

# The Dinner Bell Country Market, LLC

**Friday & Saturday  
January 18-19, 2019**



**Have the flu or chest cold? We can help!**

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We carry Vitamins & Supplements that support Bone Health, Heart, Liver, Digestive Needs, Weight Management & much more!



We also carry various products for your children's health which include Ear, Tummy, Bladder, Focus & Bone Needs.

<http://www.rd.com/slideshows/8-health-benefits-of-apple-cider-vinegar/>

**Health Tip of the Week:** Drink Apple Cider Vinegar "with the Mother". Cold viruses tend to put the body into an overly acidic state, which makes it that much more difficult for the immune system to fight disease but taking apple cider vinegar, a powerful alkalizing food, will help not only kill a cold, but also squash its miserable symptoms. Mixing a few table spoons of apple cider vinegar with warm water, honey and lemon and drinking the concoction several times a day will have you back up to health in no time!

**1532 Maysville Road, Flemingsburg, KY 41041**

**Hours: Monday - Friday 8:30 - 5:00 Saturday 9 - 4 Closed Sunday  
Phone: 606-849-1919**

## Board Of Health Meeting

Board of Health meeting will be held on January 17, 2019 at 7:00 AM in the Health Department Conference Room.

## Junior Fire Fighter Meeting

The Tilton/Bethel Volunteer Fire Department Junior Fire Fighter program meets the 2nd Monday of every month at 7:00 PM. For further information on meeting, call Ike France at 606-845-7432.

## Swiss American Homes Kentucky

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Visit Our Website: [www.swissamericanhomekentucky.com](http://www.swissamericanhomekentucky.com)

## HES SBDM & PTA Meetings

The Hillsboro Elementary School SBDM and PTA will meet on the second Tuesday of each month throughout the year.

All SBDM meetings will take place at 5:00 P.M. in the Library and the PTA will follow at 6:00 P.M. in the Library.

Fleming County Hospital cordially invites you to attend an Open House Reception,

**to Welcome  
Dr. Mandissa Sealey, MD**



**Wednesday,  
January 23,  
2019**

**11:00 a.m. -  
12:30 p.m.**

Location: Flemingsburg  
Medical Clinic

Front Building

732 Elizaville Ave.  
Flemingsburg, KY 41041

(Formerly known as Buffalo Trace Family Health Care)



## MONTHLY SUPPORT GROUP

"Successfully managing Mental Illness"  
First Christian Church, 18 East Third St.,  
Maysville, KY. 2nd Tuesdays - 6 PM  
Sponsored by National Alliance of Mental Illness "providing a safe atmosphere to share hope and help" 606-584-2716 for more info  
Everyone welcome

## MEETING



The Kiwanis Club meet the 2nd and 4th Thursday of each month at 6:30 p.m. at Double S Entertainment. Everyone is welcome.

## Ally Insurance Group

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nov21ffc

## Farmers Home Mutual Insurance Company Of Fleming County

**1-800-952-0003**

108 Court Sq., Flemingsburg, Ky.

**(606) 849-4210**

**"1875" Fire - Wind - Lightning  
Personal & Farm Liability**

**CALL A FLEMING COUNTY  
DIRECTOR FOR SERVICE**

Bobby Applegate ..... 849-2681

Director Ike France .... 845-7432 or 859-473-0968

Garey Harmon ..... 845-4900 or 748-4929

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**Mon-Fri 7:30am-5pm; Sat 8am-12pm; Closed Sun.**

5756 Wallingford Rd.,  
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[www.mountainviewmetal.com](http://www.mountainviewmetal.com)

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