



And the Winner is...



2025 Thoroughbred Chapter Awards

We're proud to recognize this year's outstanding professionals and future leaders in communications:

- **Communicator of the Year: Anita Spreitzer**, Vice President and General Manager, Paws 4 the Cause
- **Career Achievement Award: Susan Lancho**, Senior Manager, External & Government Affairs, Kentucky American Water
- **Communications Impact Award: Ryan Clark**, Communications Director, University of Kentucky College of Health Sciences
- **Rising Star Award: Crystal Sicard**, Public Relations Coordinator, New Vista
- **Outstanding Student Award: A'Mya Kendrick**, Student and Graphic Design Associate, Eastern Kentucky University Center for Student Involvement

Join us for an inspiring evening as we celebrate the accomplishments of these talented and influential communications professionals. From creative campaigns to community impact, these Kentucky pros set the standard. This is your chance to raise a glass in their honor.

Enjoy a delicious dinner, great company, and plenty of opportunities to connect and celebrate.



Thursday, Nov. 13



Carson's at Andover, 3450 Todds Road, Lexington



6:00 - 8:00 p.m.

[Register](#)

*Please register by Friday, Nov. 7.

You Are Invited to Lunch!

Take a mid-day break and connect with your fellow communicators! Join the PRSA Thoroughbred Chapter for an informal Networking Lunch. Share ideas, swap stories, and enjoy great food and conversation in a relaxed setting — no agenda, no pressure, just good company and good networking.



Thursday, Nov. 7



Ramsey's Diner, 112 Lucille Drive, Lexington



11:30 a.m. – 1:00 p.m.

[Register](#)

We encourage you to RSVP so we have a seat saved for you. There is no charge to register, but food and drinks will be at your expense. We can't wait to see you there!



October Networking Event

We had a great crowd at the October Networking Happy Hour at J. Renders. Thank you everyone who showed up to share ideas, swap contact information, and inspire the many ECU students who joined us!

Celebrate the Holidays With Us!

Let's wrap up the year PRSA-style! Join the PRSA Thoroughbred Chapter for our Holiday Social on Thursday, Dec. 4, from 5:30–7:30 p.m. at the Old Fayette County Courthouse in downtown Lexington. Enjoy festive holiday refreshments, good cheer, and great company as we celebrate a year of storytelling, connection, and community. Come mix, mingle, and make merry with your fellow PR pros before the year comes to a close!

[Register](#)

Thoroughbred Chapter at ICON



The PRSA Thoroughbred Chapter had a strong showing at this year's ICON in the nation's capital. More than 10% of our chapter was among the 2,000-plus attendees (one of the highest chapter rates!), and we were recognized for our strategic planning and mission to help build better communicators.

From sessions on storytelling, conflict resolution, and AI strategies, it was an incredible learning environment. Much appreciation to the East Central District for hosting a lunch so we could meet with fellow district members.

Another highlight was hearing from actress and author Lauren Graham (Gilmore Girls) on her storytelling process. Funny story: She said she's only met one person who truly had "writer's block," a friend who never got around to writing their book. Her point: It's natural to feel uncomfortable or struggle with the creative process (and it's OK to ask for help and advice).

FutureCon Begins Wednesday



PRSA's new virtual summit takes place Nov. 5-7. Designed for executive and management-level communications professionals, FutureCon will provide insights and tools designed to help you lead your department with knowledge and confidence.

Registration is still open!

[Register](#)

Chapter Member Spotlight: Ellen Williams



We are excited to share our Thoroughbred Chapter member spotlight! Each month, get to know our members and why they love what they do.

If you would like to learn more about chapter membership, email communications@kyprsa.org.

Meet this month's featured member, Ellen Williams! Ellen is new to the Thoroughbred Chapter. She's the external affairs lead for Kentucky American Water.

What is one of the most memorable or rewarding experiences of your career?

Service on various non-profit boards have been among the most rewarding experiences of my career. Not only have these experiences helped to further embed Kentucky American Water into the social fabric of the communities, I have gained so much personally from serving these organizations.

What do you love most about the PR/Communications industry?

What I love most about this field is building authentic relationships. I believe a successful career in PR/Communications is built on trust and respect, not transactions. The satisfaction of building strong foundations with stakeholders that equates to genuine support and advocacy is what I enjoy most.

What is the best piece of career advice you've ever received?

Be your own champion!

What do you appreciate most about being a PRSA member?

I appreciate the access to so many professional development trainings.

What is your favorite Central KY food spot?

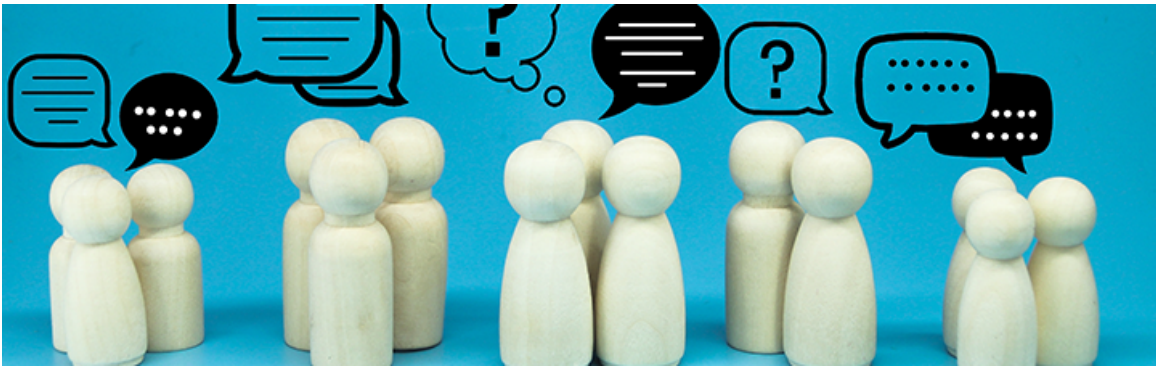
It's tough to beat the patio at Merrick Inn.

Connect with Ellen on LinkedIn!

<https://www.linkedin.com/in/ellen-williams-0026b38/>

All Thoroughbred Chapter Members are invited to fill out this [Google Form](#) to be featured as a Member Spotlight! Email communications@kyprsa.org if you have any questions.

**From the National Blog, PR Say:
The Silent Drain on Workplace Engagement**



Check out this article by Gina Larsor

Bore-out—the quieter cousin of burnout—occurs when employees remain busy but feel disconnected from the purpose or impact of their work. The result is disengagement — a costly, culture-draining numbness that Gallup estimates contributes to billions in lost productivity each year. Gina discusses way to avoid bore-out in your workplace.

[Read the Article Here!](#)

Are you following us on social media? We're posting all our events and updates across these channels, don't miss out!



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