

**A Sample of the Distribution of Paducah Parenting & Family Magazine**

**Schools**

All Elementary, Middle and High schools in Paducah, McCracken County, Ballard County, Draffenville, Mayfield, and Benton receive at least 50 copies of the magazine for students or teachers each month. In Paducah and McCracken County private schools such as CCA and St. Mary also receive copies which are sent home with students. All head start students in Paducah and McCracken County receive a copy to take home.

**Kentucky Oaks Mall Area**

Mall Customer Service - 200  
 Babies In Bloom - 25  
 Backwoods Barbecue - 50  
 Bob Evans Restaurant - 50  
 Casa Mexicana - 50  
 The Clay Chameleon - 25  
 Honey Baked Ham  
 Jewelry & Handbag Warehouse - 100  
 Los Amigo's - 100  
 Medical Spa Seven  
 Nick's Family Sports Bar - 50  
 Outback Steak House - 25  
 Pizza Hut - 50  
 Right Angle Gallery & Frame Shop  
 Rowton Tennis Center - 25  
 Toys R Us - 75

**West Park/West Paducah**

Baptist Prime Care - 30  
 Concord United Methodist - Mothers Day Out - 50  
 Energy Fitness - 150  
 Kids Kare Childcare Centers - 50  
 Olivet Baptist Church & Daycare - 50  
 St. Thomas More Church - 50  
 Wellsprings Institute - 30  
 West End Country Day Nursery - 30  
 West Towne Pharmacy - 75

**Blandville Road**

Baptist Rehabilitation - 25  
 Challenger Learning Center - 25  
 Children's Creative Learning Center - 50  
 The Cancer Group - 25  
 Colgan Orthodontics - 25  
 Heartland Worship Center - 50  
 Morningside Assisted Living - 50  
 Paducah Medical Spa - 15  
 Pampered Pets - 20  
 Trinity United Methodist - Mothers Day Out - 25  
 WKTC 3 locations: Student Lounge,  
 Allied Health Bldg, Registration - 200

**Mid Town Paducah**

Broadway Church of Christ - 50  
 Broadway Dental Care - 25  
 Broadway Educational Center - 20  
 CASA - 20  
 Center Stage Dance Studio - 25  
 #1 Chinese Buffet - 50  
 Christian Counseling Services - 20

Crawford and Lundberg Radiology - 20  
 Curves - 25  
 Davis Drugs - 50  
 Dr. Diles - 25

**Mid Town Paducah (cont'd)**

Doggy Day Care - 15  
 Easter Seals - 100  
 Eye Care Associates - 25  
 Express Car Wash - 75  
 Family Service Society - 25  
 First Baptist Church of Paducah - 50  
 First Christian Church - 50  
 Flynn & Owen Counseling Services - 20  
 G & O Pharmacy - 50  
 Gentle Family Dentistry - 10  
 Dr. Michael Giannini Dermatology - 10  
 H2O - 20  
 Harmony Road Music School - 60  
 HIPP Bldg. - 100  
 Jackson House - 50  
 Jackson Oaks Retirement Living - 50  
 Just Hamburgers - 50  
 Kroger-300  
 Learning Railroad - 25  
 Los Amigo's - 50  
 On Pointe - 25  
 Owens Cleaners - 100  
 Paducah Parks & Recreation - 150  
 Paducah Women's Clinic - 50  
 Parkview Nursing - 50  
 Pizza Inn - 50  
 Relaxation Station - 25  
 Rick's Pharmacy (Cardinal Point) - 25  
 Rick's Pharmacy (Scheidman Road) - 25  
 Roof Brothers - 50  
 SuperValu - 300  
 Walgreens - 50  
 Wellington Parc - 50  
 The Yoga Room - 25

**Downtown Paducah**

3 Rivers Martial Arts - 25  
 American Red Cross - 25  
 Broadway United Methodist - 75  
 C.C. Cohen's Restaurant - 50  
 Center Stage Dance Studio - 25  
 Commission for Children with  
 Special Health Care Needs - 25  
 Four Rivers Behavioral Health - 100  
 The Girl Scouts - 25  
 J's Cafe - 25  
 Just English Antiques-25  
 Kirchoff's Bakery - 25  
 Luther F. Carson Four Rivers Center - 50  
 McCracken County Court House - 100  
 McCracken County Public Library - 200  
 McCracken County Advocacy Office - 10  
 Market @ 315 - 50  
 Paducah Schools Administration Offices - 50  
 Paducah Yoga Center - 10  
 Purchase District Health Department - 150

**Southside Paducah**

B. B. Whiskers - 50  
 Dr. Richard Buurman, M.D. - 25  
 Casa Mexicana - 25  
 Chong's - 50  
 JPEC - 25  
 Kingsway Skateland - 50  
 Kroger - 400  
 Mr. Gatti's - 100  
 Murray State University Extension - 50  
 Pizza Hut - 50  
 Roof Brothers - 50  
 Southside Fitness - 25  
 Trees n Trends - 50

**Lone Oak**

#1 Chinese Restaurant - 50  
 Active Care Chiropractic - 50  
 Animal Wellness - 15  
 Bistro European Café - 25  
 Ceglinski Animal Clinic - 25  
 Chong's - 50  
 Colgan Orthodontics - 25  
 CVS - 50  
 Daytime Mom's Daycare - 25  
 Diagnostic Imaging - 10  
 Dominos Pizza - 25  
 Family Life Medical & Prosthetics - 25  
 Great Clips - 25  
 Heath Health Foods  
 Holland Advanced Dentistry - 25  
 Hwang's Martial Arts - 50  
 Drs. Jones, Banister, Tolar-Meals & Ross - 25  
 J. D. Johnston D.D.S. - 15  
 Kmart - 100  
 Kids Kare Childcare Center - 25  
 Kids Time Out Daycare - 25  
 Beverly Largent, D.M.D. - 25  
 Linden Plantation - 25  
 Lone Oak First Baptist Church - 50  
 Lone Oak Little Castle - 60  
 Lone Oak Pharmacy - 25  
 Lone Oak Veterinary Clinic - 25  
 Los Amigo's - 50  
 M & M Cleaners - 50  
 Munchkin Land Child Development Center - 50  
 Music Zone - 50  
 Once Upon A Time Daycare - 25  
 Paducah Athletic Club - 50  
 Paducah Pediatric Dentistry - 25  
 Perma Slim - 25  
 Pizza Hut - 50  
 Retreat Co. - 25  
 Shawn Rice, D.M.D. - 25  
 Silver Screen Videos - 50  
 SuperValu - 400  
 Sylvan Learning Center - 50  
 TMart - 75  
 Tammy's Pet Salon - 25  
 Toddler's Inn (2 Locations) - 50

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**Reidland**

The Baseball Barn - 20  
 Body & Soul - 10  
 Flannery Veterinarian - 20  
 FLIPS Gymnastics - 25  
 Kids Kare Childcare Centers - 50  
 NECCO - 10  
 Reidland Drugs - 25  
 Reidland Mini Mart - 50  
 Reidland Foodland - 100  
 Reidland United Methodist Preschool - 25  
 White & White Family Dentistry - 10

**Benton**

Marshall County Hospital - 50  
 Marshall County Health Department - 50  
 Dr. Albertsons - 100  
 Bank of Benton - 25  
 Dr. Cassity - 10  
 I Kids - 30  
 J&R Pharmacy - 25  
 Kiddie Korner - 50  
 Los Portales - 50  
 Nelsons Pharmacy - 25  
 Treasured Memories - 10

**Grand Rivers**

Badgett Playhouse - 25  
 The Home Place - 25  
 IGA - 75  
 Patti's 1880's Settlement - 75

**Draffenville**

All About You  
 Dr. Doss - 5  
 Draffenville Pharmacy - 25  
 Gateway Shop-O-Rama - 50  
 Majestic Steak House - 40  
 Marshall County Family Medical  
 Mega Gym - 50  
 Parcell's Deli - 50  
 Ponderosa Restaurant - 10  
 Regional Medical Associates - 25  
 Rehab Associates - 10  
 US Bank - 10  
 Dr. Wommack - 5

**Calvert City**

League Sports Store - 10  
 Library - 50  
 Scrap Booking & More - 25  
 Western Baptist Family Fitness - 50

**Murray**

Asian Buffet - 25  
 B B & T  
 Babies In Bloom - 20  
 Back Yard Burgers - 15  
 Boones, Inc. - 25 at each location  
 Calloway County Public Library - 25  
 Chamber of Commerce

**Murray (cont'd)**

Cornerstone Coffee House - 20  
 Captain D's - 20  
 Glendale Place  
 Los Portales - 25  
 Martial Arts America - 25  
 Martha's Restaurant - 20  
 Mr. Gatti's Pizza - 25  
 Murray Hospital - Waiting Rooms, Labor &  
 Delivery & all physicians' offices - 150  
 LuLu's  
 Murray Animal Hospital - 20  
 Murray Bank  
 Murray Electric  
 Murray Library  
 Murray Pediatrics - 20  
 Murray Women's Clinic - 25 each bldg  
 Murray State University - Library, Student Center,  
 University Store, Small Bus. Dev. Center  
 Movie World  
 Music Zone - 5  
 Nick's Family Sports Pub - 25  
 Pagliai's Pizza & Italian Restaurant - 50  
 Pizza Hut - 25  
 Primary Care - 100  
 Ryan's Steakhouse - 50  
 Stone's Pharmacy - 25  
 Taylor Dental PSC - 15  
 The Bookmark  
 The Gallery  
 The Wild Raspberry

**Mayfield**

Dinner Bell - 25  
 Diva Exchange - 15  
 Farmers Market - 20  
 First National Bank - 20  
 Food Giant - 50  
 Gilliam-Thompson Furniture - 25  
 Graves-Mayfield Health Department - 100  
 Graves County High School - 25  
 Graves County Library - 50  
 Grover Tire - 20  
 Hall Hotel - 20  
 Happy House - 20  
 Hills Barbecue - 30  
 Integra Bank - 10  
 Jackson Purchase Medical Center - 200  
 all waiting rooms  
 KY Kids Daycare - 25  
 Katie J's - 25  
 Morgan Haugh Clinic - 100  
 Oak-N-More Furniture - 20  
 Protection & Advocacy - 40  
 all staff in 8 counties  
 Tiny Tots Daycare - 30

**Kevil/LaCenter**

1st Southern National Bank  
 Bluegrass Restaurant  
 Cindy's Flowers

Jackson Purchase ACA - 25  
 Lyle, Vasseur, Trace  
 Rudolph Brothers - 25  
 USEC

**Metropolis**

Big John - 50  
 Chamber of Commerce - 10  
 Curves - 10  
 Dr. Leila Lindquist/Chiropractic Works - 10  
 Garden Gems - 10  
 Humma's Drug Store/Lillie's Hallmark - 25  
 Massac Memorial Hospital - 50  
 Massac Health Department - 50  
 Metropolis Drugs - 25  
 Pizza Hut - 50  
 Ricochet Boutique - 20  
 The Skin Shop - 5  
 Thor's Gym - 10  
 Twice As Nice Consignment - 20  
 The Sisters Shoppe - 20

**Lourdes Hospital & Drs. Bldg.**

All waiting areas - Registration,  
 Garden Room & Labor & Delivery - 650  
 Dr. Kelly Anunciato OB/GYN - 50  
 Dr. Lisa Lasher/Medical Spa 23 - 20  
 Cardiology Group - 10  
 The Internal Medicine Group - 50  
 Lourdes Daycare - 50  
 Dr. Arribe Martin - 5  
 Neurological Associates - 10  
 Paducah Diagnostics - 50  
 Paducah Family Care Center - 100  
 Paducah Pharmacy - 50  
 Purchase Dermatology - 15  
 Purchase E.N.T. - 10  
 The Radiology Group - 5  
 Redicare - 100  
 Surgicare - 25  
 Urology Group - 5  
 Women's Health & Wellness Center - 10

**Western Baptist Hospital & Drs. Bldg's.**

Labor & Delivery - 50  
 Dr. Brett Avra, DMD - 5  
 Drs. Bassi & Lorch - 5  
 Dr. England - 10  
 Gynecology Associates - 10  
 Dr. Pamela Hodges, OB/Gyn - 25  
 Drs. Housman & Owens, OB/Gyn - 25  
 Dr. Sally Chaney - 20  
 Drs. Luigs, Finney & Fischer - 5  
 Neurology Associates - 5  
 The Neurology Group - 5  
 New Horizons - 10  
 The Pediatric Group - 100  
 Ellen Petty, M.D. - 5  
 Dr. Bradley Rankin - 10  
 Urology Group of Paducah - 20  
 Western Baptist Daycare - 50