



JOHN NELSON

Nelson named LCNI editorial director

John Nelson will assume Landmark Community Newspapers, LLC's Editorial Director position on May 15. John joined LCNI as a Rover Editor in September 2016 and has helped many of our newspapers during his time here.

John is replacing Benjy Hamm, who is moving to Norfolk, VA, and pursuing an exciting opportunity as Editorial Page Editor at Landmark's largest daily newspaper, The Virginian-Pilot. Benjy held the LCN's Editorial Director position for over 13 years.

In making the announcement, LCNI Executive Vice President Dan Sykes said, "We are excited we found John as he brings so much experience to this important position. John is well known in the journalism community, particularly in Kentucky."

From 1997 to 2015, he held editorial leadership positions at Schurz Communications Inc., Kentucky Group (purchased by Boone

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Hamm moves to Virginian-Pilot as editorial page editor

Benjy Hamm is leaving his role as LCNI editorial director to join The Virginian-Pilot as its new Editorial Page Editor. The announcement was made by Virginian-Pilot Publisher Pat Richardson. He began his new duties on May 8.

In making the announcement, Richardson said, "Benjy is a veteran journalist with a versatile background and has extensive experience with community outreach and public service."

She noted that Benjy has the experience, expertise and personality to help the Pilot continue to grow the impact of its editorial pages in this exciting era. She said he embodies the values and philosophies that the Pilot holds high: integrity, ethical practices, respect, and passion for public service through quality journalism.

Richardson observed that Benjy enjoys vigorous debates on key public issues and will be helping them find new ways to engage the Hampton Roads community in those topics.

Benjy has served as Editorial Director for LCNI since 2003. He has played a key role in hiring editors, conducting training, providing input on content decisions, and advising about freedom of information laws involving the company's 50 paid circulation community newspapers.

In talking about his move to the Pilot, Benjy stated, "The Pilot's editorial pages have a long, proud history of leading – and providing a vital forum for – discussions of important public issues. I'm excited to be joining The Pilot in this position and look forward to getting to know the staff and the community in the coming months."

Prior to joining LCNI as editorial director, Benjy worked as both city editor and managing editor at The Herald-Journal in Spartanburg, SC, then a New York Times Co. newspaper. During Benjy's time at The Herald-Journal, the staff received more than 150 awards from the South Carolina Press Association, including a number of the top statewide awards. The staff also won eight Chairman Awards from the New York Times



BENJY HAMM

Co.

Benjy grew up in Salisbury, NC, beginning his career in journalism as a reporter at The Salisbury Post. He also has worked for The Associated Press in Columbia, SC, and as editor of The Lancaster News in Lancaster, SC, also an LCNI newspaper.

Benjy has been a speaker for national conferences and training programs with the National Newspaper Association, Society of Professional Journalists, National Association of Black Journalists and various state press associations; as well as an instructor for the New York Times Co.'s editing workshop at various colleges and universities around the country.

For the past six years, Benjy has been a judge for the annual Scripps Howard Foundation's National Journalism Awards.

He holds a bachelor's degree in communications from Catawba College and a master's degree in mass communication from the University of South Carolina. He received distinguished alumni awards from both in

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Nelson named editorial director

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Newspapers Inc. in early 2016). Most recently, he managed and supervised its editors to ensure proper operating procedures, training for staff and quality control. He also assisted in addressing legal issues related to content and newsroom personnel.

Prior to his time at Schurz, John was part-owner, Editor and Publisher of the Pulaski Week in Somerset, KY from 1987 to 1997. In summary, John has been active in editorial leadership positions for over 30 years.

He serves as a member of the Kentucky Press Association Legal Defense Fund, Society of Professional Journalists, Bluegrass Pro Chapter and Eastern Progress Advisory Board (Eastern Kentucky University student newspaper).

He has been recognized over the years by many organizations for his leadership

achievements and tireless dedication and commitment to our newspaper community. Most significantly, he was named to the Kentucky Journalism Hall of Fame in 2013 in recognition of his significant contributions to the profession of journalism.

John and his wife, Mary Jane, live in Danville, Ky. They are the proud parents and grandparents of son Patrick of Danville and his daughter, as well as their daughter, Julie (formerly a GM/Editor of The Oldham Era), and her three children who reside in Somerset, Ky.

“Landmark is proud of the journalism role we play in our communities. John is exceptionally qualified to continue our commitment to providing quality editorial work and results in the communities we serve. We are fortunate John was available and joined our team,” said Sykes.



Plays at Concert Bands convention

On Thursday, May 4, 2017, Clayton Doak played clarinet with the 85-member Nature Coast Community Band (NCCB) at the Association of Concert Bands (ACB) Annual Convention in Fort Lauderdale, Fla. The NCCB was one of only 9 bands from across the country that was invited to play a concert at the convention. Clayton is single copy district manager at the Citrus County Chronicle in Crystal River, Fla.

Hamm transfers to Virginian-Pilot

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recent years.

Benjy and his wife, Tanya, have three children, ages 14, 18 and 20. They will be join-

ing him soon in South Hampton Roads.

A point of interest about Benjy: His identical twin brother, Brad Hamm, is dean of the Medill School of Journalism at Northwestern University.

LCNI news



LINDA BARNETT, EDITOR

LCNI NEWS MAKERS who submitted news for February, March and April 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.....	Vacant
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.....	Bardstovwn, 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.....	Taylorville, 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.....	JVacant
Bedford Bulletin.....	Bedford, VA.....	Jay Bondurant
The Gazette.....	Galax, VA.....	Newsletter Team
The Declaration.....	Independence, VA.....	Shaina Stockton

Retirement Plus Resources for Financial Wellness

In April's LCNI News and the Spring Benefits Newsletter we highlighted Financial Wellness resources currently available through LCNI's benefits plans. Along those lines, you should also take a peek at the tools available through Landmark's Retirement Plus Plan; the 401(k) plan administered by Vanguard. Vanguard offers a variety of tools and educational information to help with your retirement saving goals. Visit [Vanguard's website](#) to learn more about the tools, education and services offered, some of which are highlighted below.



Access Vanguard.com!

- To utilize the tools and information available through Vanguard, you'll need online access. If you haven't registered, go to <https://retirementplans.vanguard.com>. When you register, you'll need the Retirement Plus Plan number, which is 091303.

Financial Engines

- Vanguard partners with Financial Engines to provide the *Managed Account Program* a fee-based service that offers a personalized investment strategy, ongoing account management, and progress reports.
- COMING SOON! Watch for information about your *Retirement Evaluation* coming to your Inbox in May. If you have not provided Vanguard with your email address, you will receive information in the mail.

Educational Lessons

- Vanguard offers numerous quick lessons on a variety of topics from basics such as "*What is a retirement plan, anyway*" to more in depth topics like "*How can I have enough income in retirement*" and "*How do I create an estate plan.*"
- For a complete list of lessons, click on the "Feed Your Brain" link under the apple icon (or if traditional view, click the Education and Tools tab and then select Lessons).

Webinars

- Vanguard offers several pre-scheduled webinars. They are offered in May, June, August, September, November and December. "*Getting on Track for Retirement*" and "*Timeline to Retirement*" are now being offered in May and June.
- For the schedule and to register for the webinars, go to <https://retirementplans.Vanguard.com> and click on Upcoming Events on (before signing in).

Company Match

- One of the easiest ways to maximum your savings is through the company match!
- To receive the full company match of 3.5%, contribute at least 6% of your pay.
- You become vested in the company match after 2 years.
- You can change your contribution at any time through Vanguard.

Evergreen staff members earn 37 Colorado Press news awards

Evergreen Newspapers collected 37 awards, including a pair of sweepstakes honors, at the 2017 Colorado Press Association annual convention on April 22 at the Denver West Sheraton in Lakewood, CO.

The Canyon Courier and defunct High Timber Times were honored as sweepstakes winners in Class 4 and 2, respectively, for photography and design.

Photo journalist Chancey Bush came home with 19 awards – 15 individual and four shared. She

took first place in nine categories and second in 10. Editor Michael Hicks won seven awards for his sports writing, including a trio of first-place honors.

Corinne Westeman, Deb Hurley Brobst, Joe Moylan, Ian Neligh and Sal Christ were also award winners. Former editor Doug Bell was second place recipient for headline writing.

The following is a list of awards won by Evergreen Newspapers in the 2016 contest. First place winners are pictured.



DEB HURLEY BROBST

Canyon Courier, Class 4

- Chancey Bush, Best Sports Photograph, first place
- Chancey Bush, Best Sports Photograph, second place
- Chancey Bush, Best Feature Photograph, first place
- Chancey Bush, Best Feature Photograph, second place
- Chancey Bush, Best Photo Essay, first place
- Chancey Bush, Best News Photograph, first place
- Chancey Bush, Best News Photograph, second place
- Corinne Westeman, Public Service, second place
- Corinne Westeman, Best Feature Story, second place
- Deb Hurley Brobst, Best Feature Story, first place
- Deb Hurley Brobst and Chancey Bush, Best Series, first place
- Deb Hurley Brobst and Chancey Bush, Best Story/Picture Combination, second place
- Michael Hicks, Best Sports Event Story, second place
- Michael Hicks, Best Sports Story, second place
- Sal Christ, Best Sustained Coverage, second place

Clear Creek Courant, Class 2

- Chancey Bush, Best News Photograph, first place
- Chancey Bush, Best Feature Photograph, second place
- Ian Neligh, Best Series, second place
- Ian Neligh, Best Feature Story, first place
- Michael Hicks, Best Sports Story, first place
- Michael Hicks, Best Sports Story, second place
- Michael Hicks, Best Sports Event Story, first place

Columbine Courier, Class 5

- Chancey Bush, Best Feature Photograph, second place
- Chancey Bush, Best Photo Essay, second place
- Corinne Westeman and Chancey Bush, Best Story/Picture Combination, second place
- Doug Bell, Best Headline Writing, second place
- Joe Moylan, Best Feature Story, second place
- Sal Christ, Best Environmental Story, first place

High Timber Times, Class 2

- Chancey Bush, Best Sports Photograph, first place
- Chancey Bush, Best News Photograph, second place
- Chancey Bush, Best Photo Essay, first place
- Chancey Bush, Best Feature Photograph, first place
- Michael Hicks, Best Sports Event Story, second place
- Michael Hicks, Best Series, first place
- Sal Christ and Chancey Bush, Best Story/Picture Combination, second place



CHANCEY BUSH



SAL CHRIST



MICHAEL HICKS



IAN NELIGH

LCNI Employee Service Recognition

30 Years of Service



Robin Crump
CIRCULATION DIRECTOR
The Pioneer News



Nancy Gray
ADVERTISING
SALES REP
The Pioneer News



Brenda Lichtenfels
SALES SUPPORT
TEAM LEADER
Central Office



Michel Northsea
OFFICE COORDINATOR/
CLASSIFIED SALES
Riverland News

15 Years of Service



Goose Lindsay
REPORTER
Roane County News

10 Years of Service



Brad Bautista
WEBSITE & ONLINE
MANAGING EDITOR
Citrus County Chronicle



Angie Sutton
GENERAL MANAGER
Brunswick Beacon

5 Years of Service



Jerry Deese
ROUTE DRIVER
The Lancaster News



Chad Heighthchew
DELIVERY DRIVER
Henry County Local

Evergreen wins 8 awards in Top of the Rockies contest

Retired Evergreen Newspapers Editor Doug Bell was awarded the Keeper of the Flame award, which recognizes a distinguished career in journalism, during the Society of Professional Journalists' Top of the Rockies award ceremony on April 18 at the Denver Press Club.

Bell, who was editor at Evergreen Newspapers for 11 years and who worked previously for the Coloradoan, the Rocky Mountain News, the Daily Camera and The Denver Post, retired on March 8.

The news staff won eight awards, led by reporter Sal

Christ and photo journalist Chancey Bush. Christ took home three awards, including a pair of second-place honors. Bush won four awards, including first place in spot news photography.

Reporter Joe Moylan won first place in general sports reporting, while news editor Deb Hurley Brobst took third in general education reporting.

Evergreen Newspapers competed with news outlets from Colorado, Utah, New Mexico and Wyoming in the under 10,000 circulation category.



CHANCEY BUSH



JOE MOYLAN

Remember When...

5 Years Ago – 2012

- Keith White, graphic designer for The Brunswick Beacon, was selected as the winning artist for the 2012 Official Annual National Shrimp Festival Poster. The annual event takes place in Gulf Shores, Alabama in October.
- Buddy Aultman retired as publisher of the News & Reporter in Chester, SC.
- The Lebanon (Ky.) Enterprise hosted its first annual Main Street Treadmill Challenge. The event's goal was to raise money for the Girls on the Run program and promote health and wellness in the community. The event raised more than \$4,000.
- LCNI employees were given the opportunity to enhance their software skills by utilizing the lynda.com website.

10 Years Ago – 2007

- The LaFollette Press was recognized as being the largest business contributor to the American Cancer Society's Relay for Life in Campbell County, Tenn. The Press donated \$4,700 in addition to serving as corporate sponsor for the event.
- LCNI's Payroll Team was recognized at the Landmark Financial Officers' Meeting as Most Valuable Players for Best Practices in Payroll throughout Landmark Communications.
- Tom Isaac, operations manager/news director for PLG-TV in Bardstown, Ky., was the recipient of the LCNI President's Award for Community Service, and Melinda Moss, prepress/postpress supervisor at Cynthiana (Ky.) Publishing, received the LCNI President's Award for Outstanding Contribution.
- The Central Office Accounting team hosted "Are You Smarter than You Were May 16?" training for 38 bookkeepers/office managers in Shelbyville.

15 Years Ago – 2002

- During LCNI's "Big 4" circulation seminar, Vice President Max Heath presented Gold Star Awards for 2001 circulation growth to the Carroll County Times, The News-Enterprise, Citrus County Chronicle and The Lancaster News. Heath said he thought that was the first time in 15 years that all four newspapers were up in circulation at the same time.
- LCNI HR Manager Patty Bottom and Landmark Web Press Mailroom Manager/Bookkeeper Diana Olson each received an LCNI President's Award for Outstanding Contribution.

20 Years Ago – 1997

- The Cynthiana (Ky.) Democrat presented a \$4,882 check to the city's mayor to be used for flood relief in Cynthiana. The donation was raised through the publication of Grace Magazine, which featured photographs and stories about the special people who helped out during the Flood of 1997. Half of the proceeds went toward the flood relief fund. The press run of 6,700 was sold out within two weeks of publication.

25 Years Ago – 1992

- Standard Publishing Co. hosted Chen Guoqing, counselor for the embassy of the People's Republic of China in the U.S. when he was in Shepherdsville, Ky. to oversee the first printing of Reports from China. This was a new monthly business publication that was inserted in Publishers' Auxiliary, another Standard Publishing printing customer, to help Americans learn more about China and its people.

30 Years Ago – 1987

- The Los Alamos Monitor won Best of Show awards in the Associated Press Managing Editors contest for New Mexico AP member newspapers.

35 Years Ago – 1982

- The Weather Channel, which was owned by Landmark Communications, Inc., made its debut May 2.

40 Years Ago – 1977

- The Cannelton (Ind.) News and The Tell City (Ind.) News merged into a true semi-weekly newspaper called The News, which covered Perry County and published on Tuesdays and Thursdays.



Chuck Burress celebrates 40 years with Landmark

Chuck Burress celebrated his 40-year anniversary with the company in March. He wasn't recognized on the actual day because a surprise party was being orchestrated for a day when LCNI Executive Vice President Dan Sykes would be in the area. Tammy Manning did a good job of keeping Chuck sequestered in his office while his employees were busy setting up for the surprise luncheon. The upper left photo shows Chuck after being surprised by co-workers outside his office. From left are Jill Sykes, wife of Dan Sykes, Wendell and Susan Rowell (Lancaster News publisher), Chuck, Galax Circulation Manager Tammy Manning, and Dan Sykes. In upper right photo The Gazette and Declaration staffs gave Chuck a "crabby Walter" bobblehead (on the counter) and told him to make the same expression as Walter. Walter was on the cake, too (photo at right). In the background are Declaration Ad Manager Linda Litz, and Graphic Designer Danny Redd and Editor Brian Funk from The Gazette.



It's Easter Eggs-Travaganza time!

The Opinion-Tribune (Glenwood, Ia.) sponsored the annual Easter Eggs-Travaganza in Glenwood on April 15. More than 300 children came to Glenwood Lake Park in search of Easter Eggs and candy.

Youngsters also went home with special prizes given away during the event. The newspaper has co-sponsored the event with the Glenwood Optimist Club for five years.



**Don't Miss Out
on Your Chance
to SAVE!**

**Deadline to
complete
Wellness
Program
Activities is
September 30,
2017**

To access your
Wellness
Program home
page, visit:

www.Ask4HR.com

Select the MY HR tab
(left menu), then click
on Wellness Program.
From there, click on
the MyViverae logo.



Wellness Program!

2018 Medical Plan Participants

If you think you may be enrolling in a Landmark medical plan for 2018, now is the time to take action to avoid the \$20 bi-weekly premium surcharge. Complete the following actions before September 30, 2017!

Complete the Member Health Assessment (MHA)

The Member Health Assessment (MHA) is an annual online self-reported questionnaire about specific lifestyle habits that help identify behaviors that could raise your health risks.

From your Viverae member page, a pop-up message will prompt you to complete your MHA. If your MHA is incomplete, you will see this message on your homepage menu bar – "Your Health Assessment is not complete. FINISH NOW."

Complete Biometric Screening

The Biometric Screening is an annual exam that will help you identify your health status. This screening promotes awareness and can reveal possible risk factors for certain health conditions. It consists of a blood profile, including total cholesterol and blood glucose levels, as well as measures blood pressure and body composition, including height and weight and Body Mass Index (BMI).

There are three ways you can complete the Biometric Screening:

1. **Visit your physician** – Provide the Physician Lab Form to your physician at the time of your visit and then upload the completed form to your Viverae member page. The Resources tab is where you can download, print and upload your completed Physician Lab Form.
2. **Visit a local LabCorp facility** – Contact Viverae at 1-888-848-3723 or select LabCorp Form from the Resources tab to request a Requisition number and directions to the nearest lab.
3. **Order a Home Test Kit** - Contact Viverae at 1-888-848-3723 or select Home Testing Kit from the Resources tab to request a test kit mailed to your home address.

Earn Incentives!!!

- If you are enrolled in a Landmark medical plan and you complete the Biometric Screening and the Member Health Assessment (MHA), you will begin to accumulate points as you complete wellness program activities. You can earn up to \$400 towards your 2018 Health Care Flexible Spending Account (FSA).
- The Biometric Screening and MHA are worth 100 points each, a total of 200 points! You **must** complete these two activities to earn points for completing the additional wellness activities.
- There are three additional incentives: 2 Fitbit drawings and a drawing for a \$5,000 grand prize!!!



HEATHER POWELL

Powell joins news team at Journal-Democrat

Heather Powell, a Spencer County (Ind.) native, has joined the Journal-Democrat as a news clerk and staff writer. Powell, 29, earned a Bachelor of Fine Arts degree in creative writing from the University of Evansville.

While attending the University of Evansville, she was a staff writer for the university's Crescent Newspaper and later the Crescent Magazine. While working for those publications, Powell gained hands-on experience as a reporter.

She was also a part of her church's Friendship to Internationals group, where she helped plan monthly events and went on to help produce the quarterly newsletter.

Powell has joined the Journal-Democrat as a way to contribute to her community. "I look forward to meeting new people and being more involved in my city," she said. "I feel like this (working at the Journal-Democrat) is a great way to give back to my community."

She will help with clerical duties at the Journal-Democrat as well as assist customers with classified advertisements.

Powell will cover a few news beats, including South Spencer Schools, Dale Town Council and Rockport city government and will write features.



A day at the races

News-Democrat Advertising Sales Consultant Deborah Garrett planned an office outing to Keeneland in Lexington, Ky., on Saturday, April 22. It was a cold and rainy day, but everyone had a great time. Pictured from left are News Herald and News-Democrat Bookkeeper Sherry Lyons, News-Democrat Editor Kristin Beck, News Herald and News-Democrat Publisher Jeff Moore, News-Democrat Staff Writer Tim Hendrick and Deborah Garrett.

Petit hired as Rockport sales rep

Francine Petit has been hired as an advertising sales representative for the Spencer County Journal-Democrat. She is responsible for advertising sales and customer relations in the Spencer County (Ind.) market and surrounding areas.

Prior to joining the local paper, Petit worked in advertising sales at several publications and served in staff positions, including journalism and photography. She holds several awards from the North Carolina Press Association for creative advertising and awards from the Illinois Press Association for feature writing and photography.

Born in rural Southern Illinois, Petit graduated from Edwards County Senior High School in Albion, and later moved to Florida where she attended Daytona State College. She furthered her education at the University of North Carolina and holds a bachelor's degree in English and a bachelor's degree in Communications Public Relations.

She lives in Boonville with her fiancé and their four cats. In her free time, Petit likes to travel, hike, kayak and she enjoys nature photography.



FRAN PETIT

Gore joins Brunswick Beacon as page designer/graphic artist

Dyquan “Quan” Gore has been hired as page designer/graphic artist at The Brunswick Beacon in Shallotte, N.C. He started in mid-April and “currently loves every second of it,” he said.

He is from Little River, S.C., a small town about 25 minutes from Shallotte and has lived there his whole life. He attended North Myrtle Beach High and later attended Coastal Carolina University

in Conway, S.C.

While there, he majored in graphic design, earning his Bachelor of Arts in graphic design in December 2016.

He is a lover of anything art and design related, drawing, traveling and music of all sorts.

When he isn’t working, he is most likely spending time with his family or attempting to complete a drawing.



DYQUAN GORE



Important benefit resources at your fingertips

A quick way to learn about your benefits is to register with each benefit plan’s website. Once you register, you can check benefit eligibility, plan coverage and claim status, review provider directories, and print forms and temporary ID cards. If you have any trouble registering, call the appropriate benefit vendor or contact the Central Office HR Department at 800-633-4393.

Benefit Contact Resource Information:

Benefit Plan	Benefit Vendor	Website	Group #	Phone #
Medical Benefits	Anthem	www.Anthem.com	201019	1-866-323-3608
Dental Benefits	Delta Dental	www.deltadentalva.com	700081	1-800-237-6060
Vision Benefits	VSP	www.vsp.com	12156678	1-800-877-7195
Pharmacy Benefits	CVS/Caremark	www.caremark.com	RX1466	1-866-332-1647
Life Insurance Benefits	MetLife	www.MetLife.com	146075	1-877-638-4671
Retirement Plus Benefits	Vanguard	www.Vanguard.com	091303	1-800-523-1188
Flexible Spending Account Benefits	WageWorks	www.WageWorks.com	30343	1-877-924-3967
Employee Assistance (EAP) Benefits	Anthem EAP	www.AnthemEAP.com	N/A	1-866-621-0554
Wellness Program	Viverae	www.Ask4HR.com	4487	1-888-848-3723
Online Doctors	LiveHealth Online	www.LiveHealthOnline.com	N/A	Connect online
Pay Stubs, Vacation/Sick Balances	Self-Service	https://inside.dominionenterprises.com/lmeservice	N/A	1-800-633-4393
LCNI Benefits Hotline	Central Office HR	www.lcni.com	N/A	1-800-633-4393

Follow me outside of work

Jeff Bryan has become hooked on running

“Running is not about being better than someone else; it’s about being better than you used to be.”

By Jeff Bryan, Editor
Riverland News

Two years ago, a friend of mine offered to train me for a 5K. I had made a challenge with another friend I could finish a race without collapsing. But the race we’d agreed upon never materialized. I came up with every excuse to avoid training.

This past year, I helped organize a 5K. And when I say organize, I was the behind-the-scenes person securing sponsorships and items for the runners’ goodie bags. My friend had the tougher job of recruiting friends to register for the race, making sure the course was planned, lining up a timer and many other difficult tasks.

My friend convinced me to compete so I did. I slowly began training. And I mean slowly.

Then, in November, training took a back seat. My brother and I had to hastily return to Kansas.

And on a cold, overcast Midwestern fall day, I said farewell to my mother, Mary. In the blink of an eye, she was gone. The middle child, my mom was my rock. Yes, I was a momma’s boy. I was a grandma’s boy, too. My brother and sister knew it well.

A divorce four years ago, I’d abandoned most, if not all, of my hobbies. I had been frequently active throughout my 20s and 30s, but as a divorcee with the responsibility of raising three children, I pushed aside my wants in the best interest of my children. My focus was them. I didn’t buy for myself; their needs were greater. My parents, especially my mother, had taught me parents make sacrifices for their children. That’s how it was growing up.

After returning from Kansas, I continued with my goal of accomplishing one 5K. I didn’t own a pair of running shoes; I was using a pair of cheap sneakers I purchased at a local thrift store. They would suffice for my goal to say, “I ran a 5K. Once.” I hadn’t really considered continuing on.

By the end of November, I had trained a paltry 14.1 miles. Good enough for one race, or so I thought.

I awoke early on Saturday, Dec. 3, for the



Jeff Bryan, editor for the Riverland News in Dunnellon, Fla., runs the first leg of the Excalibur 10-Mile Relay in March in Melbourne, Fla. Bryan competed his 5 miles in 39 minutes, 4 seconds.

third annual Ugly Sweater 5K. I knew a lot of the folks who were there. My lone goal was to finish, without dying. For those who have ever run, most know it’s a running joke – pun intended – that if you can finish a race without “dying” then you made it.

I finished in less than 30 minutes. During my first 5K, I thought of nothing else. Not the ups and downs of life, the pain and sorrow of my mother’s death, I just ran.

But I didn’t stop running, I kept going. By the end of December, I had logged almost 65 miles. I competed in two more 5K races. I was hooked.

I purchased my first pair of running shoes, courtesy of Christmas money my dad had sent. Initially, I balked at the thought of buying an item for myself. For \$60-plus, I could have easily purchased footwear for my children. My dad assured the money was for me. Mom would have agreed.

My third 5K, it was a bitterly cold morning – OK, bitterly cold by Florida standards, but I ran. I ran my best race ever to that point, fin-

ishing in less than 25 minutes. I finished second in my age group. I was happy.

I’ve never been obese, or fat, I’ve always been on the light side. But I chose then to begin making better choices, I was eating better. I eliminated soda, for the most part, from my diet. I find myself drinking more water and juices, including pickle juice. You’re cringing at the thought of it now, but for a runner, pickle juice is like a lifeline for preventing cramps. And yes, runners discuss what the best pickle juice is to consume after a run.

Now, most runners will register for one race per weekend. It allows for the body to recover. I had an open weekend, sans my children, so I opted for back-to-back races. I placed second and third, respectively, setting a PR (personal record) in one.

Since then, my training has increased, my times have dropped (and so has my weight). This past March, I ran almost 100 miles, missing the century mark by a few miles because I had opted for an additional rest day prior to my first 10K. So yes, I’ve “leveled up.” It was a brutal trail run – leaves, pine needles, tree roots – but I completed the event.

A week later, I did another 10K, where I placed first in my age group – 40 to 44 years old, the toughest age group for males, because you have a bunch of “young” 40something men who have decided they need to get in better shape.

I can assure you it’s not about the competition from others that drives me, it’s about competing with myself. There’s no one to blame but you if you skip a workout or have a bad performance. There’s something soothing about hearing your feet pound on a trail during a workout, calming your heart rate or correcting your breathing while doing so.

I run because I want to, not because I need to, and now I have more than 260 miles under my belt or on my feet, depending on your point of view. My next “big” goal is to hit 100 miles in a month, but with the Florida heat, that could very well prove difficult.

Then again, I registered for the Best Damn Race (BDR) Challenge on March 3, 2018, in Orlando. The challenge is a 10K Race at 6:45 a.m., followed by a 5K at 9 o’clock. I’m pretty sure I’ll survive it, but I can guarantee there’ll be a much-needed nap afterward, and perhaps one extra rest day.

Huge Expo, Huge Success!

On Saturday, April 22 in Crystal River, Fla., thousands of men, women and children attended the 2017 ManXpo!

Classic/muscle/antique cars, trucks and motorcycles from all over rolled in ALL DAY LONG! As The Bearded Brothers Band ROCKED THE CANYON, vendors, exhibits and displays lined the Rock Crusher pavilion with everything from boats and golf to fishing/hunting to RVs and campers... Everything Man.

In addition, hundreds of raffle prizes were given away...Another Awesome FREE Event from the Citrus County Chronicle.

In photo at right, Chronicle sales team members having a good time at the ManXpo were from left: National Ad Sales Rep Dianne Perkins, Ad Sales Rep Barbara Donohoe, Lead Designer Dave Worlton, Executive Advertising Sales Rep April Zay, and Advertising Sales Reps David McCane and Cindy Hall.



Guess who won the Push-Up Challenge? Our very own Trina Murphy, Operations & Advertising Director, that's who! The challenge, hosted by Citrus County YMCA, was held at the Chronicle's ManXpo! Seen here is Bill Coyle, Wellness Director, watching over Trina Murphy as she beat out all of the other (male) contestants by doing 32 push-ups in the beating hot sun!



Trina Murphy, Operations & Advertising Director, gives Gerry Mulligan, Publisher, a tour of the entire impressive event.



David Kamlot, son of HR Director Deb Kamlot, and Inside Sales Rep Lori Driver were inseparable all day as they announced the raffle winners. They must have walked over 20,000 steps (that's 10 miles of walking) making sure everyone knew when the drawings were happening.

Will you have a graduate this spring?



If your son/daughter will graduate this spring and/or will no longer be a full-time student, you'll need to submit a Family Status Change Form to cancel their dental, vision and/or life insurance coverage. This will need to be done within 30 days from the date of graduation (or end of full-time student status).

Dependent children can remain on your medical insurance until age 26 regardless of full-time student status.

To request a Family Status Change Form, contact your publisher, manager, HR Representative, or call Central Office HR Department at 1-800-633-4393.

Reminder: If your son/daughter will be a full-time student for the fall 2017 semester, full-time student status verification will need to be provided to Central Office HR (fax 502-633-4482). Fall semester verification will need to be provided no later than August 31, 2017 for dependents age 19-23 to remain enrolled in dental, vision and life insurance plans.



Lancaster sales rep

Jessica Blackmon has been hired as a sales representative for The Lancaster (S.C.) News. She has two boys and loves spending time with them and of course, shopping.

Morgan hired as sales rep for Anderson News

Laura (Lizzy) Morgan began work recently as an advertising sales representative at The Anderson News in Lawrenceburg, Ky.

She joins the newspaper after working at Four Roses Distillery for the past year and a half and brings 10 years of experience from working in similar fields.

A native of Frankfort, Morgan completed beauty school in 2010 and has worked for beauty lines such as MAC, Dior and Smashbox.

She and her husband Shane have been married for about two years. Morgan has a 2-year-old son and a 10-year-old stepdaughter.

When asked what she does in her spare time Morgan says, "I am always with my son. I have a 2-year-old, I don't have time for hobbies."

Morgan has also worked as a freelance



LAURA "LIZZY" MORGAN

makeup artist for weddings and still does as her schedule allows.

Celebrating Derby - E-town style!



Kaela Ward, graphic designer, won Best Decorated Horse winning \$5.



Michelle Padgett, graphic designer, won first place in the Derby Dice Race with a prize of \$35!



And they're off ... News-Enterprise employees enjoy participating in the Derby Dice Race where they buy a horse, decorate it and roll dice every day for a week to advance in the race. Prizes are awarded for Win, Place, and Show, Best Decorated horse and last place.



Gary Taylor, Single Copy/Circulation, donated this cake for auction as part of The News-Enterprise Derby Bake Sale. Tom Siemers was the highest bidder, bidding \$40, and then shared the cake with employees.



Pictured here is Reporter Greg Thompson, 2nd place winner in the Derby Dice Race winning \$15.



Brenda Chism, classified sales rep, took 3rd place in the Derby Dice Race winning \$10.



Sandra Logsdon, Graphics team leader, and Gina Clear, Copy Desk editor, tied for LAST place resulting in a roll-off. Sandra won the tie-breaker winning a prize of \$1.



Chronicle staff surprised with Appreciation Lunch

Several Citrus County business leaders, led by Dale McClellan of M&B Dairy, wanted to show appreciation for the Citrus County Chronicle and all of its staff members by hosting a luncheon onsite.

Along with M&B Dairy, the Citrus County Chamber of Commerce provided a delectable lunch of pulled pork, chicken, sausage, baked beans and coleslaw. Of course, M&B Dairy couldn't come without fresh ice cream for dessert.

This was a highly unusual event where all employees gathered outside in the beautiful weather to listen to music provided by a DJ and share a meal together.



Gerry Mulligan, (left,)+ publisher, is shown with Leon and Dale McClellan, owners of M&B Dairy. Dale started off the event by thanking all of our employees for all of the hard work they do every day to provide such a valuable newspaper for our community.



From left, Editor Mike Arnold, Website & Online Managing Editor Brad Bautista, Press Operator CJ Toohey, Reporter Mike Bates and Reporter Buster Thompson share lunch and conversation together.

Dale McClellan of M&B Dairy serves up a large scoop of ice cream to Melanie Stevens, Business Office Manager, while Cheryl Jacob, Community Editor, anxiously awaits her turn.



June Birthdays

<p>June 1</p> <p>Jeff D'Alessio News-Enterprise Tyler Moore Los Alamos Monitor Nancy Turner News-Enterprise Sarah Von Sternberg Los Alamos Monitor</p> <p>June 2</p> <p>Karen Herzberg Opinion-Tribune Rhonda Laughter Morgan County News</p> <p>June 3</p> <p>Bev Beights Citrus County Chronicle Jacob Blair Sentinel-News Brian Funk Galax Gazette Teresa Schaum Cynthiana Democrat Robert Villanueva News-Enterprise</p> <p>June 4</p> <p>Rachael Downs Kentucky Standard Justin Smallwood News-Enterprise</p> <p>June 5</p> <p>Nancy Farmer News-Enterprise Linda O'Neil Lancaster News Chris Ordway News-Enterprise Grant Wieman News-Enterprise</p> <p>June 7</p> <p>Mattie Cook News-Herald Sarah Gatling Citrus County Chronicle</p> <p>June 8</p> <p>James Moyer Citrus County Chronicle Ricky Spradlin Bedford Bulletin</p> <p>June 9</p> <p>Jonathan Andrews Citrus County Chronicle Cindy Connolly Citrus County Chronicle Dan Oberlink Vandalia Leader-Union Bill Woodruff Anderson News</p>	<p>June 10</p> <p>David Edwards News-Enterprise Lisa Essex Sentinel-News Cynthia Fitch Las Vegas Optic Ricky Hamilton Cynthiana Democrat Toni Headly Kentucky Standard Victoria Schreiner Sentinel-News</p> <p>June 11</p> <p>Jamie Stitz Brunswick Beacon</p> <p>June 12</p> <p>Megan Latta Canyon Courier Carnell Williams Brunswick Beacon</p> <p>June 13</p> <p>Niki Buchanan Perry County News Mandy Catoe Lancaster News Victoria Loeffler Citrus County Chronicle</p> <p>June 14</p> <p>Curt Ebitz Citrus County Chronicle Robert Krasny Citrus County Chronicle Ashley Sutter Sentinel-News</p> <p>June 15</p> <p>Teresa Alexis MetroWest Newspapers Chancey Bush Canyon Courier</p> <p>June 16</p> <p>Sharon Warner Sentinel-News</p> <p>June 17</p> <p>Henry Childress LaFollette Press Klarissa Delk-Booth News-Enterprise Kevin Frazier Roane County News</p> <p>June 18</p> <p>Don Pilosky Cynthiana Democrat Joey Tully Wakulla News Carolene Tuttle Standard Publishing</p>	<p>June 19</p> <p>David Dickens News-Enterprise Corey Johnson News-Enterprise Patti Ray Citrus County Chronicle</p> <p>June 21</p> <p>Jake Bethel Perry County News</p> <p>June 22</p> <p>Suan Lovato Las Vegas Optic Laura Marlin Central Office</p> <p>June 24</p> <p>Lisa Browning Central Office Bev Halburnt Roane County News John Nelson Central Office</p> <p>June 25</p> <p>Phyllis Banta Henry County Local Valerie Donithan Galax Gazette Margaret Mendez Standard Publishing</p> <p>June 26</p> <p>Kyle Burton News-Enterprise</p> <p>June 27</p> <p>Shorty Lassiter Springfield Sun</p> <p>June 28</p> <p>Josh Claywell News-Enterprise Brianna Henson News-Enterprise</p> <p>June 29</p> <p>Jay Bondurant Bedford Bulletin Mike Carter News-Enterprise Dianne Sweatt Lancaster News Douglas Tye Red Oak Express</p> <p>June 30</p> <p>Sal Christ Canyon Courier Frank Mattingly Lebanon Enterprise Camille McClanahan Grant County News</p>
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Handles front office for Casey County News

Amanda Richards has joined The Casey County News, Liberty, Ky., as a receptionist/circulation manager. She lives with her boyfriend, Chris Merkel, and has a 4-year-old daughter, Jenna. She graduated from Casey County High School in 2012 and worked as a server at the Bread of Life.



Citrus High graduate

Kelsey Jane Nast, granddaughter of Cheri Clark, Citrus County Chronicle Business Office Assistant, graduated from Citrus High School. Kelsey plans to attend Valdosta State University in the fall to obtain a degree in business, prior to attending law school. She was recently named a member of the 2017/2018 VSU Blazers Cheerleading team and is excited to represent her school next year.



USF graduate

Amber McCallum, daughter of Guy & Renee McCallum, Citrus County Chronicle Composition Supervisor, graduated from the University of South Florida. She earned her BS in Bioscience. Amber plans to spend a year building her resume in the medical field and then attend PA school.

2017 off to a sluggish start



**MICHAEL
ABERNATHY**

**President
LCNI**

LCNI has had a slow start to 2017 with financial results below last year and budget. Total operating revenue was down 8.6% to last year and 6.6% to budget.

Lower operating expenses helped offset some of the revenue decline but not enough to prevent a drop in operating income, which was down 35% to last year and 31% below budget.

Total advertising revenue declined 9% and was 7.4% below budget. The classified category had the largest drop (-19.4%) driven by a loss of automotive and employment advertising. Retail was down 9.1%, partly due to lower results with our 1st quarter initiative.

There are a number of advertising promotions planned for the second quarter to help us get back on track.

Preprint advertising was off 7.2% as some larger customers have cut back. For example, Kroger has cut preprints from shoppers but continues to be a key customer in our newspapers. This has caused us to rethink and reduce distribution of free shoppers where they are no longer profitable.

Online advertising was the lone bright

spot in the quarter with a gain of 18.8%. Our sports pubs were a key driver in this category.

Circulation revenue also experienced a decline with single copy down 6.7% and subscriptions off 5.1%. There is a companywide circulation team doing good work in developing strategies and promotions to improve this trend.

Web printing declined 23% as two long-time customers have departed. We hope to turn this category around with the installation of a new and more modern press in Shepherdsville, Ky. This is a large investment for the company that will provide us with new and improved printing capabilities. We hope to have the press up and running in the next 60 days.

2017 1st Quarter Profit Margin Attainment (In Descending Order)

Newspapers

1. Cedar Key Beacon
2. Brunswick Beacon
3. Lebanon Enterprise
4. Cynthiana Democrat
5. Sumter County Times
6. Grant County News
7. South Marion Citizen
8. LaFollette Press
9. Riverland News
10. Anderson News
11. Chiefland Citizen
12. Galax Gazette
13. News-Enterprise
14. Citrus County Chronicle
15. Perry County News
16. Springfield Sun
17. Casey County News
18. News-Herald
19. Bedford Bulletin
20. News-Democrat
21. Leader-Union
22. Red Oak Express
23. Lancaster News

24. Kentucky Standard
25. Williston Pioneer
26. Roane County News
27. Oldham Era
28. Opinion-Tribune
29. Morgan County News
30. Trimble Banner
31. Sentinel-News
32. LaRue County Herald News
33. Wakulla News
34. Pioneer News
35. Spencer Co. Journal-Democrat
36. Mt. Vernon Democrat
37. Gadsden County Times
38. West Marion Messenger
39. Spencer Magnet
40. Central Ky. News-Journal
41. Las Vegas Optic
42. The Declaration
43. News & Reporter
44. The Gold Standard
45. Pageland Progressive Journal
46. Henry County Local
47. Clear Creek Courant

48. Los Alamos Monitor
49. The Record
50. Canyon Courier
51. MetroWest Newspapers
52. Columbine Courier

Sports Publications

1. Osceola
2. Gator Bait
3. Huskers Illustrated
4. The Cats' Pause
5. Carolina Blue
6. Voice of the Hawkeyes
7. Inside Indiana

Specialty Publications

1. Education Guides
2. 285 Hustler

Plants

1. Cynthiana, Ky.
2. Tell City, Ind.
3. Shepherdsville, Ky.