

P. O. Box 8061, Paducah, KY 42002
(270) 415-9400

A Sample of the Distribution of Paducah Parenting & Family Magazine

Schools

All Elementary, Middle and High schools in Paducah, McCracken County, Livingston County, Ballard County, Draffenville, Mayfield, Benton & Murray receive at least a copy per teacher 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 & Livingston County receive a copy to take home.

Kentucky Oaks Mall Area

Mall Customer Service - 100
Backwoods Barbecue - 100
Casa Mexicana - 100
The Clay Chameleon - 25
Los Amigo's - 300
Medical Spa Seven - 50
Nick's Family Sports Bar - 50
Outback Steak House - 25
Pizza Hut - 50
Rowton Tennis Center - 25

West Park/West Paducah

Baptist Prime Care - 30
Concord United Methodist - Mothers Day Out - 50
Energy Fitness - 150
Center Stage Dance Studio - 100
McCracken Co Extension office - 50
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
Paducah Regional Sportplex - 100
Flynn & Owen Counseling Services - 20
O'Brian Medical - 25
Paducah Dental Care - 25

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

Legacy Assisted Living - 50
Pampered Pets - 20
Trinity United Methodist - Mothers Day Out - 25
WKCTC 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
#1 Chinese Buffet - 50
Christian Counseling Services - 20
Crawford and Lundberg Radiology - 20
Curves - 25
Davis Drugs - 50
Dr. Diles - 25
Easter Seals - 100
Eye Care Associates - 25
Express Car Wash - 125
Family Service Society - 25
First Baptist Church of Paducah - 50
First Christian Church - 50
G & O Pharmacy - 50
Al's ratt 7 Roll - 50
Harmony Road Music School - 60
HIPPP Bldg. - 100
Jackson House - 50
Jackson Oaks Retirement Living - 50
Just Hamburgers - 50
Kroger-100
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
Commission for Children with
Special Health Care Needs - 25
Four Rivers Behavioral Health - 100
The Girl Scouts - 25
Downtown Café - 25
Kirchhoff's Bakery - 50
Luther F. Carson Four Rivers Center - 50
McCracken County Court House - 100
McCracken County Public Library - 200
Market @ 315 - 50
Oscar Cross Boys and Girls Club - 50
Paducah Schools Administration Offices - 50
Paducah Yoga Center - 10
Purchase District Health Department - 150

Southside Paducah

Dr. Richard Buurman, M.D. - 25
Mi Lindo Michoachan - 50
Chong's - 50
JPEC - 25
Kingsway Skateland - 50
Kroger - 300
Mr. Gatti's - 100
Murray State University Extension - 50
Pizza Hut - 50
Roof Brothers - 50
Southside Fitness - 25
Trees n Trends - 150
Surplus City - 150
Southside Family Chiropractic - 25

Lone Oak

#1 Chinese Restaurant - 50
Active Care Chiropractic - 50
Animal Wellness - 15
Ceglinski Animal Clinic - 25
Chong's - 50
Colgan Orthodontics - 25
CVS - 50
Daytime Mom's Daycare - 25
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
Paducah Pharmacy - 100
Lone Oak First Baptist Church - 50
Lone Oak Little Castle - 200
Lone Oak Pharmacy - 50
Lone Oak Veterinary Clinic - 25
Los Amigo's - 100
M & M Cleaners - 50
Munchkin Land Child Development Center - 50
Music Zone - 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
Sylvan Learning Center - 50
TMart - 75
Tammy's Pet Salon - 25
Toddler's Inn (2 Locations) - 50

Murray

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Reidland Murray (cont'd)
The Baseball Barn - 20 Cornerstone Coffee House - 20
Body & Soul - 10 Captain D's - 20
Flannery Veterinarian - 20 Glendale Place
FLIPS Gymnastics - 25 Los Portales - 25
Kids Kare Childcare Centers - 50 Martial Arts America - 25
NECCO - 10 Martha's Restaurant - 20
Reidland Drugs - 25 Mr. Gatti's Pizza - 25
Reidland Mini Mart - 50 Murray Hospital - Waiting Rooms, Labor &
Reidland Foodland - 100 Delivery & all physicians' offices - 150
Reidland United Methodist Preschool - 25 LuLu's
White & White Family Dentistry - 10 Murray Animal Hospital - 20
Murray Bank
Benton Murray Electric
Marshall County Hospital - 50 Murray Library
Marshall County Health Department - 50 Murray Pediatrics - 20
Dr. Albertsons - 100 Murray Women's Clinic - 25 each bldg
Bank of Benton - 25 Murray State University - Library, Student Center,
Dr. Cassity - 10 University Store, Small Bus. Dev. Center

I Kids - 30 Movie World
J&R Pharmacy - 25 Music Zone - 5
Kiddie Korner - 50 Nick's Family Sports Pub - 25
Los Portales - 50 Pagliai's Pizza & Italian Restaurant - 50
Nelsons Pharmacy - 25 Pizza Hut - 25
Treasured Memories - 10 Primary Care - 100
Ryan's Steakhouse - 50
Grand Rivers Stone's Pharmacy - 25
Badgett Playhouse - 25 Taylor Dental PSC - 15
The Home Place - 25 The Bookmark
IGA - 75 The Gallery
Patti's 1880's Settlement - 75 The Wild Raspberry
Draffenville Mayfield
All About You Dinner Bell - 25
Dr. Doss - 5 Diva Exchange - 15
Draffenville Pharmacy - 25 Farmers Market - 20
Gateway Shop-O-Rama - 50 First National Bank - 20
Majestic Steak House - 40 Food Giant - 50
Marshall County Family Medical Gilliam-Thompson Furniture - 25
Mega Gym - 50 Graves-Mayfield Health Department - 100
Parcell's Deli - 50 Graves County High School - 25
Ponderosa Restaurant - 50 Graves County Library - 50
Regional Medical Associates - 25 Grover Tire - 20
Rehab Associates - 10 Hall Hotel - 20
US Bank - 10 Happy House - 20
Dr. Wommack - 5 Hills Barbecue - 30
Integra Bank - 10
Calvert City Jackson Purchase Medical Center - 200
League Sports Store - 10 all waiting rooms
Library - 50 KY Kids Daycare - 25
Scrap Booking & More -25 Katie J's - 25
Western Baptist Family Fitness - 50 Morgan Haugh Clinic - 100
Oak-N-More Furniture - 20
Murray Protection & Advocacy - 40
Asian Buffet - 25 all staff in 8 counties
B B & T Tiny Tots Daycare - 30
Babies In Bloom - 20
Back Yard Burgers - 15 Kevil/LaCenter
Boones, Inc. - 25 at each location 1st Southern National Bank
Calloway County Public Library -25 Bluegrass Restaurant
Chamber of Commerce Cindy's Flowers

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

Livingston County

IH Gouch DMD
Nelson Chiropractic
Mini Mart
Ledbetter Post Office

Ohio Valley Baptist - 25
Gump Gully - 25
Potter House - 50
L&K Fuel - 25
South Livingston 100
Livingston High 100
Levee Restaurant - 50
Dollar General - 25
Post Office - 25
Family services - 25
Thompsons Grocery - 25
KFB Insurance - 25
Baptist Activity Center - 25
Smithland Second Church - 25

Dollar General

- 25

Kevil & LaCenter
Bluegrass Restaurant - 150
Whipples - 50
Life Care of LaCenter - 25
Kings & Queens - 25
New Haven - 25
First Baptist LaCenter - 25

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 - 25
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