



It's the holiday season!



Mabe's 1963 Ford Galaxy on display

Galax Gazette circulation employee Bernard Mabe participated in the 2016 Christmas parade Dec. 3 for the Town of Hillsville, Va. He is shown driving his 1963 baby blue Ford Galaxy.

Riding on Santa's toy shop

Several staff members of the Grant County News, Williamstown, Ky., rode on the newspaper's float for the Country Christmas parade the first weekend of December. Pictured, l-r, are Editor Bryan Marshall as a reindeer, Editorial Assistant Camille McClanahan as an elf, and Graphic Designer Janet McKee and her grandson, Justin.





Chronicle raises over \$11,000 for United Way

Citrus County Chronicle employees raised over \$11,000 during their 2017 United Way campaign through employee direct deposit contributions and fundraisers. The campaign ran from September through the beginning of November. Some fundraisers included a boxed lunch, 50/50 drawing, duck tape challenge and penny wars. This photo shows only a few of the many employees who participated in the activities.

LCNI *news*

LINDA BARNETT, EDITOR

LCNI NEWS MAKERS who submitted news for September, October and November are highlighted in blue

Newspaper	Location	Coordinator
MetroWest Newspapers.....	Brighton, CO.....	Beth Potter
Evergreen Newspapers.....	Evergreen, CO.....	Doug Bell
Clear Creek Courant.....	Idaho Springs, CO.....	Doug Bell
Chiefland Citizen.....	Chiefland, FL.....	Lou Elliott Jones
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.....	Vince Luecke
Perry County News.....	Tell City, IN.....	Vince Luecke
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 Schrage
Spencer Magnet.....	Taylorsville, KY.....	Lynette Mason
Huskies Illustrated.....	Lincoln, NE.....	Darren Ivy
Las Vegas Optic.....	Las Vegas, NM.....	Martin Salazar
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.....	Susan Rowell
Pageland Progressive Journal.....	Pageland, SC.....	Kimberly Harrington
Roane Newspapers.....	Kingston, TN.....	Kevin Kile
LaFollette Press.....	LaFollette, TN.....	Dwane Wilder
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

Important Benefit and Year-End Reminders!!

Is your address updated?



To avoid delays in receiving important HR documents such as benefit information and W-2s, submit your address change through [Self-Service](#).

Log in to [Self-Service](#), select the Personal tab then scroll down to Address. Make the necessary changes and click the Save (Submit) icon.

See your publisher, manager, local HR representative or email Laura Marlin at lmartin@lcni.com to update your address if you are unable to submit your change through Self-Service.

If you are currently contributing less than 6% of your pay to the Retirement Plus 401(k) Plan, your contribution will automatically increase by 1% effective January 2017.

To opt out of the automatic increase, log in to your account by the end of December at www.Vanguard.com and select Manage My Money, Change My Paycheck deduction, click Continue and look for the Annual Increase option on Step 2 or call 1-800-523-1188.

401k Automatic Increase



FSA Rollover Balance



Any unused Health Care FSA funds up to \$500 as of December 31, 2016 will roll over. Any unused funds over \$500 will be forfeited. If you did not elect to contribute to a Health Care FSA for 2017, you are able to carry over any unused funds between \$50 and \$500 - any funds below \$50 will be forfeited. Rollover funds will be available after April 1, 2017. Log in to www.WageWorks.com for balance info.

Claims – The deadline to submit 2016 reimbursement claims is March 31, 2017 for services dated January 1 through December 31, 2016.

If you enrolled in a 2017 Landmark benefit plan, deductions associated with your enrollments will begin with your paycheck dated January 13, 2017.

Please take a moment to log onto [Self-Service](#) and review your check stub carefully. Immediately report any discrepancies to your publisher, manager, HR representative or the Central Office HR Department (1-800-633-4393).

Review 2017 benefit deductions on January 13th paycheck



Questions? Call Central Office HR at 1-800-633-4393

Red Oak Express hosts Air Force Brass

The Red Oak (Iowa) Express hosted a free concert for the community featuring the U.S. Air Force Heartland of America Offut Brass on Sunday, Nov. 6.

The newspaper received great feedback the day of the show and afterward.

“One gentleman, a veteran, stopped by the office to thank us and told me he’s seldom moved to tears, but he was that afternoon,” said Publisher Brad Hicks. “The Offut Brass had five horns, a guitarist, a keyboardist, and a strong lead vocal. The band played a wide range of songs, from popular to patriotic.”

Here’s a sample of one of the thank you notes the newspaper received: “I am writing to thank you for your sponsoring the Air Force’s Heartland of America Brass Band at the Wilson Art Center. I brought my friend who does not drive. We enjoyed this performance greatly. Thank you.”



Nearly 200 people attended the U.S. Air Force Heartland of America Offut Brass show at the Wilson Performing Arts Center in Red Oak, Iowa.

Tell City, Rockport papers win two HSPA awards

Newspapers coving Perry and Spencer County continued long traditions of journalism excellence, with writers in each establishment earning awards during the recent Hoosier State Press Association Better Newspaper contest. The announcements were presented during HSPA’s event Dec. 3.

Among the top awardees was Perry County News Staff Writer Stuart Cassidy who earned first place recognition for his story, “Taking aim on the gun-control executive orders” in the Best Coverage with no Deadline Pressure category. The piece gauged an effect of changes at the national level among local gun sales. The judges commended his use of quotes from gun shop owners.

Cassidy also finished third among those in the Best Editorial Writing section. Covering a variety of events and governmental sessions in both communities over the years, Cassidy said he is proud to be vested in operations that strive to maintain deep ties with the people. In addition, he said it’s satisfying to learn that the efforts he and his coworkers put toward providing information is recognized by organizations like HSPA.

“Given the speed at which news moves, and the diversity of the content, we as writers don’t often give introspect to what we accomplish. So, it’s always nice to hear that you’re doing a good job,” Cassidy added.

For the Spencer County Journal-Democrat



STUART CASSIDY

in Rockport, Staff Writer Donald Steen ranked third for his short feature, “Thank you, Romilda.” The story spotlighted the career of long-time North Spencer administrative assistant Romilda Pund, who retired after 45 years of service.

In advocacy of the article, HSPA judges credited Steen’s coverage of “great community news,” highlighting that “this article probably brings back many memories for many readers.”



Chronicle’s Veterans Day float

Citrus County has one of the largest Veteran’s populations in Florida. Each November the Veterans Day patriotic parade rides down Main Street in Inverness, Florida to honor our Veterans. A Memorial Service is held on the Old Courthouse lawn immediately following the parade. It was over 20 years ago that The Chronicle partnered with Citrus County veterans groups to initiate an annual Veterans Appreciation Week, which is filled with many activities to honor our Veterans. The Chronicle continues to support, honor and thank our Veterans by participating in the parade. Seen here is Deb Kamlot, HR, next to the subtle Chronicle “float.”

LCNI Employee Service Recognition

45 Years of Service



David Dickens
PRODUCTION
MANAGER
News-Enterprise

30 Years of Service



Darrell Hall
MAILROOM/
TRANSPORTATION
SUPERVISOR
Roane County News



Shorty Lassiter
OFFICE ASSISTANT
Springfield Sun

20 Years of Service



Frank Chelf
DRIVER
Springfield Sun



Cindy Sanders
ACCOUNTS PAYABLE
SUPERVISOR
Central Office



Mike Weaver
MAINTENANCE
SUPERVISOR
Citrus County Chronicle



PATRICK BEAM

Beam joins PLG TV as sales rep

Patrick Beam has joined PLG-TV as its newest sales rep.

Beam grew up in Springfield, but is no stranger to the Bardstown area. He said his family would often come to the area for shopping or dining.

Beam graduated from Washington County High School in 2009 and Campbellsville University in 2013. He earned his bachelor's degree in marketing and started working at Bluegrass Cellular while in college. He stayed with the company and advanced into management while he lived in Elizabethtown, where he still resides.

Coming on board at PLG is an exciting turn in his life, Beam said, one that will move him in the direction he set out on with his studies in college.

PLG is a full service production studio and Bardstown Cable channel 13. The advertising service produces and inserts local advertising on cable networks including HGTV, USA, TNT, TBS, History, Lifetime, CNN and ESPN, as well as Bardstown Cable's channel 13. It also operates a weekday local news broadcast and news updates.

"It's a new adventure," Beam said. "It's going to give me a chance to develop my skills in marketing. It's new. It's fresh."

The name Beam is nearly synonymous with Bardstown, and Patrick said he is related distantly to the first family of bourbon through his grandfather. Although he has only been on the job for a short time, he said he has already been asked if he was related a few times.

In his spare time, Beam enjoys traveling. Two of his most recent trips were to New Orleans and Washington, D.C.

15 Years of Service



Tom Fildey
PRODUCTION
MANAGER
Evergreen Newspapers



Vince Luecke
EDITOR
Perry County News

10 Years of Service



John McLeod
CUSTOMER
SERVICE REP
Cynthiana Democrat



Sam Tyndall
CIRCULATION
COORDINATOR
Brunswick Beacon

5 Years of Service



Frank Mattingly
CIRCULATION/
DELIVERY
Lebanon Enterprise

Remember When...

5 Years Ago – 2011

- The Subscriber Services Center at The News-Enterprise in Elizabethtown, Ky., was up and running as the service center began making retention calls for 18 sister publications and processing renewal notices for 20 newspapers and 7 sports publications.
- Susan Rowell, publisher of The Lancaster (SC) News, was named chairwoman of the Lancaster County Chamber of Commerce.

10 Years Ago – 2006

- The Mount Vernon (Ind.) Democrat earned the Hoosier State Press Association's "Blue Ribbon Award" and repeated as the best non-daily newspaper in Indiana.

15 Years Ago – 2001

- The Perry County News, Tell City, Ind., was honored by the Hoosier State Press Association by winning the 2001 "Blue Ribbon Award" as the state's best non-daily newspaper.
- The Los Alamos Monitor received the prestigious Public Service Award from the New Mexico Press Association for their efforts in the 2000-2001 United Way campaign which raised \$958,000, 30% over the established goal of \$750,000.

20 Years Ago – 1996

- The Citrus County Chronicle unveiled a new 6' x 10' community events calendar in its lobby to keep the public informed of special events and help local planners schedule their events.

25 Years Ago – 1991

- LCNI ended the year by purchasing The Antique Trader Weekly from Babka Publishing Company of Dubuque, Iowa.

30 Years Ago – 1986

- LCNI purchased the Roane County News, Morgan County News, Harriman Record and Rockwood Times from the Enterprise Group, Inc., of Slidell, La. These were LCNI's first newspapers in the state of Tennessee.

35 Years Ago – 1981

- The News of Tell City, Ind., was the winner of the coveted "Blue Ribbon Weekly of the Year" in the Hoosier State Press Association's Better Newspaper Contest.

40 Years Ago – 1976

- News Publishing Co. in Tell City, Ind., established an annual Schergens Journalism Scholarship Award for Perry County, Ind. students. The award honored Mr. and Mrs. Edgar Schergens, owners of News Publishing until September, 1972.



Pigskin Challenge champion

Alan Reeder of Shelbyville, second from right, was the grand-prize winner of The Sentinel-News' Pigskin Challenge football promotion. He received his choice of a big screen TV or a recliner from Jamison's Sales and Rental, Inc. Pictured, from left, are Jeremy Botkins, general manager of Jamison's; Jennifer Harrod, owner of Jamison's; Reeder and Sentinel-News Publisher Scott Moore.



Gets 8-point buck

Brandi Cheatham, advertising director at The Kentucky Standard in Bardstovwn, took this 8-point buck on opening day in Springfield.



Transfers to Sentinel-News

Jacob Blair has joined The Sentinel-News in Shelbyville, Ky., as a community news reporter and page designer. Jacob, 23, a native of Bedford, Ky., previously worked as a reporter for The News-Herald in Owenton, Ky., and is also a former intern for The News-Democrat in Carrollton, Ky. He is a spring 2015 graduate from Eastern Kentucky University with a bachelor's degree in journalism.



Joins N-E business team

Amy Davis is the newest member of The News-Enterprise Business Office team. She has two children, Beau 9, and Annabelle 6. Amy has a BS in Business Management from WKU and enjoys kayaking, hiking, taking pictures and spending time with her children.



An early Black Friday promotion

The Brunswick Beacon held a successful early Black Friday promotion Nov. 22 at the office in Shallotte, N.C., which boosted single-copy sales threefold in advance of Thanksgiving. The Beacon made copies of its Nov. 24 edition, which contained more than 20 sales inserts, available Nov. 22 to walk-in customers who had a chance to find a "golden ticket" placed in random editions for prizes, such as a 32-inch Vizio LCD television, a Yeti Hopper 20 cooler, golf and spa packages, memory foam pillows and gift cards. Pictured is Billy Sirk of Sunset Beach, N.C., who drew the ticket for the grand prize.



Pajama Day at Brunswick

The Brunswick Beacon in Shallotte, N.C., had a pajama day potluck brunch Wednesday, Nov. 23, to ease into the holiday season. Back row, from left, are office staff members Nancy Nalewajek, graphic artist Keith White, office staff member Sue Smith and book-keeper Cynthia Myers; front row, from left, are managing editor Jackie Torok, page designer Hayley Burgess, general manager Angie Sutton and classified sales associate Kay Milliken.



ALICIA CARTER

Carter hired as office/circulation manager at Record

Alicia Carter recently joined The Record in Leitchfield, Ky., as the office/circulation manager. This is Carter's first foray into the newspaper business. She previously worked in the business sides of the medical and transportation industries.

She's an empty-nester mother of two grown children, a son and a daughter. She enjoys dancing, singing (just not in front of an audience), reading, counted cross stitch and sewing.

She said her absolute dream job would be buying and renovating historic homes, then furnishing them with antiques while including modern conveniences.

Carter shares her love of history with her daughter, who is a history teacher, and her love of music with her son, who is in the music business.

She replaces longtime employee Vanessa Van Nata, who retired.

Cook joins News-Herald as reporter

Owen County, Ky. native Mattie Cook became the newest addition to the News-Herald's staff Sept. 20.

Cook will serve as a general news reporter for the newspaper.

She is a 2012 graduate of Owen County High School and a recent graduate of the University of Louisville, holding a Bachelor's of Science in Communication and a Bachelor's of Science in Sociology.

Following graduation from U of L, Mattie completed an internship with the U.S. Army Cadet Command in Fort Knox, where she worked as a journalist and photojournalist covering the events and training of over 10,000 Reserve Officer's Training Corps (ROTC) Cadets from across the country.

"Not only did the internship help develop my skills as a writer and photographer but it helped me to understand the person behind the uniform," she said. "I



MATTIE COOK

already had an appreciation for the military, but I think through my interactions with enlisted and officers I got to experience more the personal side of the military and why different people choose that career."

During her time with the News-Herald, Mattie said she

hopes to continue to build on her skills as a writer and photographer.

News-Herald Editor Molly Haines said she looks forward to working with Mattie and aiding her in building on her skills as a journalist.

"I'm excited for Mattie to jump right in and get her feet wet as a fresh-out-of-college journalist," Haines said. "A community newspaper is a perfect place to get started, and I'm happy that Mattie chose The News-Herald to begin her career. She will be a major asset as we continue working to provide the best coverage of news for our readers in Owen County."

During her spare time, Mattie enjoys spending time with family, volunteering with veteran organizations, crafting, and enjoying the scenery that Owen County has to offer.

She is a member of the Family Worship Center in Carrollton.



Donation for VFW

Henry Jew, left, commander of VFW Post 1179 in Shelbyville, Ky., accepts a \$550 donation from Sentinel-News Publisher Scott Moore. Half of the donation came through a Veteran's Day promotion where readers submitted photos of Veterans for \$5, and the newspaper matched the funds.

Swearingen hired as reporter for Evergreen reporting staff

Deborah Swearingen has been hired as a reporter for Evergreen Newspapers in Evergreen, Colorado. She comes to Evergreen from South Carolina, where she spent a little over a year working at a daily newspaper in Florence, S.C.

A graduate of the University of South Carolina's j-school, Deborah enjoys trying new foods, meeting new people, reading and attending concerts and music festivals with her friends.

She spent a month studying abroad in Florence, Italy – yes, it seems she has a 'thing' for cities named Florence – and enjoys traveling and learning about other cultures.

After attending her first Red Rocks show on her 21st birthday, Deborah knew she wanted to one day move to Colorado. She is excited to say she finally made it happen and is ready for a new adventure in Evergreen.



DEBORAH SWEARINGEN



Joins MetroWest news team

Zac Taylor joined the MetroWest Newspapers staff in September as a photojournalist/page designer. He grew up in Fort Collins, went to college in Denver, and has been in the newspaper business since 2009. Zac worked as a sports reporter for The Times in Gainesville, Georgia and as the sports editor, news reporter and finally the editor at the Barrow County News in Winder, Georgia, before moving back to Colorado in summer 2016. He has a wife, Kristi, and two young sons, William and Wyatt, and lives with them in Greeley.



Red Oak Express hosts Halloween photo shoot for community

The Red Oak Express hosted its annual Halloween photo shoot on Oct. 28. People were invited to bring their ghouls, goblins, ghosts, princesses and other characters to the office for photos. The photos were used in the newspaper and a contest was held, with movie tickets given to the age winners in several different categories. The newspaper that night sold more than \$220 worth of color photos to the families who came by the office and has sold even more photos since after other family members saw how cute they were. Members of the staff dressed for the event. From left are Peggy Boeye, Terri Hoskinson, Tanda "Knuckles" Moore, Trish Deitchler, and Count Nick Johansen.



E-town new hire

Benjamin Pierce is the newest member of The News-Enterprise CJ Dock team. Originally from Leitchfield, Ben enjoys bike riding, video games, amusement parks, and trains.

Beacon hosts 6th annual Holiday Happenings Show

Santa, entertainment and more than 70 vendors kicked off the holiday shopping season at The Brunswick Beacon's sixth annual Holiday Happenings Christmas Show on Nov. 12 in Shallotte, N.C..

Unique artist/artisan booths among the vendors included a variety of items suitable for gift-giving, from art to jewelry to photography. Food also was

available for sale.

Santa Claus arrived aboard a Shallotte fire engine to visit and pose for photographs with children of all ages, the Brunswick County Sheriff's Office Animal Protective Services (BCSOAPS) brought a trailer full of adoptable animals and entertainment showcased the talents of the West Brunswick High School Show Choir throughout the day.



Committed to walking

Nancy Parsons took on a new lifestyle of walking and participating in 5Ks a couple of years ago. She continues to walk in efforts to better her health. In September, Parsons walked in the Silverstreet Lutheran Church Youth Colorwalk to benefit Newberry County Disabilities and Special Needs. On Oct. 15, she completed the Susan G. Komen Race for a Cure 5K sponsored by the Chester High School JROTC. Parsons tries to walk at least a mile a day and three-plus miles a couple of times a week. Parsons is the Great Falls Reporter editor for The Chester News & Reporter in Chester, SC.



Working through the stacks of fliers

Central Office employees were invited to participate in a "taping party" on Friday, Nov. 18. The task was to tape approximately 14,000 tri-folded fliers that were being mailed to LCNI's non-daily EZ Pay customers to alert them of the EZ Pay rate increase effective January 2017. There were 3 fliers – one for in-county/digital only subscribers, one for in-state subscribers and one for out-of-state subscribers. The color copier hummed for about a week as the copies were printed and then folded. Twenty-four employees volunteered their time during a 4-hour period. Shown working on the project (front to back) were Diana Beaton, Sandy Bazan Helton, Nathan Simpson, Cindy Sanders and Laurie Stone-Seigle.

Time is running out –

Don't lose your vacation time or personal days

Vacation time earned in 2015 must be used by December 31, 2016, or it will be forfeited. To check your 2016 carryover balance, log in to Self-Service and select Time Off under the Personal tab. Hours shown under the "Take by EOY" column must be used before December 31. If you receive a payroll check, the hours in parenthesis shown on your pay stub must be taken before December 31.

If you earned personal days for 2016, they must also be used by Dec 31. You can check your personal days balance in Self-Service.



Who's ready to feast?

The Kentucky Standard and PLG TV had its annual employee Thanksgiving luncheon sponsored by the Editorial Department this year. Carrie Pride, right, and Madeline Downs show some of the home cooking prepared by the staff at the luncheon.

At home or on the go, see a doctor or therapist

Using LiveHealth Online, any time works for a video visit with a doctor or therapist.



When you're anxious or not feeling well, the last thing you want to do is leave the house. LiveHealth Online lets you stay home and have a video visit with a board-certified doctor or licensed therapist on your smartphone, tablet or computer.

By using LiveHealth Online, you can

- **See a board-certified doctor in a few minutes with no appointment.** Doctors are available 24/7 to assess your condition and, if it's needed, they can send a prescription to your local pharmacy.¹ When your own doctor isn't available, use LiveHealth Online if you have pinkeye, a cold, the flu, a fever, allergies, a sinus infection or another common health condition.
- **Use your Employee Assistance Program (EAP) to see a therapist at no extra cost.** With Employee Assistance Program, you can talk privately with a licensed therapist using LiveHealth Online. Just call **1-866-621-0554** to get your coupon code and details to make your first appointment.
- **Make an appointment with a licensed therapist in four days or less.**² You can have a video visit with a therapist from home, at work or on the go — evenings and weekend appointments are available too. Appointments can be scheduled online or over the phone at **1-844-784-8409** from 7 a.m. to 7 p.m., seven days a week. You can get help for anxiety, depression, grief, panic attacks and more.

What will a visit cost?

Your Anthem plan includes benefits for video visits using LiveHealth Online, so you'll just pay your share of the costs — usually \$49 or less for medical doctor visits, and a 45-minute therapy session usually costs the same as an office therapy visits. If you use your EAP benefit for counseling visits, there's no charge.

Sign up for LiveHealth Online today – it's quick and easy

Go to livehealthonline.com or download the app and register on your phone or tablet.



LiveHealth Online is the trade name of Health Management Corporation, a separate company providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

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January Birthdays

January 1 Mike Farnor Pioneer News Ray Oates Citrus County Chronicle	January 12 Marian Gilmore Canyon Courier Darren Ivy Huskers Illustrated	John McLeod Cynthiana Democrat
January 2 Christy Williamson Brunswick Beacon Phyllis Wingate-Lucas News & Reporter	January 14 Alicia Carter The Record Brian LaPeter Citrus County Chronicle Michelle Padgett News-Enterprise Mary Rhodes Roane County News Dave Taylor Trimble Banner J.R. White PLG-TV	January 23 Tom Barr Pioneer News Dahna Lineberry Galax Gazette Nancy Nalewajek Brunswick Beacon Steve Weedman Journal-Democrat
January 3 Tammy Ellis Standard Publishing John Struck Standard Publishing	January 15 Sharon DeLong Bedford Bulletin Susie Pontious Leader-Union Shannon Watkins Galax Gazette	January 24 Brian Dunwoody Los Alamos Monitor
January 4 Cheri Clark Citrus County Chronicle Alan Conder News-Enterprise A.B. Sidibe Citrus County Chronicle	January 17 Janie Bowen Anderson News Steve Thein Citrus County Chronicle	January 25 Marissa Campbell White News & Reporter Lori Driver Citrus County Chronicle Matt Hermann Perry County News Tom Wilmoth Bedford Bulletin
January 5 Jeff Cundiff News-Enterprise Jesse Finkbeiner Roane County News Dan Sykes Central Office	January 18 Joe Foreman Opinion-Tribune	January 26 Candy Phillips Citrus County Chronicle Linda Skillman Citrus County Chronicle Carolyn Ten Broeck Williston Pioneer CJ Toohey Citrus County Chronicle Lynne Tybeck Citrus County Chronicle
January 6 Stacy Porter Springfield Sun	January 20 Cindy Lorey News-Enterprise Jackie Lytton Citrus County Chronicle	January 28 Ben Pierce News-Enterprise
January 7 Mike Garner Roane County News Tony Martinette Central Office Stephen Rikken Cynthiana Democrat Ben Sheroan News-Enterprise	January 21 Leonard Bright Central Ky. News-Journal Rachel Kaelin Standard Publishing Gerald Roybal Las Vegas Optic Hugh Willett Roane County News	January 29 Trecia Kindred LaFollette Press Brian Melton Lancaster News Portia Oldham News-Enterprise Steve Thomas Pioneer News
January 8 Vicki Blake Perry County News Marie Holthouser News-Enterprise	January 22 Kelli Borders Sentinel-News	January 30 Bill Byers Bedford Bulletin Goose Lindsay Roane County News Charity Valdez Las Vegas Optic
January 9 Matt Hines Roane County News		January 31 Sonya Foster News-Enterprise Paul Fulk News-Enterprise Matt Gordon PLG-TV Stacey Phelps Kentucky Standard Stephen Sullivan News-Democrat
January 10 Paige Caldwell Lancaster News Charlie Nichols Brunswick Beacon Martín Salazar Las Vegas Optic		
January 11 Donya Baker Standard Publishing Daniel Harrison Cynthiana Democrat Allison Shepherd LaRue Co. Herald News		

Turkey Bowl fun

The Kentucky Standard, Bardstown, participated in the annual Turkey Bowl sponsored by The Kentucky Standard and PLG-TV held at the local Save A Lot grocery store. This year's team in photo at right included (l-r), Stacey Phelps with her kids, Kailey and Gage Phelps, Devereaux Lemmones, PLG intern (in costume); Lizzy Saunders, (black jacket) with her little brother, Noah Wangler, and Crystal Dones and her son, Braden. Alice Burgen also participated, but missed the photo opp.

Below, Teresa White, left, and Kentucky Standard Publisher Jamie Sizemore were judges for the Turkey Bowl.



Lowery named 'Super Coach' for Girls on the Run



Stevie Lowery, publisher of The Lebanon (Ky.) Enterprise, was named "Super Coach" at the Girls on the Run 5K in Lexington on Dec. 3. This is only the second time Girls on the Run Central Kentucky has given out the "Super Coach" award, and Lowery received her very own bedazzled Super Coach cape! Lowery helped bring the Girls on the Run program to her hometown in 2011. She started with nine girls at one elementary school. Today, the program has expanded to all five elementary schools and three middle schools and helps empower more than 100 girls in the county. Above, Lowery receives her Super Coach cape at the Girls on the Run 5K. To learn more about Girls on the Run, go to www.girlsontherun.org.

Stevie Lowery, organized the first-ever Marion County Girls on the Run and Heart & Sole Practice 5k on Saturday, Nov. 19, at the Marion County High School track. In photo at right, she knows how to have fun while inspiring an appreciation of fitness and helping the girls build habits that lead to a lifetime of health.



Stevie is pictured with her running buddy, third-grader Annistyn, who completed her very first 5K in 40:15.8.

