ROUTE DRIVER
The Lancaster News

10 Years of Service

Becca Owsley
REPORTER
The News-Enterprise

5 Years of Service

John Brunner
MAILING ASSISTANT
Perry County News

Jeff Katz
INSERTER
Los Alamos Monitor

Megan Latta
GRAPHIC ARTIST
Canyon Courier

Shaina Stockton
EDITOR
The Declaration

Craig Watrous
POST-PRESS TECHNICIAN/MACHINE OPERATOR
The News-Enterprise
Remember When...

5 Years Ago – 2012
• The Lebanon (Ky.) Enterprise did a countywide sample on Aug. 29, and it was a special “Turtleman” edition. Thanks to social media, Turtleman fans from all over the country heard about the edition and ordered copies at $5 a pop. The Turtleman stopped by the Enterprise office to autograph several copies of the edition which were auctioned off to raise money for the March of Dimes/March for Babies.

10 Years Ago – 2007
• Citrus Publishing launched its “Eliminate the Waste” initiative to work on ways to cut costs, save time and generally “eliminate the waste” from many areas of production in the company.

15 Years Ago – 2002
• The Chiefland ( Fla.) Citizen sponsored Levy County’s first ever political forum. The forum featured candidates running for school board and county commissioner.

20 Years Ago – 1997
• Jeff D’Alessio, sports editor of The News-Enterprise, Elizabethtown, Ky., was named president of the Kentucky Associated Press Sports Editors Association. Among the association’s tasks are selecting Mr. Kentucky’s Mr. Football each year, as well as the state’s Male and Female Athletes of the Year.

25 Years Ago – 1992
• The Kentucky Standard launched Central Kentucky Homes, a magazine listing real estate for sale in Nelson, Bullitt, Hardin, LaRue, Washington and Marion counties.

30 Years Ago – 1987
• Mr. & Mrs. Grant County News were proud to announce the arrival of their first child, Extra. Extra was born on August 17, 1987, with a delivery of 8,800 issues. Extra was reported to have her father’s lines and her mother’s typeface, but like other children, had features all her own, such as special advertising rates, a Monday publication date and a trim tabloid size.

35 Years Ago – 1982
• Landmark Web Press unveiled its new 2,400 sq. ft. addition which included room for its stitcher-trimmer and other mailing equipment. A new employee breakroom, manager’s office and accounting storage area were also added.

40 Years Ago – 1977
• The Anderson News of Lawrenceburg, Ky., led by Frances and Elliott Garrison, celebrated 100 years of service to its community.
• The Central Kentucky News-Journal began its Newspaper in Education program for Campbellsville and Taylor County schools.

Enjoying a Cynthiana summer concert

Enjoying one of the Summer Concert Series in Cynthiana, Ky., were (l-r): Kelly Kendall, left, wife of Cynthiana Democrat Staff Writer Lee Kendall, holding granddaughter Millie, and Lee’s daughter, Laura Ashbrook.

Becky Barnes, editor of the Cynthiana (Ky.) Democrat and husband Ernie attended the May Summer Concert Series held in downtown Cynthiana. The Cynthiana Democrat donated their time to the concerts by helping with set-up on the courthouse lawn.
Citrus County Chronicle raises $800 for NIE with semi-annual block sale

On Wednesday, June 7, 2017, the Citrus County Chronicle held its second semi-annual Block sale, raising around $800 for the Newspaper in Education Program (NIE).

How it works:
We reach out to businesses and request gift certificates, gift cards or gift packages that have a set retail value. We then present these to the public at half of their retail value, and 100% of the donations are deposited into the NIE fund.

What this means for the community:
As far as the businesses are concerned, it means highly discounted advertising, as a 2x2 space that we use in our advertisement usually costs around $100, and they are being given to the participating business “free,” or at the retail value of their donation.

Because of this, the more units a business donates, the more 2x2 blocks they will have reserved for the promotion of the business and the sale of their donation. It also means that their business is seen in the public eye as a “friend of education,” which is very good PR.

Of course, the program benefits greatly each time we host one of our block sales, and a program that supports literacy in our local schools is funded. Thus, our community’s businesses are helping to forge a better and brighter future for the children in our area.

Perry hired as Roane County sports editor

Jason Perry is the new sports editor at the Roane County News. He lives in Kingston, Tenn., and is happily married to his wife, Paula.

Jason grew up in the foothills of the Appalachian Mountains in West Virginia and Kentucky. After high school, he attended Shepherd University in Shepherdstown, W. Va., where he majored in Sports Communication, graduating with high honors.

Jason has worked in the sports field for more than 15 years. He has been a student assistant, intern, and freelance writer. Jason has also worked in broadcasting, doing color commentary for a number of radio stations. The most notable station was WFGH based out of Fort Gay, W. Va.

In the last seven years, Jason has been the sports guy for the Big Sandy News in Louisa, Ky. and the sports editor for the Wayne County News in Wayne, W. Va.

Jason Perry, left, new sports editor for the Roane County News, interviews a Rockwood football coach.
2017 Full-Time Student Verification Reminder

If your son/daughter is age 19-23 and enrolled as a full-time student for the 2017 fall semester, student status verification needs to be provided to Central Office HR (fax 502-633-4482 or email jmccray@lcni.com) for dental, vision and life insurance coverage.

Acceptable verification includes a copy of fall 2017 semester course schedule (minimum 12 credit hours) or a letter from school administration indicating full-time status for the fall semester. Fall semester student status verification needs to be provided no later than August 31, 2017.

Chad Thompson joined the Chiefland (Fla.) Citizen July 6 as the sales consultant in Williston.

Thompson is a native of Rochester, New York. He moved to Ocala, Florida 10 years ago. He and his family have lived in Levy County for about seven years.

Professionally, Thompson worked 10 years for AT&T as a manager and district manager, and as assistant store manager for Tractor Supply in Trenton.

Thompson and his wife, Dusty, have four children: Evelyn, Liam, Skyeler and Paislee.

In his spare time, Thompson works with Bronson youth baseball and football programs. He enjoys fishing, farming and sports with his children.

He describes himself as an energetic family man who likes the outdoors and animals.

Thompson joins Chiefland ad staff

Phil Scherer hired as LA Monitor sports reporter

The Los Alamos Monitor recently hired Phil Scherer as its sports reporter.

Phil is a recent graduate from Division II Lindenwood University. He is a St. Louis, Missouri native, where he spent the first 21 years of his life before relocating to New Mexico.

He is an avid sports fan and can be found watching the St. Louis Cardinals and St. Louis Blues whenever they are playing.

Growing up, Scherer was involved in the Boy Scouts of America, where he attained the rank of Eagle Scout, a distinction earned by just 2 percent of Boy Scouts.

In high school, Scherer was a member of the swim team. However, during his junior year, he sustained a major shoulder injury that ended his swimming career.

When competing in athletics was no longer an option, he decided writing about them was the next best thing. By going into sports journalism, he was able to combine his two biggest passions in life: sports and writing.

He was a four-year member of his college newspaper staff, where he was a reporter, sports editor and managing editor throughout his collegiate career.

Scherer earned regional and state awards throughout college for writing and page design.

The Citrus County Chronicle welcomes Carly Zervis as a new copy editor. She has been a resident of Citrus County for 25 years. The Chronicle previously assigned stories and projects to Carly, who worked as a stringer. Now she has been hired as a full time copy editor. She is involved with the Citrus County Historical Society and Nature Coast Rotaract. Carly earned her BA degree in English from Flagler College. She enjoys horses, kayaking and reading.

Chronicle copy editor
Manning the phones for the WYKE Telethon this year were, from left, Receptionist Vicki Loeffler, Inside Sales Rep Lori Driver and Artist CarolAnn Decklemann.

Citrus employees help Key Center raise over $230,000

Each year, the Key Training Center of Citrus County has a three-part community fundraiser program to raise funds to serve adults with developmental disabilities.

In addition to the Stars Dinner & Auction, they also sponsor a Run for the Money, a week-long 180-mile journey from the steps of the state capitol building in Tallahassee to Lecanto, Florida.

Runners subject their bodies to the agony of U.S.19’s hard, hot, and lonely stretches of asphalt in 90-plus degree heat to help the Key Center by showing that each step of this grueling run is small in comparison to the struggles mentally challenged individuals face every day.

The events culminate with the WYKE Telethon which is televised in Citrus County. The phone lines are open all day and various groups from the community volunteer to answer the phones and collect pledges. This year the Chronicle’s team included Receptionist Vicki Loeffler, Inside Sales Rep Lori Driver and Artist CarolAnn Decklemann.

The Key raised over $230,000 this year with these events.

Woolsey returns to editor role at Mount Vernon Democrat

The Mount Vernon Democrat has a new editor, and it is a familiar face around the office in former editor, Corey Woolsey.

Woolsey left the Democrat in June 2016, to pursue a new position in Okaville, IL, in the Metro East St. Louis area.

In December, his mother was diagnosed with colon cancer, and as the only child to his single mother, he felt the need to come home to help care for her.

“I wasn’t sure what I was going to do, but when the position at the Democrat opened up, it seemed like the natural fit,” said Woolsey.

Woolsey looks forward to working with the people in town he is familiar with and the few new faces that have taken office after he left.

“I am excited to be back, and hopefully we can keep things going smoothly,” said Woolsey.

Joins Chronicle business office

Indira Wolf has joined the Business office of the Citrus County Chronicle in Crystal River, Fla., as a Cashier and Credit/Collections Coordinator. She is originally from Panama, but has lived in Florida for the past 8 years. Indira is married to her husband, William, and she describes herself as charismatic.

Good morning hug

Kacie Goode Emmerson, reporter at the Kentucky Standard in Bardstown, stopped for gas one morning and had an unexpected welcome from a local iguana. And he’s the smaller one.
Sam Hickman has been hired as sports editor of The Brunswick Beacon in Shallotte, N.C. Although working as a staff writer for the Beacon from April 2013 through January 2016, Hickman accepted a legal assistant position at the Brunswick County District Attorney’s Office. Following a 16-month stint at the courthouse, Hickman returned to the Beacon in May.

Since he worked at the Beacon as a staff writer, Sam and his wife, Maggie, have welcomed their first son, Huck, into their family. When he was a young boy growing up in Ocean Isle Beach, Sam dreamed of one day becoming sports editor of the Beacon.

During his time as a staff writer at the Beacon, Sam won multiple North Carolina Press Association awards, including a third place finish in General News Reporting. Sam brings back local ties to the Beacon as he is a 2005 graduate of West Brunswick High School and almost a lifelong resident of Brunswick County. He graduated from East Carolina University in 2012 with a bachelor’s degree in history.

Moore hired as Owenton reporter

Trimble County native Elisabeth Moore became the newest addition to the News-Herald’s staff June 7. She will serve as a reporter for the Owenton, Ky. newspaper. Moore is a 2017 graduate of Western Kentucky University, where she received a bachelor’s degree in English with a minor in journalism.

While attending WKU, Moore served as a reporter for the campus newspaper, the College Heights Herald. The 22-year-old initially became interested in journalism after changing her college major to English during her junior year. Moore said she believes every person has a story to tell, and it’s up to reporters to write them.

During her time at the College Heights Herald, Moore served as a staff crime reporter. As a contributing writer, she wrote numerous features and human interest stories.

During her spare time, Elisabeth enjoys reading, crafting and watching Netflix. Her favorite books are the Harry Potter series by J.K. Rowling and “Inkheart” by Cornelia Funke. She continues to participate in the WKU Folklore Club, a club based on the folk studies program at the university.

Moore is also an alumnus of Sigma Alpha Iota, an international music fraternity. A 2013 graduate of Trimble County High School, Elisabeth currently resides in Bedford.

Loading boxes for local food pantry

Josh Guthrie, right, Cynthiana Democrat plant manager, along with members of the Cynthiana Fire Department, loaded and delivered food items donated at the 14th annual Cynthiana Home and Garden Show to the Harrison County Food Pantry. Numerous boxes containing non-perishable food were dropped off at the Locust Street pantry. Volunteer Margaret Watson said the food from the show is always needed to help replenish shelves and in preparation for summer when the needs of families is greater because children are home all day.
Alissa Noe joins
Evergreen as
sports editor

Alissa Noe started following sports at a young age. Then, in college, she realized that she could make a career out of that.

Alissa has joined Evergreen (Colorado) Newspapers as its new sports editor. She has covered a variety of sports from high school to college to professional baseball and hockey.

She graduated from the University of Colorado-Boulder in December, 2016 with a bachelor’s degree in journalism and a minor in Spanish.

Prior to coming on board in Evergreen, she has freelanced for the Boulder Daily Camera, the Denver Post, Mile High Sports, Hardball Times and Purple Row.

UT grad named
sports editor at
Morgan County

Taylor Crombie has joined The Morgan County News in Wartburg, Tenn., as sports editor. Taylor graduated from the University of Tennessee in 2017 with a Bachelor of Science Degree in Journalism and Electronic Media.

While she was at UT Taylor covered University of Tennessee sports for the UT Daily Beacon also serving as Digital Staff Content Creator. Her beat assignments included coverage of the 2017 SEC Swimming and Diving Championship. She also covered UT softball, producing video and digital media reports.

Tiffany Swartz of Red Oak, Iowa, is a new advertising representative for the Red Oak Express. She began her duties the last week of June.

Swartz has been an Iowan for more than 14 years. She is originally from Orange County, Calif., and moved to the Red Oak area in her early 20s. She most recently was employed in the U.S. Cellular office at Westlake Ace Hardware.

She enjoys being part of the Red Oak community and has three children who participate in activities and school here. Her son Cole is 13, daughter Kaitlyn is 10, and son Hunter is 5. Her “other child” is her fur baby, “Kona,” a 1-year-old Boxer.

“With my three, well, four children I also live with my significant other, Joe Smith, in the home we purchased a few years ago,” she said.

“I love Pinterest for ideas, even though Joe – reluctantly – is the helper of many of my home projects. I enjoy painting and finding remake furniture, cooking, gardening, listening to music, being with friends, and most of all, food – especially chocolate!”

Publisher Brad Hicks said, “We are excited to have Tiffany as part of our enthusiastic team here at The Express. We feel fortunate to have someone who has strong ties to the community and who has experience with retail business.”

Ashley Johnson has joined The Lancaster (S.C.) News as an advertising consultant. She has a 6-year-old daughter and has played softball since she was a child. Ashley has also been a wedding singer since the age of 15.
Cynthiana Publishing Company has been printing the news since 1956

By Taylor Cusick
Summer Intern
The Cynthiana Democrat

The Cynthiana Publishing Company is a paper printing palace located on Webster Avenue down the hill from the high school. Cynthiana Publishing Co. is owned by Landmark Community Newspapers, LLC, and has been serving the state of Kentucky since 1956. It is also the home of The Cynthiana Democrat.

“Our geographical area is mainly Northeast Kentucky, coming from Louisville on the west, then us being the furthest east,” said Josh Guthrie, the plant manager. “We also do some out-of-state printing.”

According to Guthrie, last week’s printing included a publication from Knoxville. There have also been printing customers from as far away as Florida.

The Cynthiana Publishing Company provides a number of services beyond housing the Democrat and Harrison Shopper. The plant provides web offset printing, inserting into papers, stitching and trimming of specialty products, and mailing of newspapers.

Web offset is a type of printing where a continuous roll of paper is fed through a printing press and is then cut down to size. This method is used for the creation of newspapers, magazines, books, and various other print mediums.

According to Guthrie, Cynthiana Publishing Co. carries anywhere between 18 to 20 papers at a time. This means it prints around 44 tons of paper a month. That’s the equivalent of two semi-trucks stuffed full. It uses 1,798 pounds of black ink, 495 pounds of yellow ink, 675 pounds of red ink, 570 pounds of blue ink, and makes an estimated 1.2 million impressions a month.

Printing such a high volume of paper is no easy task. Guthrie said part of the reason the company is able to accomplish such a feat is because of the extremely skilled staff that works on the press.

“Some of my pressmen have 30 years of experience,” said Guthrie. “I like the people I work with here. They’re local people who are in a profession where art meets technicality. It’s really cool to take a product from start to completion and to use technology to render the creative vision onto paper.”

Guthrie said the company has 18 full-time employees, all of whom are from Cynthiana.

While the world of print media in general may be undergoing a strange metamorphic stage within the past few years thanks to the explosion of the internet, Guthrie believes there are still a few upsides to print journalism that the internet will never be able to take away.

“Print journalism has the added responsibility of being accurate in order to go on paper,” said Guthrie. “Unlike online publications, print news can’t retract immediately. There is more desire and passion to get things right in print journalism because we have to get it right.”

Guthrie also noted the importance of print journalism and how it has been a part of our nation throughout history.

“It’s pretty cool to work in the same industry as Ben Franklin,” said Guthrie. “We are in the constitution.”

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Kendalls get leukemia diagnosis within two months of each other

By Becky Barnes
Editor
The Cynthiana Democrat

The chances of someone developing leukemia are small; add to that two people in the same family, but not blood relatives, being diagnosed within two months of one another and it’s extremely unusual.

Cynthiana Democrat writer and retired teacher/coach Lee Kendall was diagnosed with chronic myelogenous leukemia last June. Doctors confirmed that his sister-in-law, Debbie Dawson Kendall, had the same blood-borne cancer in August. Lee had been to see Dr. Dwight Lewis on a routine visit to get his maintenance prescriptions renewed.

Dr. Lewis called and requested that Lee have his blood drawn again because he believed there was surely a mistake in the reading. The second time, his numbers were even higher than the day before. He went back a third time. Still, the numbers were increasing.

Dr. Lewis then referred Lee to oncologist Dr. Phillip DeSimone at Harrison Memorial Hospital, who also ordered more blood tests and got the same results.

Lee’s white blood cell count (WBC) was in the 400s at diagnosis. The normal count is around 10. By the time he began his “targeted therapy drug,” his WBC count had elevated to the 600s.

It was one of his routine trips to Dr. DeSimone’s office at HMH in August that he ran into his brother, Larry, and Debbie. The couple was coming out as his brother, Larry, and Debbie.

The Kendalls are both at a point now where they have blood tests only once a month. Lee said he was told that his “targeted therapy drug,” Dr. Stephen Moses, who immediately recognized what was going on with him and started her on a fast track to UK. She had a bone marrow biopsy as well as numerous other tests to arrive at the final diagnosis. Debbie and Lee both have a one-pill-a-day regimen.

Debbie said she was told that she could not skip a pill. “If you forget it, you take it when you think about it and then continue with the schedule,” she said of her strict instructions. There are side effects to their medications. For Lee, it has been fatigue and joint discomfort in his knees and ankles. For Debbie, it’s her fingers and toes.

She said that she used to be able to function on four or five hours of sleep a night. She would work out five days a week and be on the go all the time. Since the diagnosis, she said she needs her full seven to eight hours of sleep and has dropped her workout to two to three times a week.

Unlike her brother-in-law, Debbie said her appetite has not changed. Lee, on the other hand, has lost over 40 pounds and says he just doesn’t eat like he used to.

“It’s difficult to compare with each other because there are so many factors,” Debbie said. However, the both agree that the common factor is their appreciation for the medical personnel who have helped them from the beginning.

Debbie credited Dr. Moses’s quick reaction for catching her disease at the beginning. Her diagnosis was made in August. Just seven months prior, her WBC count was 11.4, which was not a number to create alarm.

Lee also lauded Dr. Lewis for recognizing the abnormalities. Fifteen to 20 years ago, a person with the myelogenous leukemia diagnosis had a bleak prognosis of 18 to 20 months to live. However, medical advancements have vastly improved, Lee said.

Debbie said she sees that progressing to where she would only have to that done once a year.

Lee said he was told that his prescription regiment could eventually cure his disease. Debbie, on the other hand, anticipates taking her pill-a-day for the rest of her life.

The pair also agreed that telling family was one of the most difficult things to deal with.

Debbie and Larry have three children, Scott, 23, Larah Kate, 19, and JD, 13. Lee and Kelly have two daughters, Katie, 29, and Laura, 27. They also have two grandchildren and one on the way.

“I don’t really feel like a cancer survivor because I’m just surviving,” Debbie said of her reluctance to be featured in advance of the Relay for Life, which was held in downtown Cynthiana on Saturday, June 3, 6 p.m. to midnight.
Patti Ray uses creativity to design playhouse for her granddaughter

Patti Ray, The Citrus County Chronicle’s Pre-Press Supervisor, has always been creative building various and unique items for her home.

She built a beautiful headboard for her bed made entirely out of wood that she found outside.

Just recently Patti noticed that our new process-free plates came wrapped in large white cardboards. They were really good quality with a bright white finish.

Patti knew they were meant to be “recycled” and decided to start saving them. Little by little as they came in, Patti started taking them home and realized after a short while she had collected quite the stack by her front door.

One day when Patti’s son came to pick up his daughter after spending a day with Grandma Patti, he asked, “Are you planning to build a fort?” Ding, ding, ding…the light bulb came on. Patti was going to build a playhouse for her granddaughter.

The poster board that came between the plates was cut for window frames and the windows. The corners that came in the boxes were used to make the corners in the “Tiny House” and the lids of the boxes became the roof.

After the structure was created, Patti had her 5-year-old granddaughter, Aubreigh, cut flowers out of more of the poster board and then paint them.

Together they also painted the “Tiny House” with pink paint. Eureka! They had built a life-size play house. Pink shag carpet is installed on the floor with an added touch of a couple of bean bag chairs.

Aubreigh loves it and thinks her Grandma is simply the best!

Editor’s Note: “Follow Me Outside of Work” is a new feature that will run periodically to spotlight employees who are leaders in community organizations, volunteers in community efforts, or who enjoy a special hobby or special activity outside of work. Stories may be sent to Linda Barnett, LCNI News Editor, at lbarnett@lcni.com.
Vanguard Webinars

Vanguard is continuing to offer quarterly educational webinars that address various retirement planning topics to help you build wealth and move closer to the comfortable retirement you deserve. Vanguard is hosting webinars on August 22 and 24 and September 20 and 21. Each webinar lasts less than an hour and there’s no cost to attend. All you need is a computer with an internet connection.

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September 20 at 3:00 pm EST
September 21 at 2:00 pm EST

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Overcoming adversity with grace

Anyone who has faced true adversity must make a decision. You can harbor resentment against people with “all the breaks” or you can move forward with your head up, knowing that you will receive neither accolades nor acknowledgement for the quiet, hard work you put forth each day just to survive.

It all comes down to overcoming adversity with grace. It’s about learning how to pull strength from the struggle instead of letting it scar you.

I’ve spoken (before) about how I overcame financial adversity as a teenager. The second adversity I continue to face and must learn to work around is my eyesight.

At my most recent eye appointment in May, I learned that I am now officially legally blind. My left eye had already reached that checkpoint two years prior, but since then, my right eye had degenerated enough to keep it company.

In college, I was diagnosed with a rare degenerative retinal disorder known as Cone Dystrophy. It is incurable, and only effects about 1 out of every 30,000 people. It resides alongside a handful of other impairments like Stargardt disease and Leber’s congenital amaurosis. There are no glasses or contacts that will improve my sight.

In the retina, there are two types of cells – rods and cones. Cone cells enable a person to read, see fine details and recognize faces. Cone cells also play a role in the perception of color and function best in bright light. Since my cone cells continue to deteriorate, these are the vision issues I struggle with.

I am 24 years old and am no longer able to read print books because of this random genetic disease. A sunny day is sheer blindness that is only manageable when I wear dark sunglasses. I have never been able to drive.

I first started noticing symptoms when I was about 14 years old, and through the years, I have quite literally watched the world in front of me disappear before my eyes.

I wasn’t diagnosed until college because at first, doctors didn’t know exactly what was wrong with me. Until the cone cells degenerate to a certain point, it is very difficult to detect any kind of abnormality. I lost my insurance when I was 18 and had to work through a rehabilitation program to finally get into an eye doctor when I was 22, the year I was diagnosed.

I have had help along the way and have learned how to adjust through accessibility aids and devices.

But learning how to survive is not the same as thriving. It is not the same as accomplishing the many wonderful things I set out to do as an adult and which are now out of the question due to something I can’t control.

There have been many tear-filled nights in the darkness as I actively participated in the “why me?” game. Just like the financial strife my mother and I faced when I was in high school, my vision loss is no one’s fault. It was a roll of the genetic dice and mine just happened to turn out as duds.

I learned to live and adapt. That’s literally all you can do - adjust and hope that the people around you show a measure of compassion and understanding along the way. They don’t always do that, and you have to learn to accept that, too.

Learning to live with such a life altering disability has been a massive struggle for a headstrong, formerly independent twenty-something like myself. I didn’t mind being a little different or weird when I was a kid, but not like this. Not when I can’t control when people look at me strangely and whisper comments under their breath after I walk by.

I wanted to be a journalist since I was 15 years old. Back then, I could still devour paperback books by the stack, ride my bicycle in the bright afternoon sun and use a computer without accessibility features enabled. If people were more than a foot away, I could still see their faces, and I could read the handwritten notes inside of birthday cards.

As my vision worsened over the years, I still clung to my dream of becoming a journalist. Who I am inside did not change just because my vision did. I wanted to make it work. My mind and ambition were unscathed by this disease.

That dream is what got me through poverty when I was in high school. It’s why I kept my grades high in college and worked so diligently to secure internships and form connections with my professors.

I knew I would have to work harder than the average person just to achieve average. If I wanted to be anything more, I knew I had to give it my all.

Now, a little more than a decade after I began experiencing symptoms, my future – much like my eyesight itself – is unclear.

I have loved my time interacting with this community at the Mount Vernon (Ind.) Democrat. Despite stress and office politics, my year here has quite literally made my dream come true. I would never trade the fascinating conversations I’ve had with incredible people in this county, as they opened up to share their own unique stories of challenges, struggles and triumphs. You trusted me to tell those stories, and I tried to provide that service to the best of my abilities each and every week.

But aspects of my private and professional life only continue to grow more difficult. Things that were once effortless and quick are now burdensome and time consuming.

The doctors tell me my vision should plateau soon and that I will not go completely blind. But like so many aspects of this arbitrary disease, there is no guarantee or certainty of anything.

That is the challenge in overcoming adversity with grace. You have to accept your shortcomings, no matter how much it hurts.

I have had my share of embracing mishaps over the last year. There were people I didn’t recognize who I had spoken to just the day before and important signs I couldn’t read. There were friendly waves that went unnoticed and handwritten information someone else had to transcribe.

I never divulged the existence of my disability publically for fear of ridicule. How good of a journalist can she be if she’s blind? I would like to think that during my time here I was adequate, and I gave everything I could to be superior.

For those I have spoken with frequently in the community, thank you for your kindness and understanding, though you may not have known about my impairment. I’m sure I come across as strange, awkward, rude or anxious to those who don’t know that I’m legally blind (and maybe even those who do.) Just because someone shows no outward signs of a struggle does not mean they aren’t waging a daily war to be normal and happy. Judgment, rudeness and constant reminders of another’s inferiority do nothing but break one’s spirit and make the battle even harder to fight.

Everyone is blessed and cursed in certain ways. Some more than others. Each day, we open our eyes again because of the blessings. I have been blessed to live out my dream of being a journalist. I have been blessed to have a partner who looks after and takes care of me, and a mother who still frets when I forget to call her back at night.

Continued on page 18
Overcoming adversity with grace

Continued from page 17

I have been blessed to meet kind, interesting people who taught me about this city’s present and past. I have been blessed to have a roof over my head, food in my belly and a surprisingly strong immune system.

Let’s help increase the number of blessings in each other’s lives instead of adding to the list of curses and hardship that pull at us each day.

I am still learning how to overcome this particular form of adversity with grace. It is a challenge, but I think I can do it. I have overcome challenges before.

Wolfson hired as schools reporter for MetroWest

Leo Wolfson joined MetroWest Newspapers in Brighton, Colorado, in April as the schools beat reporter.

He comes to MetroWest from the mountains of Colorado where he spent two years after graduating from the University of Colorado at Boulder in 2014. While in the mountains, Leo produced and hosted a segment on-air at TV8 Vail. He also reported for the Vail Daily and Summit Daily News newspapers and for Explore Summit magazine.

He coaches up-and-coming competitive-level ski athletes and skis and hikes in his spare time. He has a particular fondness for Colorado’s many 14,000-foot peaks, climbing 21 over the past year.

Returns to News-Enterprise


Christmas in July festivities

The Central Office Activities Team, led by Diana Beaton, hosted a Christmas in July party on July 27. Participants were asked to bring Christmas cookies and a gift they would like to “re-gift” to some lucky person. Holiday decorations, including a Christmas tree, adorned the accounting work area. Several of the participants included, from left, Diana Beaton, Brenda Lea, Cindy Sanders, Patty Bottom, Jennifer McCray, Trina Shryock and Karen VanMeter.

One gift, which was vibrating and making noises, elicited the most whooping and hollering as it was being unwrapped. It turned out the noises were coming from a bag whose occupant was a mother-in-law who had been stuffed in the bag by her son-in-law. Velesia Cardwell, the lucky recipient of the unique gift, holds it gingerly while Linda Hamilton tries to contain herself from laughing hysterically.
Citrus Publishing’s
May Employee of the Month
Lori Myers-Ward
District Manager

Lori Myers-Ward was named the Citrus County Chronicle’s Employee of the Month for May. Lori is one of those unsung heroes on the night shift at the Chronicle. Being a District Manager (DM) is one of the most difficult jobs in this company. As a DM you have to work nights, 6 days per week. In addition to your “normal” job, you also get to run down routes once your work in the building is done. Lori does all this and much more. She is extremely organized and works hard to keep her routes filled. She provides training and assistance to the other DM’s, dock assistance and anyone else who needs help. Lori has been doing this for 11 years! She is definitely one of those employees who continually give 100% and we are fortunate to have her. Thank You, Lori for all you do!

Citrus Publishing’s
April Employee of the Month
Patti Ray
Pre-Press Supervisor

Patti Ray worked tirelessly during the month of April, literally working day and night. When one of her co-workers was out of the office unexpectedly, Patti immediately returned to work from a much needed planned vacation week. Patti did this without complaining about the hours worked or the fact that she had to cancel a vacation that had been planned for a long time. And, as an added surprise and without being asked, she coordinated a necessary replacement cartoon for Doonesbury on Sundays. Her attention to detail has an important impact on the job she is responsible for. This is real dedication to the company and to her job. Thank You, Patti, for all you do!

Citrus Publishing’s
July Employee of the Month
Dan Bachmann
IT Administrator

Dan Bachman, who was named the Chronicle’s Employee of the Month for July, has found ways not only to make the end users’ life easier but also streamlined the IT Department itself. Automatically updating all of the computers from the server level, remote access to make repairs and fix issues when he is out of the office and working with the outside offices to improve their access are just a few things that he has done to make our lives better. We appreciate everything that Dan has done to make our work lives easier. Thank You, Dan, for all you do!
Learn healthy ways to deal with grieving

Your Employee Assistance Program (EAP) can help you cope with traumatic events

The loss of a loved one can shake you to your core. Knowing how to deal with those deep feelings of grief and sadness can help you during such a difficult time. It’s not about getting over it, but about getting through it. And while it might be a time of great personal suffering, it’s also likely that those around you are feeling the same way. Everyone deals with grief in different ways, but being there for each other, and knowing how to talk to each other about loss, can be the first step to help you deal with things like death, divorce or other traumatic events. Your Employee Assistance Program (EAP) is here to help you understand the process of grief and learn healthy ways to deal with it.

Log on to our website this month to read these feature articles. They’re under the Monthly Promotion tab in the Centers section:

- How to deal with grief
- Grief, bereavement and coping with loss: Overview
- Grief, bereavement and coping with loss: Types of grief reactions
- Culture and response to grief and mourning

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Fairy doors, painted rocks and google eyes, oh my!

Starting in June, The Cynthiana (Ky.) Democrat started a scavenger hunt project with Wylie Caudill, a local artist who was commissioned by the Cynthiana Arts Council to paint 13 fairy doors on buildings throughout the downtown area. Each door is unique and numbered.

Someone also went around and stuck google eyes on inanimate objects throughout town. There are nine of those around the downtown district and are guaranteed to make you smile if you happen upon them.

Just as that was gaining popularity and drawing people to the downtown area, a Cynthiana woman started CynthianaRocks. People have joined in by painting rocks and hiding them around Cynthiana. Some of the rocks are prize rocks and can be turned in to the business for a prize. Once you find a rock, you hide it again for the next person.

Citizens of all ages have taken to the streets to participate in what appears to be the summer of all scavenger hunts. From as early as 6 a.m. to as late at 12 a.m., giggling, excited groups of families, younger kids, teenagers and adults have been searching for these items. These small things that have popped up around town have encouraged people to become more active, be outdoors and be downtown. And increased foot traffic around town means there are more people around the city’s businesses.

Wylie Caudill, a senior-to-be at Eastern Kentucky University, is the designer of the fairy doors that were painted throughout Cynthiana’s downtown.

Max Koch, 9, won The Cynthiana Democrat and Harrison Shopper’s Scavenger Hunt. He won $250 in gift certificates from 16 local businesses. Max’s entry was drawn from the entries submitted.

Sinks birdie putt for the team

With a team comprised of two people under 15 and two people over 60, The Perry County News sponsored golf team discovered age doesn’t matter in a recent charity golf outing. The tournament was sponsored by Walmart on behalf of the Perry County Animal Shelter. Celebrating a 20’ birdie putt sunk by Evan Noble are, from left, Andrew Noble, 9, publisher Mark Eisenlohr, Evan Noble, 13, and businessman Larry Trunnell. Andrew and Evan were substitution players when their father, Nobles IGA owner Wes Noble and Trunnell’s wife were unable to play. The Perry County News team carded a –10 under par to take 4th in the field of 16 teams. The outing raised over $2,400 for the Animal Shelter. Evan and Andrew were the youngest players in the field of 64 players. The two Nobles are currently in top positions in their age group in the PGA sponsored Drive, Chip and Putt contest. They next compete in Louisville this month.
Opioid misuse
What you need to know

Opioids are a type of drug used to reduce pain. For cancer patients and others living with chronic pain, they can be helpful. But it is dangerously easy for a person to become dependent on opioids, without ever meaning to use them to get high. And once a person becomes opioid-dependent, withdrawal symptoms make it hard to stop using the drugs.1

What are opioids?
Opioids are usually prescribed by doctors for pain relief after surgery or an injury. They are also used to treat pain from cancer or osteoarthritis. Some common prescription opioids include hydrocodone, oxycodone, morphine and codeine. Fentanyl, usually prescribed for patients with advanced cancer, is an even stronger opioid. Side effects of these medications – even when they’re taken as directed – can include:1,2

- Being more sensitive to pain
- Needing more medication for the same level of pain relief or developing a tolerance to the drug
- Depression
- Drowsiness
- Feeling dizzy
- Feeling sick to your stomach, or vomiting
- Itching
- Sweating
- Lack of energy
- Low sex drive
- Symptoms of withdrawal when you stop taking the drug, or as you build up a tolerance to it

How do I know if I am building tolerance to a pain medication?
When you build up a tolerance to an opioid, you can have withdrawal-type symptoms while you’re still taking it. Withdrawal symptoms include: feeling like you have the flu, coughing, muscle aches, runny or stuffy nose, stomach cramps, diarrhea, and trouble sleeping.

How do I know if someone has a problem?
A person who is abusing opioids may:2

- Avoid other people and social situations
- Seem anxious
- Not be able to focus or remember things
- Seem to move slowly or be slow to react
- Have mood swings
- Seem depressed, or like they don’t care about anything
- Be drowsy more often
- Have trouble with constipation
- Care less about how they look
- Have a hard time keeping up at work or at school

Sources
3 Centers for Disease Control and Prevention, Rose A. Rudd, MSPH1; Noah Aleshire, JD1; Jon E. Zibbell, PhD1; R. Matthew Gladden, PhD1: http://www.cdc.gov/mmwr

When you need help, your EAP is here.
Maybe you or someone you care about is struggling with the overuse or misuse of opioids. If so, you don’t have to face it alone. Your Anthem Employee Assistance Program can help. For more information, call 866-621-0554.
How big is the problem?

Each day, about 125 people in the U.S. die from an overdose that involves opioids. This number includes:

- People using drugs prescribed by their doctor
- People using drugs prescribed to someone else
- People using illegal opioids like heroin

Anyone who takes opioids can become addicted. Of people who are taking opioids long-term under their doctor’s care, about one in four struggles with addiction.

From prescription opioids to heroin

Addiction to prescription opioids puts a person at high risk for heroin use. Seventy-five percent of heroin users say they used prescription drugs to get high before they switched to heroin.

How does this happen? A person’s tolerance for an opioid builds as they take it. At the same time, their body is becoming dependent on the drug. They start to take more pills than their doctor prescribed, just to get the same level of pain relief they had at first. When they run out of pills, they go to other doctors and hospitals to get new opioid prescriptions. Having more than one prescription raises the risk of accidental overdose. And each increase in the dose of opioid brings with it an increase in tolerance, so still more pills are needed.

As time goes on, the cost and time needed to get enough pills becomes too great. Heroin costs less, and in many areas it is easier to get than prescription pills. Heroin users are more likely to overdose, and to make other choices that put their health and safety at risk.

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By Stevie Lowery
Publisher
The Lebanon Enterprise

Three years ago, Rob Samuels, Maker’s Mark eighth-generation whisky maker and chief operating officer, wrote a two-page, hand-written letter to world-renowned artist Dale Chihuly. Samuels and his daughter had seen an exhibition of his blown glass artwork at the Cheekwood Botanical Gardens and Museum of Art in Nashville, Tennessee, and Samuels hoped to bring Chihuly’s stunning artwork to Maker’s Mark Distillery in Loretto, Ky.

After receiving his letter, Chihuly called Samuels, and a few weeks later, he traveled to the distillery.

“It was during one of those visits when Dale began to appreciate the surroundings — the green spaces and the gardens and the beautiful Victorian village that is the home of Maker’s Mark,” Samuels said. “Dale whispered in my ear, ‘I wonder if we can have an exhibition of my work here on your grounds.’ I said, ‘Hell yes.’”

In 2014, Maker’s Mark and Chihuly unveiled The Spirit of the Maker, which resides in the Maker’s Mark visitor warehouse.

“I had the privilege to visit the landmark Maker’s Mark Distillery in 2014 when we worked together to install The Spirit of the Maker,” Chihuly said in a press release. “I was inspired then by its unique landscape and architecture and am excited to share my work from the perspective of its special surroundings.”

Maker’s Mark unveiled a new exhibit, Chihuly at Maker’s, on July 1, which features Chihuly’s awe-inspiring work on the grounds of the distillery. Chihuly at Maker’s is comprised of six large-scale art installations on display throughout the distillery grounds. The artwork will remain on display through the end of October.

Chihuly at Maker’s is one of several site-specific installations from Chihuly that have been featured at high-profile locations around the country, including recent exhibits at Crystal Bridges Museum of American Art, the New York Botanical Garden and the Catalina Island Museum in Avalon, California.

Exhibition dates:
• July – Oct. 31
• Chihuly Nights, July 22 – Oct. 7 (Saturdays only)

Exhibition tour hours:
• 9:30 a.m. to 3:30 p.m. - Monday through Saturday
• 11:30 a.m. to 3:30 p.m. - Sundays

Tickets:
• Daytime tours - $12
• Chihuly Nights - $20

Among Dale Chihuly’s art designs are Summer Sun (top photo), Red Reeds (middle photo) and The Spirit of the Maker, at right.

On Saturday nights from July 22-Oct. 7, visitors will be able to enjoy the remarkable art of Dale Chihuly in a new way with “Chihuly Nights,” an exclusive and stunning look at the exhibition after dark. Maker’s Mark bourbon and cocktails alongside fine Kentucky fare from the distillery’s resident chef, Newman Miller of Star Hill Provisions, will be included. For additional information and to purchase tickets, please visit https://www.makersmark.com/chihuly or contact the distillery visitor center at 270-865-2099.

Overview: Chihuly at Maker’s showcases seven dramatic, large-scale installations in glass, landscape and architecture. Two installations are located within the distillery’s visitor’s center and cellar, while the remaining four are sited outside on the distillery’s grounds. Included in this exhibition is Maker’s Mark’s permanent installation, The Spirit of the Maker, Chihuly’s dazzling Persian ceiling commissioned by the distillery in 2014.
Chronicle launches new ad campaign

The Citrus County Chronicle takes pride in its commitment to being an active part of our community. Whether it is volunteering at a chamber event, cleaning up lyngbya, an invasive algae from the bottom of spring fed Kings Bay, participating in a parade, forming a Dragon Boat team, or making a difference by sitting on a board of a non-profit group, our employees are involved!

The Chronicle has launched a new print campaign called Profiles. The campaign profiles various employees within the organization who have a community connection. This campaign launched on Sunday, June 25, 2017.

We currently have 15 participating employees. Two of the employees — Receptionist Vicki Loeffler and Production & Circulation Manager Tom Feeney — are pictured below.
Our advertising business continued to be challenging during the second quarter with revenue down 9.6% compared to the same quarter last year. Retail was off 7.1% and preprints were down 6.8%

Classified advertising was 16.7% behind last year due to the loss of several large auto advertisers in Florida and Kentucky. Sales teams in both states are working to bring these customers back into our papers in the third quarter.

Online advertising was up 1% for the quarter, but behind budget by 6.7%.

Circulation revenue for the quarter declined 3.4% with single copy down the most at -8%. Subscription revenue was much closer to last year and budget with smaller declines of 2% in each.

Our web printing revenue was down 24%, which was 16% behind budget. We hope to see improvement in this area as our new press in Shepherdsville, Ky. begins to come online. The new press will provide greater color capabilities and higher quality reproduction.

In total, operating income declined 17.8%, which was 13.6% below budget. While these results are certainly lower than hoped there are a number of bright spots throughout the company. I will highlight just two of them here because they best exemplify what can be done to operate a successful newspaper.

The Lebanon Enterprise in Kentucky and The Brunswick Beacon in North Carolina are both hitting very challenging budgets and achieving high operating margins. They are doing this by showing good initiative in creating many different promotional and sales opportunities. These newspapers continue to command high readership in their communities which helps fuel good sales results. They do this while managing expenses to help drive profitability.

These newspapers are well respected in their communities and do important work in making these better places to live. They are shining examples of what newspapers can still do in today’s world.

As I said, these are just two examples of some of the good work being done throughout LCNI.

2017 2nd Quarter Profit Margin Attainment
(In Descending Order)

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