



The Lancaster News wins 31 South Carolina press awards

The Lancaster News brought home 31 awards, and its three sister newspapers another 27, from the South Carolina Press Association's annual meeting in Columbia on March 18.

Among the Lancaster News staff's first-place honors were Best Election and Political Coverage, Best Special Edition for its Honoring Veterans section, and best Reporting-In-Depth for coverage marking

the death and legacy of Mayor Joe Shaw.

"There was never a dull moment in Lancaster this year," a contest judge wrote, "from the death of a longtime mayor to charges of plagiarism against a local candidate. Fortunately for Lancaster residents, The Lancaster News had exhaustive coverage of these things and a myriad of other local and national political issues."

Publisher Susan Rowell congratulated

the news staff for an outstanding year. "I am extremely proud of the quality of community journalism we provide our readers," Rowell said. "Being recognized by the SCPA is much-deserved praise for the entire news team's hard work."

The newspaper won third place for General Excellence, competing in the 2016

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The staff of The Lancaster News and Carolina Gateway pose for a picture with South Carolina Press Association officials. From left are Robert Howey, Athena Redmond, Brian Melton, Mandy Catoe, former intern Kayland Hagwood, Hannah Strong, former SCPA

attorney Jay Bender, Greg Summers, 2016-17 SCPA President Ellen Priest, SCPA Director Bill Rogers, Kyle Camp, Jane Alford, former reporter Chris Sardelli, Susan Rowell and Reece Murphy.

Lancaster wins 31 South Carolina press awards

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contest against other papers that publish two to three times a week.

Nine Lancaster News staffers won Individual awards.

Mandy Catoe, in her first year at the newspaper, won two first-place awards for Beat Reporting – government and business – and a third place for Faith Reporting.

Athena Redmond, the paper's lead designer, won first places for Photo-Page Design and Inside-Page Design and third places for her portfolio of Front-Page Designs and a Single Feature-Page Design.

Kyle Camp won both second- and third-place design awards for his Business and Education pages, as well as a writing award – second place for Best Short Story.

Other visual awards went to Reece Murphy, whose photo of firefighters at a massive Indian Land house fire won first place for Spot-News Photo, and Greg Summers, who won second place in

General News Photography for his image from a candlelight vigil for murder victim Yusuf Abdus-Salaam.

Murphy also won a first-place writing award for his coverage of the Courts Beat.

And Summers won three writing awards – second place in Enterprise Reporting for stories about the local shortage of volunteer firefighters, and second place for both Government and Faith-Beat Reporting.

Sports Editor Robert Howey won three awards, including first place in Sports Features for his story about Buford High School track athlete John Elliott. Howey won second place for Spot Sports Story for his account of the Buford softball team's state championship. And he won third place for Column Writing.

Chris Sardelli, who left the paper last spring after eight years, won four writing awards. "The Challenge of a Lifetime," his week-long look at Buford resident Wesley Dry's Appalachian Trail journey, won first place for a Series of Articles. He also won second place for Investigative Reporting, second place for Education-

Beat Reporting and third place for Profile Writing.

Summer intern Kayland Hagwood, a junior at the University of South Carolina, earned third place for Police-Beat Reporting.

Editor Brian Melton won first place in Short-Story Writing for his memories of Christmas Eves at his grandmother-in-law's house, and third place for Opinion-Page Columns and for Feature Headlines.

Carolina Gateway

Carolina Gateway, which covers Lancaster County's Panhandle, won four awards.

Chris Sardelli won first place in Investigative Reporting for his coverage of the county's economic development conflicts.

Editor Jane Alford won third place for Sports Page Design Portfolio. Freelancer Julie Graham won third place for Feature Photo. The Gateway staff won third place in Entertainment Sections for the Indian Land Fall Festival.

LCNI *news*

LINDA BARNETT, EDITOR

LCNI NEWS MAKERS who submitted news for January, February and March are highlighted in blue

Newspaper	Location	Coordinator
MetroWest Newspapers.....	Brighton, CO.....	Beth Potter
Evergreen Newspapers.....	Evergreen, CO.....	Michael Hicks
Clear Creek Courant.....	Idaho Springs, CO.....	Michael Hicks
Chiefland Citizen.....	Chiefland, FL.....	Dale Bowen
Citrus Publishing.....	Crystal River, FL.....	Deb Kamlot
Gator Bait.....	Gainesville, FL.....	Marty Cohen
Gadsden County Times.....	Quincy, FL.....	Cheri Harris
Osceola.....	Tallahassee, FL.....	Bob Ferrante
Wakulla News.....	Crawfordville, FL.....	William Snowden
Williston Pioneer Sun-News.....	Williston, FL.....	Carolyn Ten Broeck
Leader-Union.....	Vandalia, IL.....	Rich Bauer
Inside Indiana.....	Bloomington, IN.....	Ed Magoni
Mount Vernon Democrat.....	Mount Vernon, IN.....	Jamie Grabert
Spencer Co. Journal-Democrat.....	Rockport, IN.....	Mark Eisenlohr
Perry County News.....	Tell City, IN.....	Mark Eisenlohr
Opinion-Tribune.....	Glenwood, IA.....	Joe Foreman
Voice of the Hawkeyes.....	Iowa City, IA.....	Todd Brommelkamp
Red Oak Express.....	Red Oak, IA.....	Brad Hicks
Kentucky Standard/PLG.....	Bardstown, KY.....	Carrie Pride
Trimble Banner.....	Bedford, KY.....	Dave Taylor
Central Kentucky News-Journal.....	Campbellsville, KY.....	Jeff Moreland
News-Democrat.....	Carrollton, KY.....	Kristin Beck
Cynthiana Publishing.....	Cynthiana, KY.....	Robin Smiley
Grant County News.....	Dry Ridge, KY.....	Bryan Marshall
News-Enterprise.....	Elizabethtown, KY.....	Paula Evans
LaRue County Herald News.....	Hodgenville, KY.....	Allison Shepherd
Oldham Era.....	LaGrange, KY.....	Melissa Blankenship
Anderson News.....	Lawrenceburg, KY.....	Ben Carlson

Newspaper	Location	Coordinator
Lebanon Enterprise.....	Lebanon, KY.....	Eva Jo Nugent
The Record.....	Leitchfield, KY.....	Rebecca Morris
The Cats' Pause.....	Lexington, KY.....	Darrell Bird
Casey County News.....	Liberty, KY.....	Larry Rowell
Henry County Local.....	Eminence, KY.....	Melissa Blankenship
News-Herald.....	Owenton, KY.....	Molly Haines
Central Office.....	Shelbyville, KY.....	Linda Barnett
Sentinel-News.....	Shelbyville, KY.....	Jacob Blair
Pioneer News.....	Shepherdsville, KY.....	Tom Barr
Standard Publishing.....	Shepherdsville, KY.....	Margaret Mendez
Springfield Sun.....	Springfield, KY.....	Nick Schragar
Spencer Magnet.....	Taylorsville, KY.....	Lynette Mason
Huskies Illustrated.....	Lincoln, NE.....	Darren Ivy
Las Vegas Optic.....	Las Vegas, NM.....	Vacant
Los Alamos Monitor.....	Los Alamos, NM.....	Jill McLaughlin
Brunswick Beacon.....	Shalotte, NC.....	Jackie Torok
Carolina Blue.....	Chapel Hill, NC.....	Shawn Krest
News & Reporter.....	Chester, SC.....	Marissa White
Lancaster News.....	Lancaster, SC.....	Linda O'Neil
Pageland Progressive Journal.....	Pageland, SC.....	Kimberly Harrington
Roane Newspapers.....	Kingston, TN.....	Kevin Kile
LaFollette Press.....	LaFollette, TN.....	Jennifer Spradlin
Morgan County News.....	Wartburg, TN.....	Joe King
Bedford Bulletin.....	Bedford, VA.....	Jay Bondurant
The Gazette.....	Galax, VA.....	Newsletter Team
The Declaration.....	Independence, VA.....	Shaina Stockton

Benefits Hotline 1-800-633-4393

The latest...



OneTouch Diabetic Test Strips

As of March 1, OneTouch diabetic test strips are covered at 100% under the CVS/Caremark Pharmacy Plan.

Although the test strips can be purchased over-the-counter, you will need a prescription from your physician to receive them at no cost. The OneTouch diabetic test strips are also available for mail order (90 day supply).

Call CVS/Caremark at 1-866-332-1647 for more information.

1095-C Forms

Federal Employer-Provided Health Insurance Offer and Coverage 1095-C Forms were mailed to employees' home and should have been received by March 3. You do not need to send a copy of this form to the IRS with your tax return, but you should keep the form with your other important tax records.

Wellness Program Challenges

If you've registered to participate in the 2nd Wellness Program Challenge "Maintain 4 Life," don't forget to track your points before the May 10 tracking deadline.

Did you miss the registration for Maintain 4 Life? No problem. You can participate in the two other challenges offered later this year:

- **Kick the Can** (eliminating sugary sodas and drinks) – Registration begins 5/29/17
- **15 for Me** (Making time to focus on you and manage stress) – Registration begins 7/31/17

Live Health Online Registration Drive

Beginning April 24, Anthem will be sending information to medical plan participants who have not registered with LiveHealth Online. If you register between 4/24/17 and 5/31/17, you will be entered in a drawing for: 1 grand prize of \$500, or 25 winners of a \$25 Amazon gift card. Note - this is a national campaign so the drawing includes all Anthem participants, not just our company.

Spring Clean Your Health Checklist

- ✓ Schedule an annual health check/preventive care exam
- ✓ Get your teeth cleaned and your vision checked
- ✓ Exercise for at least 30 minutes most days of the week
- ✓ Enjoy nature and the outdoors
- ✓ Remove allergens from your home with a thorough cleaning
- ✓ Clean out your medicine cabinet/purge old makeup
- ✓ Choose local produce in-season
- ✓ Stay hydrated
- ✓ De-stress

Health and Benefits Tips & Resources



Allergy Season

WageWorks - If you use over-the-counter allergy/sinus medication, you may be able to receive reimbursement through your Health Care FSA. Have your physician write a prescription, complete a claim form and submit both to WageWorks, <https://www.wageworks.com>

LiveHealth Online - Seasonal allergy symptoms not letting up? For a \$10 copay (or \$49, if not covered under a Landmark medical plan) you can see a doctor via LiveHealth Online – no appointment, no waiting! Visit www.LiveHealthOnline.com for more information.

Skin Health

Skin health is vital to your overall wellness. Don't forget that as part of your Anthem preventive care coverage, a skin cancer screening is covered at 100%.

Protect your skin! Click on the following link for skin cancer prevention and early detection tips!

<https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection.html>

Emotional Wellbeing

The Employee Assistance Program (EAP) is an

excellent resource to improve quality of life for situations like personal, relationship, family problems and/or substance abuse issues. To access the EAP, call Anthem EAP at 1-866-621-0554. You can also utilize the EAP through LiveHealth Online; just inform the rep when calling.

www.AnthemEAP.com (enter Landmark)

Physical Health

The PowerMe Wellness Program offers many targeted programs, webinars, resources, activities and coaching for improving and maintaining a healthy lifestyle. For more info about the Wellness Program log onto your Viverae homepage via www.Ask4HR.com. Click on Wellness (left side) and then the MyViverae logo.





Financial Wellness

What is financial wellness? Financial Wellness is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes. Financial wellbeing is when you can fully meet current and ongoing financial obligations and feel secure in your financial future, making you able to make choices that allow you to enjoy life. Our benefit vendors offer a variety of resources, programs, services and/or discounts to help you work towards and maintain financial wellness.



Anthem



§ Anthem's 'Estimate your Cost' tool is a great way to reduce your out-of-pocket expenses for medical services and procedures. After logging onto www.Anthem.com, select the 'Estimate Your Cost' tab and follow the prompts. Anthem will display facilities in your area that provide the service you requested and list your out-of-pocket cost for each location.

§ Preventive Care may not be something you'd normally associate with financial wellness, but preventive care could save you out-of-pocket expenses in the future by catching medical conditions early before they worsen. Preventive care services are generally covered at 100%.

www.Anthem.com
1-866-323-3608



Anthem EAP



§ With the EAP, you can meet face-to-face with a counselor at no cost to discuss concerns and issues related to financial troubles and related consequences.

§ The Savings Center offers 'Corporate Works' – a discount program of up to 25% off a variety of items and services including Health and Wellness items. After logging in, scroll through the Centers section and click on Savings Center and then the Savings Center link to register.

§ Financial Planning and Resources – by Clicking on the 'Living' tab and selecting 'Financial', you will see a host of resources including articles, financial calculators and seminars geared and targeted to help improve your financial wellness.



§ Control Your ID – provides free identity and theft resolution services. For more info, click on 'Legal/Financial/ID Monitoring' under Centers (right side).

www.AnthemEAP.com
(enter Landmark)
1-866-621-0554



LiveHealth Online



§ By utilizing LiveHealth Online for minor medical needs, the copay will save you money compared to a doctor's office visit, walk-in clinic or urgent care. If you are enrolled in a Landmark medical plan, the co-pay is \$10 (\$49 for non-medical plan participants).

www.LiveHealthOnline.com
1-888-548-3432



MetLife



§ If you are enrolled in Supplemental Life insurance, you can get a will updated or completed for yourself or your spouse at no cost through Hyatt Legal Services! Call 1-800-821-6400 for more info.



§ Travel Assistance is free to all full-time employees and offers you and your dependents medical, travel, legal and financial assistance 24/7 if traveling more than 100+ miles from home (includes internationally). Call 1-800-454-4379 for more info.



§ Estate Resolution is another free resource if you are enrolled in supplemental coverage. This service helps with probate at no additional cost.

www.MetLife.com
1-877-638-4671



Vanguard



§ Are you taking full advantage of the company match? By increasing your contribution to 6% you will receive the full 3.5% company match! This will allow you to save more for retirement while also earning free money!



§ Do you know if you'll have enough money saved to retire? How much should you actually be saving each paycheck? Vanguard provides numerous tips, resources and videos pertaining to saving and planning for retirement under the Education and Tools menu tab. Utilizing Vanguard's resources is a good option to help improve your financial wellness.

www.Vanguard.com
1-800-523-1188



Wellness Program



§ By becoming tobacco free, not only are you improving your health, you can also save \$780 on your medical premiums by eliminating the tobacco surcharge. Register for Breaking Free from Tobacco, a 4 week cessation program through Viverae.

www.Ask4HR.com
(Wellness Program > Viverae Logo)
1-888-848-3723



www.lcni.com



You can view available discounts offered by benefit vendors at www.lcni.com. Click on Employee Information, then Human Resources to find the discounts link.

www.lcni.com

LCNI Employee Service Recognition



ZAC OAKES

Oakes joins CKNJ news staff

Zac Oakes has been hired as a reporter/photographer for the Central Kentucky News-Journal staff.

He graduated from Russell County High School in 2013 and from Lindsey Wilson College in December 2016. While at LWC, he worked as the editor for the school newspaper, RaiderView.

Oakes got his start in journalism at the RCHS student newspaper. During the second semester of his senior year, the editor of the Russell County Times-Journal contacted his school; the paper needed a freelancer to cover spring sports. After graduating from RCHS, he worked there full-time for that summer.

“That’s how I got my foot in the door,” Oakes said.

Most recently, he worked as the editor of the Adair Progress for seven months, starting last July. He’d heard from former CKNJ reporter John Overby about the job opening and was looking for something different.

“I thought it seemed like a good opportunity,” Oakes said. “I thought it would be good to kind of change things up.”

Oakes, a big sports fan in his free time, is engaged and is set to be married in May.

30 Years of Service



Tom Barr
PUBLISHER
The Pioneer News



Mike Farner
SPORTS EDITOR
The Pioneer News



Donna Wilhite
COMPOSITION
SUPERVISOR
The Kentucky Standard

20 Years of Service



Sheryl Taylor
ADMINISTRATIVE
ASSISTANT
Roane County News



Todd Stephenson
LEAD GRAPHICS
DESIGNER
The Sentinel-News

10 Years of Service



Paul Dumler
PRODUCTION MANAGER
Red Oak Express



Rhonda Laughter
EDITORIAL/
ADMINISTRATIVE
ASSISTANT
Morgan County News



Damon Lawrence
REPORTER
Roane County News

Remember When...

5 Years Ago – 2012

- The Sumter County Times utilized a different approach to handling event booths. After watching the public avoid various manned booths at the county fair, they decided to see what kind of response they would get if they left their booth unmanned, and they saw that the unmanned booth attracted far more people. Among the information provided on the table was information on people being able to buy a laminated page of the paper as a keepsake for \$10.
- Matt Beck, reporter/photographer for the Citrus County Chronicle, spent time on his boat interviewing country music star Mel Tillis to promote Tillis' upcoming charity fishing tournament.

10 Years Ago – 2007

- Ben Carlson, editor/general manager of The Anderson News, Lawrenceburg, Ky., received the Max Heath Gold Star Award for Excellence in Community Journalism.

15 Years Ago – 2002

- Amy Hauslohner, then editor of The Galax (Va.) Gazette, won the first Max Heath Gold Star Award for Everyday Excellence in Community Journalism. The award, which was presented at the LCNI Editorial Meeting, is a tribute to Max's contributions as LCNI executive editor and his history of recognizing the good work that passed across his desk.

20 Years Ago – 1997

- The News & Reporter was one of the businesses recognized with a "Building Block Award" by the Chester, S.C. Downtown Development Association. The newspaper was honored for its contribution to help make downtown projects successful.

25 Years Ago – 1992

- The News-Enterprise, Elizabethtown, became the first newspaper in Kentucky to operate an audio-text system when InfoLink went online.

30 Years Ago – 1987

- LCNI acquired The Kentucky Standard (Bardstown), The Pioneer News (Shepherdsville), the Grant County News (Williamstown) and Standard Publishing (Shepherdsville) from Scripps-Howard.
- Fred Burkhard, former editor and publisher of The Casey County News, Liberty, Ky., was inducted into the Kentucky Journalism Hall of Fame.

35 Years Ago – 1982

- The Citrus County Chronicle hosted an open house for its new headquarters in Inverness, Fla.

40 Years Ago – 1977

- It was a month of change at The Anderson News in Lawrenceburg, Ky. Not only did the newspaper convert to a semi-weekly publishing schedule, it also sold its office supply inventory, removed old equipment and created more room for "newspapering."
- Twenty-three reporter/photographers from Kentucky and Indiana attended a two-day LCNI/Western Kentucky University Photo-journalism Workshop in Bowling Green.



Touting their business

Office staff member Nancy Nalewajek and managing editor Jackie Torok of The Brunswick (North Carolina) Beacon operate the newspaper's booth at the inaugural Live.Learn.Shop.LOCAL Business Expo, presented by the Brunswick County Chamber of Commerce, on March 4 in Ocean Isle Beach. The free event, which featured 70 vendors, was designed to showcase businesses and services available to Brunswick County residents and visitors.



KRISTIN WITT

Witt named publisher of Evergreen Newspapers

Kristin Witt has accepted the position of Publisher of the Evergreen (Colorado) Newspapers. She succeeds Tim Zeman, who is leaving the papers after 6-1/2 years for another job opportunity.

Kristin brings a diverse background that will serve her well in her new role.

She has been with Evergreen Newspapers since February of 2013, working in advertising sales and sales management.

Prior to that she was the Executive Director of the Big Chili Cook-off Music and Arts Festival, which is a major event in Evergreen that generates funding for a number of volunteer fire departments in surrounding communities.

Until 2009 Kristin worked in a variety of functions with the Evergreen Area Chamber of Commerce including Accounts Manager, Director of Member Services, and Newsletter Editor.

Kristin attended Bethel College in St. Paul, Minnesota, and earned a degree in journalism and a minor in music. She is a lifelong native of Colorado and lives with her husband and daughter in Evergreen.

Potter promoted to editor/publisher role at MetroWest Newspapers

Beth Potter has accepted the position of Editor/Publisher at MetroWest Newspapers in Brighton, Colorado. She succeeds Tim Zeman, who is leaving his post for another job opportunity.

Beth brings years of journalistic experience to her new role. She worked for LCNI's Evergreen Newspapers from 2014-2016 as a reporter. She was then promoted to Editor of MetroWest Newspapers in February of 2016.

Prior to joining Landmark, she served in a variety of news positions including reporter, managing editor, editor, business reporter, and content online manager. Beth has worked for The Denver Post, The Boulder Country Business Report and The Vail Mountaineer.

She has traveled the world serving as foreign correspondent and copy desk editor for the Agence France-Presse news agency in Baghdad, Iraq. Her diverse work experience should serve her well as she leads the efforts to grow the MetroWest operations.

Beth is a graduate of the University of Colorado, Boulder, earning a BA in International Affairs.

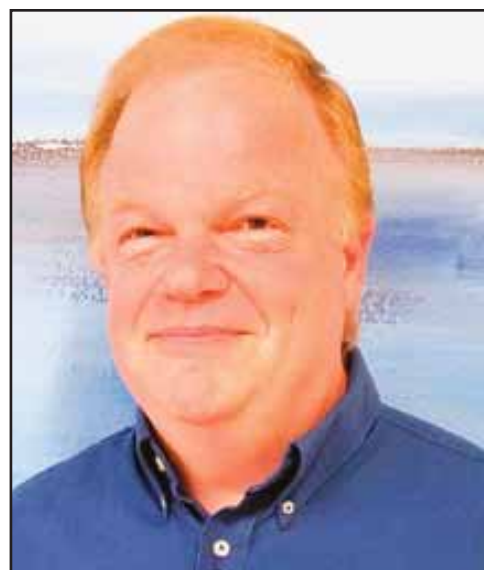


BETH POTTER



Lancaster A/R assistant

Benita Grubbs has been hired as the new Accounts Receivable assistant for The Lancaster (SC) News. After being a stay at home mom for over 2 years, she has decided to get back into the work force. She is married to Michael and has 2 boys, Landon and Logan, and one girl Lainey. She is from Kershaw, SC, and while in high school she visited 21 states in 23 days.



Chronicle sales rep

David McCane has joined the staff of the Citrus County Chronicle in Crystal River, Fla., as an outside advertising sales rep. David is originally from Glen Falls, New York, and has lived in Florida for one year. He earned a BA in theology and is very active with the area churches. David is married and has four children – two boys and two girls. He enjoys golfing and is a Green Bay Packers fan.

Hicks takes editorial helm of Evergreen Newspapers

Readers of the three Evergreen Newspapers saw a changing of the guard the week of March 6 as group editor Doug Bell retired and Michael Hicks took the editorial reins.

Bell, who had served as editor for 11 years, will spend more time traveling, playing hockey and teaching journalism at Metropolitan State University of Denver.

Bell has nearly 40 years of experience as a journalist, having also worked at the Denver Post, Rocky Mountain News, Greeley Tribune, Fort Collins Coloradoan and the Daily Camera in Boulder.

"I have worked with Doug Bell ever since I joined Evergreen Newspapers six and a half years ago," Publisher Tim Zeman said. "I can say Doug is the best editor I have worked with in my career. I will truly miss the professionalism he brought to our company every day. However, I do hope Doug enjoys his retirement because he has earned it."

Hicks is not new to the Evergreen Newspapers, having worked as sports editor for nearly seven years. He has been a journalist for 27 years, including time at newspapers in Virginia, South Carolina and North Carolina.

He moved to Colorado in 2008, where he worked as a prep sports reporter for the



MICHAEL HICKS

Denver Post and as sports editor at the Berthoud Recorder before coming to Evergreen Newspapers.

"I know that I have huge shoes to fill in

replacing Doug, but I will continue to strive to provide a trustworthy news source for the public," Hicks said. "I'm looking forward to the new challenges in front of me. I'm blessed to have a hard-working and dedicated news staff to work with as we continue to provide comprehensive coverage to our readers."

Zeman said of Hicks: "Although I am sad to see Doug leave, I am happy to name Michael Hicks the new editor of Evergreen Newspapers. I have worked with Michael for almost six years while he served as our sports editor. Michael is very bright and energetic, and I am confident he will continue to lead Evergreen Newspapers as the No. 1 source for local news in the communities we serve."

Bell offered his thanks to readers of the papers and to the many staff members who served with him over the last decade.

"Few editors are blessed with a readership that cares this deeply about their weekly newspapers," he said. "And our newsroom staffs have been first-rate over the years: dedicated, tenacious, caring, and with a boatload of awards to their credit.

"It's been an honor to lead these newspapers."

11th annual Beacon Health Expo serves 650 residents

The Brunswick Beacon's 11th annual Beacon Health Expo took place Feb. 25 at Shallotte Middle School in Shallotte, N.C. and attracted about 650 people.

The free event – one of the most successful in its history – featured 64 vendors bringing a variety of free screenings and demonstrations, a seminar and information on an array of health-oriented topics. Vendors included hospitals, dental offices, wellness centers, and hearing and eye care specialists.

The American Red Cross conducted a blood drive at the school, which also served as a medication disposal drop-off site to dispose of out-of-date or unwanted medications, controlled substances, prescriptions, over-the-counter medicine, liquids, inhalers, vitamins and needles. Event goers also were able to bring confidential documents to be destroyed on-site via Shred-it.

Other highlights included an eyeglass and hearing aid drop-off provided by the Shallotte Lions Club, chair massages, eyeglass adjustments, pulsed electro-magnetic and a tai chi demonstration.

Brunswick County Sheriff's Animal Protective Services volunteers were on hand with animal adoptions, too.



Curb service was provided by the Brunswick Beacon's Nancy Nalewajek for visitors who required golf cart transportation from the parking lot to the 11th Annual Health Expo Saturday.

Travis Jenkins repeats as FOI Award winner

Chester staff receives 19 SC press awards

The staff of the News & Reporter brought home 19 honors from this year's South Carolina Press Association Awards Banquet held in Columbia.

For the second straight year, Editor Travis Jenkins won the prestigious Montgomery/Shurr Freedom of Information Award. The award is only given if judges deem an individual or newspaper's work in the area of Freedom of Information exemplary. It is named in memory of Reid Montgomery, late secretary-manager of the S.C. Press Association and the late John Shurr, who spent more than two decades as FOI Chair of the S.C. Press Association and as S.C. Bureau Chief for the Associated Press. Both led the fight for open government in South Carolina.

"Jenkins...effectively uses the FOIA to unearth information and share it with readers in the communities he covers," judges said. "Jenkins also backs up news coverage with Op-Ed pieces on why we need the FOIA to bring important issues to light."

Jenkins also won a first place award for Sports Enterprise Reporting in the all-weekly division, competing against all non-dailies in the state, for the story "Bigger is (usually) better in prep athletics." The story examined the effects of student enrollment on athletic competitiveness.

"Timely, well-written and informative. Many states are facing this issue in high school athletics. Article did a great job of explaining the issue," judges said.

Jenkins and videographer James McBee combined to win a first place for Sports Video in the all-weekly division. The winning video was a highlight package of Lewisville's football win this past season over county rival Great Falls.

"This video is edited nicely, especially audio of the coach's comments over game highlights. The interviewer asked good questions to get the most out of the coach. Well done," judges said.

The paper received three other all-weekly awards. Jenkins and McBee took third place in the Sports Video category for highlights of Chester's football game against Fairfield Central, while the staff as a whole won a third place for Election Coverage and a third place for Best Opinion/Editorial Page.

"The Best Opinion Page award covers not only content, but layout and design, so that not only honors the folks doing the writing, but also Phyllis Lucas who does an amazing job of designing that page and every page in the paper," Jenkins said.



The News & Reporter staff won 19 awards at the March 18 SCPA banquet. Pictured are (l-r): Bill Marion, James McBee, Travis Jenkins and Nancy Parsons.

Jenkins and reporter Brian Garner shared a second place award in the two and three times weekly division for Reporting In-Depth. The award was for their coverage of the return of SROs to Chester schools last year. Great Falls Reporter Editor Nancy Parsons won second place for Beat Reporting for her thorough coverage of Great Falls. Parsons took two other second place honors, including Online Photo Gallery (for pictures of the annual Flopeye Fish Festival) and Lifestyle Feature Writing for the story "A bionic arm with a billion dollar tat." Jenkins won second place awards for Food Writing and Sports Column Writing, and Garner took second in the Humorous Photo category.

Garner nabbed third place awards for Series of Articles (for his "Cancer in Chester County" series) and for Humorous Photo

(for a young angler showing off a tiny bream her brother had caught at a fishing contest). Jenkins took third for Investigative Reporting, and Parsons won third place for Photo Series or Photo Story for shots at a Read Across America event honoring Dr. Seuss. Bill Marion won third place awards for Sports Action Photo and Personality Photograph or Portrait.

"Bill is a friend of the paper, but he's also an excellent photographer who seems to go to every event in the community and take pictures. He's kind enough to share those pictures with us and our readers," Jenkins said.

Jenkins' eight awards made him one of the state's most-honored journalists. In the last six years, the News & Reporter staff has won a combined 126 SCPA awards.

Pageland Progressive picks up 4 statewide awards

The Pageland Progressive Journal has added more awards to its collection. The weekly newspaper received four statewide awards during the S.C. Press Association Awards Luncheon on March 18.

Editor Kimberly Harrington and reporter Vanessa Brewer-Tyson won third place in Breaking News Reporting in the weekly under 4,500 (subscription) category for their coverage of the Ann Bennett murder/suicide case.

Harrington also won third place for Single Feature Page Design in the weekly over and under 4,500 category.

Freelancer Kevin Smith won two awards for photos including second place for General News Photo and third place for Humorous Photo.

“For the past three years, it has been our goal to improve upon the quality of news coverage and photos,” said Harrington. “These awards confirm that we are making significant strides in progress as we continue to pursue excellence in community journalism.”

It takes a team to deliver this hometown product each week and “we are grateful to Vanessa and Kevin for their dedication and commitment in serving the Pageland community with their journalistic talents,” Harrington said.



From left, Bill Rogers, executive director of the S.C. Press Association, congratulates Pageland Progressive Journal award winners Kimberly Harrington, Kevin Smith and Vanessa Brewer-Tyson after the awards luncheon March 18 at the Columbia Marriott.

Beacon collects seven North Carolina Press awards

The Brunswick Beacon collected seven 2016 NCPA Editorial Contest awards March 9 for community newspapers with more than 10,000 circulation:

* First place in General News Reporting by news staff for coverage of the Oct. 2-6, 2015 flooding in Brunswick County. Judge’s comments: “From the catchy one-word headline to the last photograph, this story captured my interest in the historic rainfall. The staff did a fabulous job of outlining the significance of this news story. I liked the use of graphics, photos, stories and town-by-town reports of all the damage. Writers also did a great job of telling the story from multiple angles. Outstanding job!”

*First place in Sports Coverage by Sports Editor Michael Paul for a second consecutive year. Judge’s comments: “Parents and fans of the teams this paper covers must race to pick up the paper for the photos alone. Golf and fishing columns add nice diversity to high school coverage.”

*Second place, also for a second consecutive year, for Sports Feature Photo, “How sweet it is,” by Sports Editor Michael Paul. Judge’s comments: “The smile on the child’s face says it all. The photo is a home run,

even if the hit comes up short.”

*Second place for Feature Photo, “Happy Independence Day,” by Staff Writer Laura Lewis. Judge’s comments: “I love the sense of motion and emotion of fun this photo evokes! It kept making me smile and wish I was there!”

*Third place for News Enterprise Reporting, “Scam smarts,” by Staff Writer Lindsay Kriz. Judge’s comments: “Coverage with all the ingredients of service-to-readers enterprise reporting. Humanizes the scam game, explains details, finds help. A job well done if one victim avoided.”

*Third place for Election/Political Reporting on the protested Brunswick County Board of Commissioners District 4 seat primary election results last May, by Staff Writer Brian Slattery. Judge’s comments: “Very clear what the issue here is and no words wasted on the implications. GOOD.”

*Third place for Editorial Writing, “No excuse for cruelty to animals,” May 5, 2016; “Better, new dental care access is a reason to smile,” May 16, 2016; “SB 875 would set harmful precedent,” June 16, 2016 by Managing Editor Jackie Torok. Judge’s com-



MICHAEL PAUL

ments: “These entries cover a broad range of subjects and do a good job explaining their importance to the reader.”

Springfield Sun helps Iowa student with assignment

By Nick Schrager
Editor
The Springfield Sun

Early deadlines bite.

But last week's early deadlines ended a little bit differently than most.

Instead of being exhausted and ready to go home and hide under the covers, I was left excited and reminded of why I chose to be a journalist.

That's because I got a letter in the mail.

Yes, folks, snail mail.

It was addressed to Editor, and it was written in a child's handwriting. The return address was in Iowa.

Now, I'm no stranger to receiving junk in the mail, but the handwriting intrigued me, so, of course, I opened it instead of flinging it in the trash.

This is what was inside.

Dear Reader!

Hello! My name is Cassidy E. and I am a fifth grade student at Harlan Intermediate School

in Harlan, Iowa. My class is studying geography and history of the United States. I am excited to learn more about your state of Kentucky. I would really appreciate it if you would send me pictures, postcards, or information on your state. My teacher, Mrs. Newlin, would like a car license plate, if possible, for a teacher project. I really appreciate your time and look forward to learning more about Kentucky!

*Thank you!
Sincerely,
Cassidy E.*

Along with Cassidy's letter requesting more information about the commonwealth was a note from her teacher, thanking me for whatever I could send.

So, I wrote a column asking people in the community for donations to the box that we would send to Iowa. I would include them in the box along with a letter and some Sun articles containing facts about



Shown are all of the items brought to *The Sun* office to send to students in Iowa. Schrager, along with Marlene Frost, Donnie Carrico, and the Springfield Tourism Commission, donated items.

Kentucky and Springfield.

Having the opportunity to make a difference in a child's education is extremely exciting, and I hope teachers make note of Mrs. Newlin's lesson plan.

It was a wise choice to ask newspaper editors to lead the

charge on a project like this. Newspapers not only act as a mechanism of free speech, they also as local historians. I'm proud to be a part of the mechanism in Washington County and can't wait to share a bit of our history with Cassidy and her class.



Chronicle gets moving

The Citrus County Chronicle's Circulation Department is making an attempt to be healthier in 2017. In addition to the Wellness activities offered through Viverae, they have created two peer challenges. This is a shot of our 2-minute workout session. We are doing the chicken dance! From left are Kim Festa, Telemarketer, Susan Lehman, CSR and Jackie Lytton, Customer Service Supervisor.

Follow me outside of work

News-Enterprise reporter finds time to perform with his Christian band “Testify”



Greg Thompson, far right, is a reporter for The News-Enterprise in Elizabethtown, Ky., who founded the Christian band “Testify” nearly 13 years ago. Here they are performing last year at St. Brigid Church in Vine Grove, Ky. . Below, Greg practices his bass guitar.

While focusing on his journalistic career with The News-Enterprise in Elizabethtown, Ky., Greg Thompson is also a husband of almost 20 years, married to Angela Thompson and the father of 18-year-old Jathan and 11-year-old Parker.

Greg keeps busy as assistant coach of his sons’ soccer teams in Elizabethtown but also finds the time to play bass guitar and sing in the Christian band “Testify” – which Greg founded nearly 13 years ago.

Just because he is in music ministry Greg does not consider himself to be perfect.

“Far from it,” he says. “Actually, offering up the very gifts and talents

God has given me serves as a forever reminder of my need for his constant help, grace and mercy.”

Greg has been a news reporter for The News-Enterprise since September 2015.

Prior to his employment with Landmark Community Newspapers, Greg spent five years in the marketing department of The Cecilian Bank, 17 years at the Hardin County Independent Newspaper and 15 years in broadcast working as on-air talent for several local radio stations.

He also spent a year as the national spokesperson for Nevada Bob’s Golf and the voice for various other broadcast commercials.



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.



Spencer Magnet celebrates 150 years

By John Shindlebower
Editor
The Spencer Magnet

This community has been through a lot over the past 150 years. We picked ourselves up after a devastating Civil War that was especially brutal on a border state like Kentucky. We survived economic hardships, including a great depression and a great recession, and we saw our young men die in far off lands in two world wars and other conflicts across the globe. Through it all, the Spencer Magnet kept the community informed.

This community has survived droughts, blizzards, floods and tornadoes. We've even felt the earth shake a time or two.

We've endured divisive and bitter elections, political scandals both small and large and we've had families devastated by violent crime and tragic accidents. The Spencer Magnet was here to report that news.

There have been grand times as well. New businesses have started and flourished and the progress that changed so much of American life did not bypass Spencer County. We've seen the stage coach give way to the railroad and the railroad give way to the automobile. Modern day luxuries often taken for granted, such as running water, electric lights, radio and television were greeted with fanfare when they made their initial appearance in our community. The Spencer Magnet was here to chronicle those changes and the ones that have followed.

Students worked their way through school

and annually marched to receive their diplomas.

Local citizens have accomplished monumental achievements and various churches and organizations have worked tirelessly to serve the community, their neighbors and their fellow man. The Spencer Magnet has been here to help the good.

Spencer County has lived quite a story the past century and a half, and the Spencer Magnet has been here to tell that story every step of the way. This year, The Magnet celebrates our 150th anniversary and we invite you to join us in reliving a brief history of our past.

Spencer County was formed in 1824, and during the first few decades, it's not known if there was ever any successful attempt in publishing a newspaper. However, immediately after the Civil War in 1867, a Confederate veteran by the name of William T. Burton published the first edition of what was then called the Spencer Journal.

Burton was a lawyer by trade, and he unfortunately never got to see the full fruits of his journalistic efforts as he died the following year at the age of 35. The duty of publishing the paper was then entrusted to the local printer, J.W. Crutcher, who wrote the following about Burton, the newspaper's founder:

"Judge Burton possessed many of the characteristics that made the southern gentleman and made him the highest and noblest type of human family. Brave and generous, careful of his honor and scornful of the little things, but as quick to forgive, hospitable and grateful. He never forgot the misfor-

tunes of the South, nor did he ever brood over the 'lost cause' for which he fought and bled. He sleeps now with so many thousands of his brethren in arms. One more is added to the 'Southern Dead.'"

The Spencer Courier continued to operate and in the 1890s, it was purchased by a Louisville newspaperman by the name of Lee Brown.

At some point, the newspaper underwent yet another name change, this time to the Spencer Courier.

Unfortunately, neither the Spencer Magnet nor the University of Kentucky Library has any copies of the newspaper from its inception in 1867 on up until 1912. That's nearly 50 years of Spencer County history that would be a treasure for the community if we could locate any of those copies. Perhaps some of our readers whose families have resided in Spencer County for several generations may have some of the very old copies of the Spencer Journal or Spencer Courier. If so, we would very much like to see them and perhaps make some photographic copies for our own archives.

By 1925, the Spencer Courier had become The Spencer Magnet, under the ownership and operation of Katie Beauchamp, who also served as school superintendent in Spencer County. Beauchamp justified the name change because she thought the newspaper should be a tool to draw the people of Spencer County together.

In the early part of the 20th Century, small communities like Waterford, Normandy,

Continued on page 14

Spencer Magnet celebrates 150 years in business

Continued from page 13

Little Mount, Wilsonville and others were separated by more primitive transportation and communication. The Spencer Magnet was seen as a means of connecting all the people of the county as one.

If one looks at those early editions of the Spencer Magnet under Beauchamp's direction, you can read about the changes locally and nationally by turning the pages. In spaces that just years before carried advertisements for wagons and coaches, car ads began to appear. In 1925, an ad ran in the Magnet for a Ford Coupe, priced at \$520 that could be purchased on the Ford Weekly Purchase Plan. In 1935, an ad for a Chevrolet was purchased by Veech Motor Company of Taylorsville.

While the Magnet continued to publish stories to link the various communities together, national news made headlines as well. There were stories about the Depression and government programs like the Tennessee Valley Authority as people in Spencer County suffered and hoped for better times along with the rest of the nation.

In the next decade, America found herself in the midst of WWII, the greatest global conflict in history. The war hit home, as families sent sons and brothers and fathers across both the Atlantic and Pacific oceans to secure what they hoped would be a lasting peace. Sadly, the pages of the Spencer Magnet occasionally had to report the unfortunate news of one of Spencer County's young men falling in the line of duty.

During this same period, ownership of the Magnet changed again. Claude and Dolly Brock purchased the newspaper just a few years after the end of the war, in 1948. Claude had actually worked at the paper for Ms. Beauchamp after the Brocks got married in 1937. During the war, he took a job in the north to help develop aviation equipment for the war effort. When they learned the Magnet was for sale, they left Michigan and returned to Taylorsville to begin their long career at the helm of the newspaper.

Before the age of computers, much of the work of the newspaper was tedious, as the Brocks printed the paper in house. Type had to be set in addition to stories being written, ads to be sold and the business to be run. It took long days, but it became their life's work.

They stopped printing the paper in house in 1972, and three years later, Claude began having health issues that limited his ability to help in the publishing of the Magnet. Yet, Dolly kept plugging along until she sold the newspaper to its current owners, Landmark Community Newspapers, in 1990. She con-



Claude Brock operated an old linotype machine used when the Magnet was printed in house. Brock and his wife Dolly owned and ran the newspaper for more than 40 years.

tinued to write a column for the paper for several years until her health began to decline.

During the Brock's ownership of the paper, the Magnet helped record some of the key events that have shaped the county as we know it today. Perhaps the biggest local story of that era was the formation of Taylorsville Lake. The impoundment of a portion of the Salt River was a bittersweet event, as many realized the economic and tourism potential the lake would bring.

However, two local communities, Ashes Creek and Van Buren, would be lost as the dam would flood the valleys where these communities laid. That meant hundreds of families, along with businesses and churches, had to relocate. But the lake opened in the early 1980s which led to a substantial influx of new residents. Since the lake was completed, the county's population has nearly tripled.

Today, Spencer County continues to grow. Many families from Louisville, seeking a slower pace of life and a rural atmosphere, have chosen to make this their home. Many of these new families simply lay their heads here at night as they continue to work, shop and socialize in Louisville. But increasingly, more and more of the newer residents are becoming active in this community that they now proudly call home.

The Spencer Magnet understands the role we play in this pivotal era of Spencer County's history. Perhaps more than ever before, this newspaper is practicing commu-

nity journalism by covering more meetings where decisions that impact you and this community are made. More and more Spencer Countians are expressing an interest in being involved citizens, and it is our role as a newspaper to help those same people be informed citizens.

Over this latest chapter of our history, the Magnet has been honored on numerous occasions by the Kentucky Press Association for our efforts to publish an informative, quality newspaper that serves our residents. But more important than awards, is the feedback we get from our readers. There's nothing we like hearing better than the words "We read it in the Magnet."

The Spencer Magnet is now 150 years old. We're the oldest continuously operated business in Spencer County. We're proud of that distinction, but we also do not take it for granted. That longevity had to be earned by gaining the trust and respect of readers like you. We don't take that lightly and we will continue to strive to earn that trust each and every week as we begin our next 150 years.

The next century and a half will surely be filled with a mixture of tragedy and triumph. There will be achievements and there will be failures. We will write stories about great accomplishments, and we'll most certainly have to report on heartbreak as well. But that's the nature of the newspaper. It's what William T. Burton set out to accomplish in 1867, and it's what we hope those who follow us will continue to do decades from now.



Roane press assistant

Sammy Fritts, seen here checking out a recent issue of the Roane County News, has joined the Kingston, Tennessee-based production crew as a press assistant.



Evergreen sports editor

Adam Sullivan joined Evergreen Newspapers as sports editor on March 9. Sullivan, 27, comes to Colorado after spending the previous eight years working in Kansas. Stops for the KU graduate in the Sunflower State include working for Kansas Athletics and the Butler County Times Gazette. He is an avid hiker and a huge KU fan. In his free time, he can be found on a trail with his fiancée and their puppy.

Torok elected to community and industry posts

Jackie Torok, managing editor of The Brunswick Beacon, was elected to the Brunswick County Chamber of Commerce Board of Directors in January. She is serving a three-year term.

Torok also was elected president of the North Carolina Association of Community Newspapers for 2017-18, effective Aug. 1, at the North Carolina Press Association Winter Institute on March 10. This association represents all NCPA-affiliated community newspapers.



JACKIE TOROK



Receives American Legion plaque

Gary Crowden, commander of American Legion Post 543 in St. James, presents a plaque to The Brunswick Beacon, Shallotte, NC, in recognition of its support to veterans and their families during the past year. Accepting the plaque on behalf of the Beacon is Reporter Laura Lewis.



Carrollton/Trimble circulation coordinator

Renee Mullins has joined the staff of The News-Democrat and The Trimble Banner as the newspapers' new circulation coordinator. She most recently worked at Carroll County Memorial Hospital, handling accounts receivable for patients, before starting at The News-Democrat March 6. She has always worked in customer service and accounting, bringing those key skills and experience to the job. A native of Cincinnati, Ohio, Renee and Hank, her husband of 34 years, have called Perry Park home for the past nine years, and she said she knows the community well. She has one grown son. Renee and Hank are raising their 11-year-old granddaughter. Mullins said she likes to cook, garden and craft. She also refinishes furniture.

E-town's Soup and Hoops event



The News-Enterprise in Elizabethtown, Ky., had its annual March Madness Lunch this year with a theme of "Soups and Hoops." Employees were invited to bring in a pot of soup that would be judged for bragging rights. Winners of the soup contest were: 1st Place (\$25) – Duane McClure, Vegetable Beef Soup; 2nd Place (\$15) – Gina Clear, Nacho Potato Soup; and 3rd Place (10) – Gina

Clear, Venison Chili. In photo above left, Robert Villanueva, Community Events reporter, made the winning shot in the Hoops Tournament for a \$10 McDonald's gift card. Above, Reporting Team Leader Jeff D'Alessio and Plant Manager David Dickens enjoyed the festivities at the News-Enterprise.



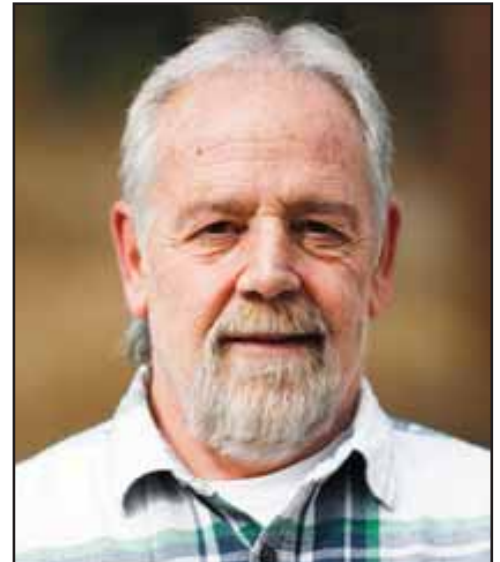
Moves to ad sales at Casey County

Joy Coppage has assumed the role of ad sales representative at The Casey County News in Liberty, Ky., moving from the cashier/receptionist position she had since mid-2016.



N-E post press tech

James Nall joined The News-Enterprise in Elizabethtown, Ky., on April 5 as a Post Press Tech. He is originally from Cecilia, enjoys sports, food and spending time outdoors.



Evergreen graphic designer

David Erramouspe joined Evergreen Newspapers on Feb. 3 as a graphic designer. Before joining our ranks, he worked for J Walter Thompson Advertising Agency for 25 years, most recently as associate creative director. He had exclusive responsibility for the Ford Motor Co. account, producing radio, television and print advertising. He has lived in Evergreen for 15 years, and is married with a son, 30.

May Birthdays

May 1 Debbie Crawford Citrus County Chronicle Bryan Eldredge News-Enterprise	Jason Montgomery News-Enterprise Sara Phelps News-Enterprise Logan White LaFollette Press	May 22 Melissa Blankenship .. Oldham Era/Henry Co. Local Randy Williams LaRue County Herald News
May 2 Kayte Walker Canyon Courier Mike Weaver Citrus County Chronicle	May 14 Darrell Hall Roane County News Lydia Leasor News-Enterprise	May 23 Ashley Smith News-Enterprise
May 3 Debra Dooley Bedford Bulletin Bob Reichman Sumter County Times Jennifer Spradlin LaFollette Press	May 15 Tom Siemers News-Enterprise	May 24 Scott Young Roane County News
May 5 Rita Cammarata Citrus County Chronicle Gale Wasson Bedford Bulletin	May 16 Alex Forkner The Cats' Pause Mary Dale Hipple Sentinel-News Vince Luecke Perry County News	May 25 Molly Haines News-Herald Cheryl Jacob Citrus County Chronicle Brian Stone Sentinel-News
May 6 Laurie Stone-Seigle Central Office Tim Zeman Canyon Courier	May 17 Linda Ballance Citrus County Chronicle Tris DeRoma Los Alamos Monitor Becca Owsley News-Enterprise	May 26 Chad Herrington Cynthiana Democrat Max Heath Central Office
May 7 Zane Clodfelter Spencer Co. Journal-Democrat Raymond Slinker News-Enterprise	May 18 Vivian Oertle News-Enterprise	May 27 Wes Fulton Citrus County Chronicle Janet Turner News-Enterprise
May 8 David Erramouspe Canyon Courier	May 19 Mike Arnold Citrus County Chronicle Becky Barnes Cynthiana Democrat Harlan Beckel Leader-Union	May 28 Trisha Deitchler Red Oak Express
May 9 Joyce Dauby Perry County News	May 20 Nick Johansen Red Oak Express David McCane Citrus County Chronicle	May 29 Mary Garrison Anderson News Kacie Goode Kentucky Standard Robby O'Daniel LaFollette Press Gary Taylor News-Enterprise
May 11 Tyler Brown Springfield Sun	May 21 Mara Harner Galax Gazette Sebastian Montuori Citrus County Chronicle	May 30 Jim Lawson Perry County News
May 12 Sandy Bazan Central Office Don Mann Perry County News		May 31 Beverly Brooks Citrus County Chronicle Danny Redd Galax Gazette

Red Oak Express one of lead sponsors for Southwest Iowa Buy Local Expo

The Red Oak Express was a lead sponsor and exhibited at the Southwest Iowa Buy Local Expo Saturday, April 1, in Red Oak.

Approximately 400 people stopped at the booth, where they had opportunities to register for prizes, pick up a promotional item, offer a story idea or feedback on the paper, provide anniversary and birthday dates, renew a subscription, or take advantage of a special offer as a new subscriber. Almost 50 local businesses exhibited.

The expo was considered a success as a whole, and Publisher Brad Hicks said it was well worth The Express' investment as a sponsor and being at the event to meet with so many local residents.

"We received a lot of positive feedback about the paper," Hicks said. "The vast majority of those who stopped by the booth read The Express, either as a subscriber, a single copy purchaser, or in many cases, a non-subscriber who reads the paper purchased by another member of the family or a neighbor. It was a great event."



From left, speaking with customers at the Red Oak High School were Office Manager Peggy Boeye, Circulation Manager Laura Schrader and Sales Representative Tanda Moore. News Reporter Nick Johansen and Publisher Brad Hicks worked the event as well.



A little help for those who help others

Your Employee Assistance Program (EAP) can help you find ways to be resilient

We've all heard that giving is better than receiving. And caregivers are the ultimate example of that. They know that the only way to get through a tough day is to stay strong. But taking time to regain that strength is the key to keep on giving. So let's recharge your batteries to make sure your physical, spiritual and emotional health are ready to face any challenge. Your Employee Assistance Program (EAP) can provide tools to help you find the resilience you need to take care of those who need you.

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

- Self-care for the caregiver
- Respite care
- Understanding resilience
- Caregiving: adjusting to your new role

Visit our website or call for free, confidential help from our team of EAP experts.*

anthemEAP.com
1-866-621-0554



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