



Model resident

Passion for building small-scale replicas endures past childhood

By Jordan Bomse
For the Citrus County Chronicle

Model airplanes have been around for more than 50 years, and Citrus County (Fla.) resident Stephen Thein, who works at the Citrus County Chronicle as distribution center coordinator and single copy collector, has been piecing them together for most of his life.

The Long Island native, 56, first became interested in planes as a child. His father was a pilot in the military for more than 20 years.

The intrigue all began when he was a child on a family trip and bought a car model to work on. It inspired him to begin making models related to the military. He knew then this would not be a short-term fascination.

He learned the history from reading a variety of books along with watching an assortment of television shows on the subject. It intrigued him even more.

"2018 will be 50 years since I started," he said of making models.

"It was a family trip to Kennedy Airport that piqued my interest in planes," he said. Seeing real airplanes inspired him to build model airplanes. He knew he would have to work on the models for a few hours each day; however, it was well worth it in the end to see the finished product, he said.

"I work on each model about 25-30 hours a week. I don't work on them all day, every day; only two to three hours each day," he said of his present-day endeavors.

He has enlisted the help of his 10-year-old daughter to help paint different models on several occasions. It has been something they have bonded over.

He gets his models as well as supplies from different places such as Hobby Lobby, flea markets and various craft stores. There are quite a few around where models and supplies can be acquired, he noted.

Some models are rare and hard to come by. Some come already completed and only need minor adjustments.

"Go for it" is his advice for those interested in model building. He encourages those interested to give it a try. Like many things, there will be moments of frustration and moments of satisfaction.

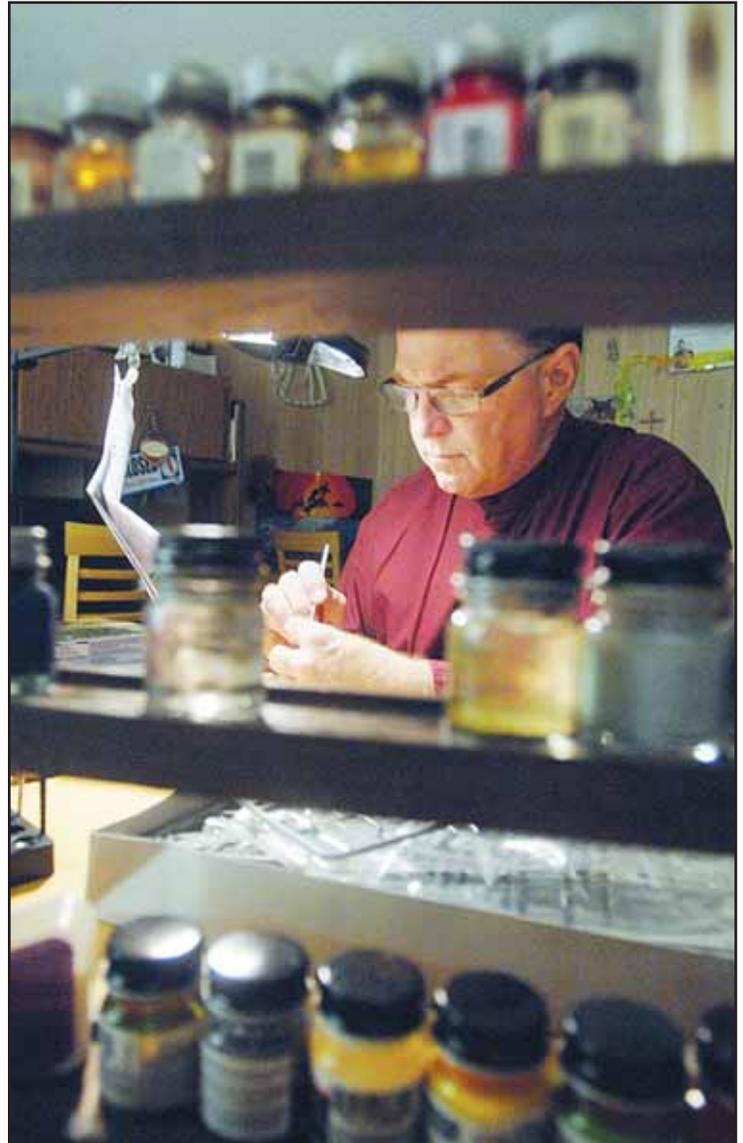
"I'd walk away entirely and go back to it," he said when asked if there are times he gets discouraged.

He has his favorite models; ones he liked from his childhood.

"F-4 Phantom is one of my favorites," he said. World War II-era models tend to be among his favorites.

He loves how his models can impact others including military veterans who have served on ships he's made models of.

He has won several ribbons in the Citrus County Fair over the past



Stephen Thein works on creating a model airplane from a kit inside his home. Thein, pictured above through a rack holding a wide variety of paint and glue, has been a model builder for decades. Photo by Matthew Beck/Citrus County Chronicle

seven to eight years. His model of the Titanic won first place and several airships have won second place.

It has been a long journey from his first model until now, but his passion hasn't faded. As long as there are models to build and repair, Stephen Thein can be found doing what he loves.



Testing the Bemer device

Tom Feeny, Citrus County Chronicle production director, tested out The Bemer, a revolutionary device that is said to help your body increase blood flow and circulation, increase nutrient absorption, eliminate toxins and waste, and increase energy and mental focus. The promoters of the device showed up at the Chronicle and provided a free 7-minute Bemer session to employees.



'Can't Stop the Feeling'

Employees from The Kentucky Standard and PLG-TV 13 practiced their lib dub/dance video of Justin Timberlake's new song "Can't Stop the Feeling" in conjunction with the Bardstown Mainstreet Program and other local downtown businesses. The video will debut to promote local businesses and the town. Participating were Carrie Pride, Danielle Mattingly, Randi Mouser, Alice Burgen, Crystal Dones, Stacey Phelps, Lizzy Saunders, Brandi Cheatham, Matt Gordon and Trey Crumbie.

LCNI *news*

LINDA BARNETT, EDITOR

LCNI NEWS MAKERS who submitted news for June, July and August 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.....	Carrrollton, 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.....	John Overby
Spencer Magnet.....	Taylorsville, KY.....	Lynette Mason
Huskers Illustrated.....	Lincoln, NE.....	Darren Ivy
Las Vegas Optic.....	Las Vegas, NM.....	Martin Salazar
Los Alamos Monitor.....	Los Alamos, NM.....	Jill McLaughlin
Brunswick Beacon.....	Shallotte, 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

2017 OPEN ENROLLMENT NEWS



- ❖ Open Enrollment Begins October 24, 2016 and ends November 11, 2016.
- ❖ [Re-enrollment is required for the medical plan.](#)
- ❖ [Re-enrollment is required for flexible spending accounts.](#)
- ❖ [2016 dental, vision and life insurance enrollments will carry over. Re-enrollment is not required.](#)
- ❖ If you have not received Mike Abernathy's memo dated September 9, 2016, please check with your publisher/general manager.
- ❖ [Watch for more information in the annual Open Enrollment Newsletter coming next month.](#)

2017 BENEFIT CHANGES

- 2017 costs will increase 4.6%.

	<u>EE ONLY</u>	<u>EE+CHILD</u>	<u>EE+SPOUSE</u>	<u>EE+CHILDREN</u>	<u>FAMILY</u>
STANDARD PLAN	\$30.00	\$123.21	\$175.90	\$157.49	\$242.40
PREMIUM PLAN	\$85.67	\$142.83	\$200.96	\$196.33	\$294.19

- [Deductibles and out-of-pocket maximums for both the Standard and Premium medical plans will be increasing as shown in the chart below.](#)

	<u>STANDARD PLAN</u>		<u>PREMIUM PLAN</u>	
	<u>Current</u>	<u>2017</u>	<u>Current</u>	<u>2017</u>
INDIVIDUAL DEDUCTIBLE (Out-of-Network)	\$1,000 (\$2,000)	\$1,200 (2,400)	\$500 (\$1,000)	\$600 (\$1,200)
FAMILY DEDUCTIBLE (Out-of-Network)	\$2,000 (4,000)	\$2,400 (\$4,800)	\$1,000 (\$2,000)	\$1,200 (\$2,400)
INDIVIDUAL OUT-OF-POCKET MAX (Out-of-Network)	\$3,000 (\$6,000)	\$3,200 (\$6,400)	\$2,000 (\$4,000)	\$2,100 (\$4,200)
FAMILY OUT-OF-POCKET MAX (Out-of-Network)	\$6,000 (\$12,000)	\$6,400 (\$12,800)	\$4,000 (\$8,000)	\$4,200 (\$8,400)

- The prescription co-pays will be increasing and new copays will be introduced for Specialty Drugs, which will have three tiers.

	<u>RETAIL COPAY (30-day)</u>		<u>MAIL ORDER COPAY (90-day)</u>	
	<u>CURRENT</u>	<u>2017</u>	<u>CURRENT</u>	<u>2017</u>
GENERIC	\$5	\$10 max*	\$10	\$20
PREFERRED	25% (\$25 min/\$100 max)	25% (\$35 min/\$100 max)	\$50	\$70
NON-PREFERRED	50% (\$50 min/\$125max)	50% (\$60 min/\$135max)	\$100	\$120
SPECIALTY – 30 day max	\$50	Tier 1 \$50 /Tier 2 \$100/ Tier 3 \$150	Not Available	

*The lesser of the actual cost or \$10.



JOE MOYLAN

Moylan joins Evergreen team as reporter

Joe Moylan has been hired as a reporter for Evergreen (Colorado) Newspapers.

Born and raised in Chicago, Joe studied Journalism at the University of Denver and graduated in 2004. His first job in the business — a summer internship that rolled into a full-time position — was with Inside Washington Publishers in Arlington, Va., where he worked for the company’s health care group. He covered health care legislation and policy for three of IWP’s newsletter products, including FDA Week, Inside CMS and Inside OSHA.

After college, Joe moved home to work for two weeklies in suburban Chicago, including the Prairie Times, where he covered politics and local government. He later joined The Bugle Newspapers as a preps sports reporter covering football, baseball and girls basketball for five area high schools.

In 2009, Joe returned to Colorado and has been touring the state ever since. He started in northwest Colorado, serving as the government and crime reporter for the Craig Daily Press. He later covered those same beats for the Summit Daily News in Frisco. Before joining Evergreen Newspapers in July, Joe spent almost two years as the Greeley Tribune’s crime reporter.

A new dad to a 5-month-old boy, Joe used to enjoy skiing, golf, fly-fishing and live music.

Goins named Tell City graphic designer

Kimberly Goins joined the staff at the Perry County News in Tell City, Ind., as a graphic designer as of June 6, 2016. She graduated from Western Kentucky University with a BFA in Graphic Arts and has over 15 years’ experience in the field. Previously, she worked at the Messenger-Inquirer in Owensboro for 5 years as a pagenator and as a graphic designer.

Kimberly is originally from Owensboro, Ky., and had moved to the Tell City area 2 years ago. She loves the area but will always be a Kentucky girl at heart. Kimberly is a huge UK Wildcats’ basketball fan. She’s been a fan since she was a small child. “My blood runs blue for the Cats,” Kimberly says.

A huge part of Kimberly’s life is her family. She has 3 children – Justin, 22, Jessica, 17, and Deven, 13. They usually love to do outdoor activities like camping, fishing and theme parks. She and her family also attend Central Baptist Church in Hawesville. Kimberly has many friends in the area and loves hanging out with them.



KIMBERLY GOINS



In Tell City’s Bicentennial Parade

The Perry County News is in line for the start of Tell City’s Indiana Bicentennial Parade. The parade to commemorate Indiana’s 200th birthday was just one of many scheduled throughout the state this year, and drew a large enthusiastic crowd. Despite the hot, humid conditions, Business Manager Courtney Braun, Classified Manager Julie Chaffin and Sports Editor Larry Goffinet walked the entire parade route alongside the float passing out candy. Publisher Mark Eisenlohr and Production Manager Gary Smith were trapped inside the (air conditioned) car pulling the float, but survived and are planning to take the float to parade appearances in October and December. It was also used August 11 and 12 for the annual Schweizer Fest sidewalk sales where the Perry County News had a table set up for subscriptions.



Seen here is Joanna Castle, executive director of the YMCA, who was on hand for the recognition of Gerry Mulligan, Citrus County Chronicle publisher.

Staff surprises Mulligan for his volunteer efforts

It is very difficult to surprise Gerry Mulligan, publisher of the Citrus County Chronicle. But the staff pulled it off!

During the quarterly meeting, we recognized Gerry for his continuous volunteer efforts to lead Citrus County.

Mike Wright, reporter, stated, "For 30-plus years you have not only preached public service, you live it. Aside from publishing a newspaper that is focused on community news, you spend a great many off-work hours heading various committees that are designed to make Citrus County thrive. Your latest accomplishment might be your greatest."

"The new YMCA, completed through the unprecedented collection of private funds, is a facility that serves all aspects of our community, from the very young to the very not-so-young. You rarely accept accolades for these projects and the same is true for the YMCA."

"But we know the truth. We, who have the privilege of working for you, know that your heart beats for Citrus County and its people. We know that because it beats for us Chronicle folks too. Thanks isn't enough, but it's all we have. Thanks for being a great boss. Thanks for the YMCA. Thanks for showing us the path to community leadership. Thanks for making us proud that we work for Gerry Mulligan. Thanks from your Chronicle team!"



Wins state award for needle exchange story

Bryan Marshall, editor of the Grant County News, Williamstown, Ky., recently received the award in the Kentucky Rural Health Association's Annual Newspaper contest for the Non-Daily Best Series for his story tracking a needle exchange program in Grant County. The awards ceremony was held Aug. 25 in Bowling Green. Marshall won a plaque and \$100. There are only four awards given state-wide in the annual contest.



Reaches the Big 5-0

Alice Burgen, Kentucky Standard classified ad manager celebrated her 50th birthday on Aug. 29. Coworkers celebrated with gifts, a cookie cake and of course, lots of over the hill paraphernalia.

LCNI Employee Service Recognition

15 Years of Service



Gary Smith
PRODUCTION MANAGER
Tell City Plant

10 Years of Service



Geoff Botkin
ADVERTISING SALES REP
Central Kentucky News-Journal

5 Years of Service



Kyle Burton
DOCK ASSISTANT LEADER
News-Enterprise



Camille McClanahan
EDITORIAL ASSISTANT
Grant County News

Remember When...

5 Years Ago – 2011

- The Kentucky Standard, Bardstown, offered a coupon class to the first 150 people to sign up for it.
- Spencer Magnet Circulation Manager Susan Collins and Magnet General Manager Lynette Mason manned the appetizer stop of the Taylorsville Main Street Committee's Progressive Dinner. The Spencer Magnet sponsored the appetizers for the event.

10 Years Ago – 2006

- The basement of Central Office was flooded when approximately 8" of rain fell in a short period of time. About 20" of water filled the basement when double steel doors popped open from the force of the rising water.
- Joyce Ford received the LCNI President's Award for Outstanding Contribution. In particular, she was recognized for her efforts during the transition of ownership of The Loudoun Easterner and also her ongoing work in helping LCNI's newspapers improve their work processes while ensuring they had the equipment needed to get the job done while keeping a close eye on the company's resources.

15 Years Ago – 2001

- John Murphy, then customer service leader at the Citrus County Chronicle, was instrumental in establishing a fund to aid New York firefighters, EMS and law enforcement workers and their families who suffered as a result of the September 11 attack on the World Trade Center. The Chronicle teamed up with the Citrus County Fire Chiefs Association, Citrus County firefighters and the Brannen Banks of Florida to set up the fund which raised more than \$9,000 during its first two weeks.

20 Years Ago – 1996

- LCNI staffers won 19 of the 24 awards presented in the Non-Metro/Community Newspaper Division at the Metro Journalism Awards Contest sponsored by the Louisville Chapter of the Society of Professional Journalists.

25 Years Ago – 1991

- The Kentucky Standard in Bardstown, Ky., learned that people in its community had collected more food than any other community that hosted a Southern Living Cooking School that spring by donating 3,800 pounds of food for Operation Food Basket. Bardstown, with a population of about 7,000, was more successful in its food drive than Atlanta, Ga., Tuscaloosa, Ala., Charleston, W. Va., and Shreveport, La.

30 Years Ago – 1986

- September 15 marked the date the Citrus County Chronicle in Crystal River, Fla., became a six-day daily newspaper. The paper's redesign was also introduced that day.

35 Years Ago – 1981

- The News-Enterprise's weekly circulation hit an all-time high the first week of September averaging 13,533. That was double the circulation the newspaper recorded the first year it was a daily newspaper in 1974.

40 Years Ago – 1976

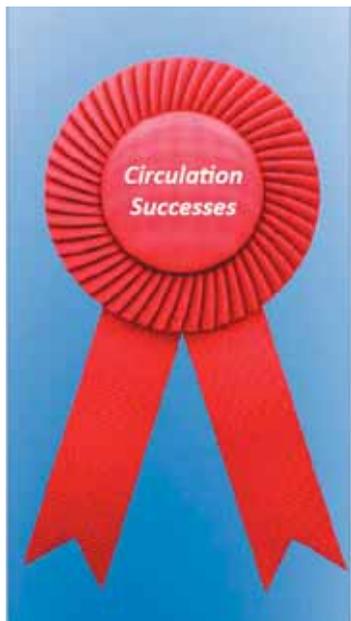
- It was announced that LCNI full-time employees would be eligible for three weeks' vacation following five years of continuous service.

Gearing up for United Way campaign

From left, Danielle Mattingly, sales manager for PLG-TV 13, Matthew Fogle, anchor for PLG-TV 13, Bob Jones, circulation manager for The Kentucky Standard, and Toni Heady, business officer manager for The Kentucky Standard, pose for a photo after the kick-off for the Tri-County Kentucky United Way in Bardstown, Ky. on Sept. 1.



Visits to dealer outlets reveal opportunities for changes and increased single copy sales



For August and September the Circulation Growth & Development Team decided to focus on Single Copy growth.

During August, each operation was asked to brainstorm locations for two new dealer outlets and visit all current outlets to identify improvements to in-store location, point-of-purchase material, cleanliness, signage, etc. This was also a perfect time to make sure store clerks and managers knew how to contact them in case of sellouts or problems.

Each operation was also asked to analyze draws at existing outlets and adjust appropriately. Dealer agings were reviewed for accuracy. Operations ordered supplies and distributed those supplies to the outlets to improve visibility and sales.

In September, each operation is asked to select and implement 3-5 proven tactics to grow single copy sales over September 2015 figures.

Following are a couple of success stories that were shared with the team.

Renee Webb Springfield Sun

Renee Webb at The Springfield Sun ordered a new counter topper (see accompanying photo) from Keenan Group for her Dollar General Store.

“While spending several hours in the Dollar General during kiosk sales we conducted during ‘Summer Splash,’ I realized they were one of the busiest stores in town, but only selling around 20 papers a week. The rack they had stayed disorderly, had several other publications, and was not in the ideal location. The store is very crowded and there weren’t many options. Hence – this counter rack is now right at the front of check-out counter. These cost about \$40 each.

“I am planning on using the other for a Five Star location that has the same problem as Dollar General – too many other pubs on one rack and in a bad location.”



This is the new \$40 counter topper Renee Webb ordered from the Keenan Group.

Tom Feeney Citrus County Chronicle

Tom Feeney and staff at the Citrus County Chronicle knew they couldn’t visit 120+ stores in a week so they decided to visit 30 stores splitting them between himself and Donna Fore, the single copy manager.

“Having a large number of stores means that you really don’t get out to see store managers unless there is a problem so there are a bunch of stores that we haven’t visited in years,” Feeney said.

“I visited one store and after talking to the manager and him telling me all was good I asked where the papers were, and he pointed to an ice cream machine where the papers were just lying on top of it. I asked if he had a rack, he replied no and said that if he did he would put it right in front of the register so Donna immediately got a rack up there.

“While Donna was out visiting stores she saw a place that we weren’t in and got them signed up. So, even though I was pretty confident that things were going great at our stores there are always improvements that you can make. There was enough benefit in the stores that we visited that we decided that we were going to schedule visits to all of our stores, not just the few that we thought we were going to do.

As a side note, while visiting those stores we found two publications that we hadn’t seen before that we are going to approach as potential new web customers.”



E-town sports writer

Grant Wieman has joined The News-Enterprise in Elizabethtown, Ky., as its newest sports writer. Grant is originally from North Muskegon, Michigan, and has a BS in Journalism from Grand Valley State University. He enjoys working out and going to the movies.



Citrus accounting clerk

Maria Parks has joined the Citrus County Chronicle in Crystal River, Fla., as an accounting clerk in the Business Office. She moved to Florida in May 2016 from Baltimore, Maryland. Maria obtained her bachelor's degree in Business/Human Resources from Towson University. She has over 25 years of experience in Human Resources with 4 years' experience in Accounting. Maria is married and has two step-sons and a family Bichon dog named Rascal. Maria enjoys gardening and watching the Orioles and the Ravens. She describes herself as easy going and highly organized, two great qualities for our business!



Single copy coordinator at Bardstown

Lora George joined The Kentucky Standard on July 25 as its new single copy coordinator. A Bardstown resident, she is a graduate of Adair County High School and attended Lindsey Wilson College, Western Kentucky University and Campbellsville University. Lora said she enjoys meeting new people and having new experiences. Lora has previous experience in the newspaper business. She worked in composition at the Times Journal in Russell County from 2000 to 2003. She also has previous experience in the service industry and was a former deputy jailer for the Nelson County Jail. She is married to Darren, who is a contributing sports writer for the Standard. The two have a 13-year-old daughter, Jenna.



2nd granddaughter for Alice

Alice Burgen, classified ad manager for The Kentucky Standard, Bardstown, welcomed her second granddaughter, Bayley Danielle Thomas, on July 8. She weighed 8 pounds, 3 ounces and was 20 inches long. Bayley was welcomed home by big sister Aubrey. Bayley is the daughter of Beth Ann Burgen, former circulation assistant at The Kentucky Standard.



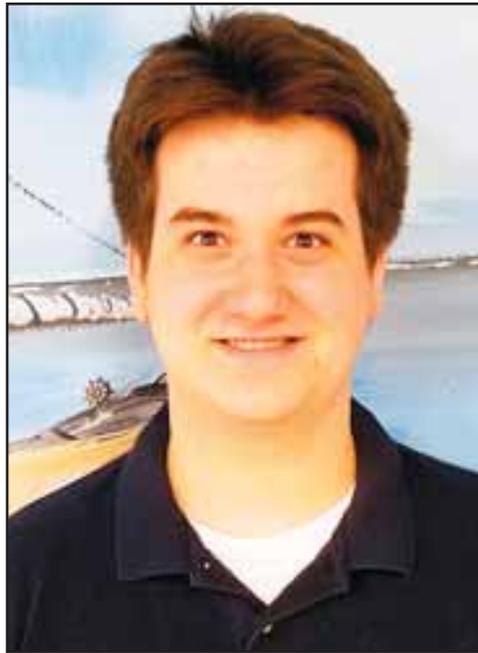
Meet Miss Kentucky

During this year's Kentucky State Fair, Allison Shepherd, publisher of the LaRue County Herald News, got a chance to meet and spend time with Miss Kentucky Laura Jones. Pictured with Jones are granddaughter Addisen Shepherd and daughter Kristen Shepherd.



Citrus inside sales rep

Monica Trebing has been hired as an inside sales representative at the Citrus County Chronicle in Crystal River, Fla. She has lived in Florida for 25 years and is involved with the Citrus County Chamber of Commerce. She attended College of Central Florida for Paralegal studies. Monica enjoys fishing, traveling and scuba diving.



Chronicle CSR

The Citrus County Chronicle in Crystal River, Fla., welcomes Ben Reynard to the Circulation department as a customer service representative. Ben has lived in Florida for over 18 years. He is very involved in his church, describes himself as musically inclined and enjoys web design. Ben will be assisting with customer needs in our circulation department.



E-town graphic designer

Klarissa Delk-Booth has been hired as a graphic designer for The News-Enterprise in Elizabethtown, Ky. She is originally from Elizabethtown, graduating from Elizabethtown High School and receiving her Associate in Arts degree from Elizabethtown Community and Technical College. Klarissa enjoys video games, drawing, water color painting, and playing with her two cats.



We've been flocked!

From left, Lancaster News staffers Becky Outen, Mandy Catoe, Linda O'Neil, Athena Redmond, Michelle Craig, Rachel Bradley, Paige Caldwell, Brian Meadows, Donna Stokes, Tim Dawkins, Dawn Field and Lori Sistare pose with the flamingo flock and the

team's Lancaster News umbrellas. The flamingos are part of a fundraiser for the Lancaster SPCA. Someone – who shall remain nameless (cough – Lori! – cough) – made sure we all got a good laugh on Friday, Sept. 2.

New funds announced for the Retirement Plus Plan!

On September 30, 2016 there will be a few changes to the investment funds offered through the Retirement Plus 401(k) Plan. In a nutshell, the Vanguard Prime Money Market Fund will be replaced by the Vanguard Federal Money Market Fund and there will be four new funds added to your investment options. With these additional funds, the Retirement Plus Plan will offer a total of 20 different investment options!

Here's a little more information about the upcoming changes:

- **Vanguard Federal Money Market Fund** (replaces Prime Money Market Fund) seeks to provide current income while maintaining liquidity and a stable share price of \$1.
- **Four additional NEW funds –**
 1. [Vanguard Growth Index Fund](#) is a domestic stock fund that seeks to track the performance of a benchmark index that measures the investment return of large-capitalization growth stocks.
 2. [Vanguard Small-Cap Growth Index Fund](#), also a domestic stock fund, seeks to track the performance of a benchmark index that measures the investment return of small-capitalization growth stocks.
 3. [Vanguard Total International Stock Index Fund](#) seeks to track the performance of a benchmark index that measures the investment return of stocks issued by companies located in developed and emerging markets, including the US.
 4. [Vanguard Value Index Fund](#), a domestic stock fund, seeks to track the performance of a benchmark index that measures the investment return of large-capitalization value stocks.

For additional information, log in to www.vanguard.com, go to Plan Communications under Plan Details and select the Fund change communication pdf.

What will happen after September 30, 2016?

If you are currently investing in the Vanguard Prime Money Market Fund and you do nothing, your money will be automatically moved to the Vanguard Federal Money Market Fund.

If you would like your funds to be invested in another fund and not moved automatically in the Federal Money Market Fund, you will need to notify Vanguard by either calling 1-800-523-1188 or going online at www.Vanguard.com/retirementplans by September 30, 2016.



Vanguard :: 1-800-523-1188 :: www.Vanguard.com/retirementplans

October Birthdays

Ben Carlson Anderson News	October 1	Neva Lang-Peters Roane County News	October 22	Ian Neligh Clear Creek Courant
Matt Pffiffner Citrus County Chronicle	October 2	Clint Munoz Cynthiana Democrat	October 23	Reggie Outland News-Enterprise
Lisa D'Alessio News-Enterprise	October 3	Rachel Bradley Lancaster News	October 24	Susan Turner Kentucky Standard
Paul Dumler Red Oak Express		Julie Gorham Citrus County Chronicle	October 25	Joe Moylan Canyon Courier
Michelle Porter Kentucky Standard	October 4	Savannah Walker News-Herald	October 26	Christopher Brooke Henry County Local
Bob McLain News-Enterprise		October 12		Martin Mallasch Citrus County Chronicle
Joel Stevens Opinion-Tribune	October 5	Jim Fleischer Citrus County Chronicle		Terry Murray Citrus County Chronicle
Barbara Donohoe Citrus County Chronicle		Erin Hill Gadsden County Times		Renee Webb Springfield Sun
Nancy Gray Pioneer News	October 6	Pat Wooters Central Office	October 27	Kyle Camp Lancaster News
Gina MacKenzie Chiefland Citizen		October 14		Sara Dorpals Citrus County Chronicle
Robert Mancuso News-Enterprise	October 7	Billie Grimes Central Ky. News-Journal		Travis Forsyth LaFollette Press
Mary Ann O'Shell Roane County News		Danny Kirk Lancaster News	October 15	Lizzy Saunders Kentucky Standard
Randy Patrick Kentucky Standard	October 8	Nicole Zema Wakulla News		Jonathan Smiley Canyon Courier
Ronnie Overstreet Bedford Bulletin		October 16		
Ben Reynard Citrus County Chronicle	October 9	Geoff Botkin Central Ky. News-Journal	October 17	October 28
James Thomas Cynthiana Democrat		Kevin Kile Roane County News		Lou Elliott Jones Chiefland Citizen
Eddie Truesdale Lancaster News	October 10	October 16		Joyce Ford Central Office
Craig Wesley Casey County News		Heidi Daehnick Citrus County Chronicle	October 18	Tom Ten Broeck Chiefland Citizen
Deidre Wilson LaFollette Press		Linda Hamilton Central Office		October 29
Mike Wright Citrus County Chronicle		October 17		Bobby Brockman Central Ky. News-Journal
Jennie Chevalier Morgan County News		Cindy Simpson Roane County News	October 20	October 30
Carroll Coleman Galax Gazette		Bobby Vaughn Lancaster News		Chrissy Bishop Citrus County Chronicle
Cheri Harris Gadsden County Times		October 18	October 21	Lynette Smith Central Office
		Chris Bock Standard Publishing		Greg Woods Henry County Local
		Steve Moe High Timber Times		October 31
		Nick Schragger Springfield Sun		Shawn Krest Carolina Blue
		Gary Moyers The Cats' Pause		Carrie Pride Kentucky Standard
		Mary Gaskins Bedford Bulletin		
		Todd Martin Sentinel-News		
		Dick Woltman Roane County News		



Deadline to complete wellness activities is September 30!

The deadline to complete wellness activities and earn points/dollars towards your 2017 Flexible Spending Account is just days away! All activities must be completed by September 30, 2016. To check your point total, log in to www.Ask4HR.com or go directly to www.MyViverae.com. You may be able to squeeze in a couple more activities!

To earn wellness points towards 2017 FSA incentive dollars, you must:

1. be enrolled in one of Landmark's 2016 medical plans; and
2. complete the online Member Health Assessment; and
3. complete the Biometric Screening.

Deadline is September 30, 2016.

myStrength

The health club for your mind™¹

Are you looking for daily tips and help to deal with stress or anxiety? You can find support and tools with myStrength on your computer or mobile device. This online resource gives you information based on the latest research to help you and your household members² handle stress and other issues. myStrength is available at no cost to you as part of your Behavioral Health Resource and Employee Assistance programs. Just go to anthem.com to sign up and get started.

myStrength offers confidential resources to support you 24/7, including:

- Videos, articles, quotes and inspirations.
- Tools and exercises to help you develop a personal action plan and make healthy changes.
- Online learning to handle anxiety, depression and substance abuse.
- Mood trackers so you can assess your progress.

To learn more about myStrength and other behavioral health services, go to anthem.com and log in. Go to the *Health and Wellness* tab or call 866-621-0554.



Get started today

Here's how to sign up for myStrength:

1. Go to anthem.com and log in. Find and select the **myStrength** link under the *Health and Wellness* tab.
2. Take the confidential *Wellness Assessment* and fill out the personal profile. Both take just a few minutes to complete.
3. Your answers will help create your personal home page with topics and updates that interest and inspire you.
4. Take myStrength with you on the go by downloading the iOS or Android app.

Your privacy is our top priority

We're committed to keeping your information safe, secure and completely confidential by using passwords, encryption, dedicated servers and other precautions.



¹ The health club for your mind is a trademark of myStrength, Inc.

² Household members and those not covered by a subscriber's medical plan should call 866-621-0554 to access myStrength.

myStrength is not a health care provider and does not provide medical advice, diagnosis or treatment. If you are currently thinking about or planning to harm yourself or someone else, please call 911, go to the nearest hospital emergency room, or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

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