

Live LIFE... At Home



Armstrong County 724-545-8000

A Partnership of Lutheran SeniorLife and ACMH Hospital

LIFE offers comprehensive medical care, adult day services and homecare to help older adults, age 55 and older, live at home. Services include all medical care, prescription coverage, physical therapy, transportation and more. Contact us for assistance in determining your eligibility for the program. You may qualify and not even realize it.

A Partnership in Caring



"One Call, We Do It All" 724-786-8153 724-919-8379

135 5th Street Kittanning Custom Cleaning done your way at an affordable price. Ask about our discounts. thecleanteam70@gmail.com

BENCH RACERS LLC Intersection of Troy Hill Rd & Rt. 28 "Daily Specials" "Best Deal Around!" State Minimum Pricing on Tobacco & Milk Sunday 6a-10p/Mon-Thurs. 5a-10p Friday 5a-11p & Sat. 6a-11p 724-543-2349 Don't Race by "Cruise in" for Food & Fuel!

BILL RUSH AGENCY (724) 548-7337 STATE FARM INSURANCE www.billrushagency.com

Steve's AUTOBODY & REPAIR LLC 724-763-1333 FORD CITY

The Available FREE to local non-profits for announcements of community events Information Center Email your announcements to info@kittanningpaper.com

USE THE FORM ON OUR WEBSITE TO SUBMIT YOUR NON-PROFIT EVENT FOR FREE: www.kittanningpaper.com

BLOOD DRIVE VFW Post 4843 is hosting a Blood Drive with Central Blood Bank. Jan 15th from 11am-5pm 2125 Baily Ave Ford City. For info call 724-664-6242 or 724-525-4438.

Anyone over 60 is welcome to play and eat lunch for only \$1.50 donation.

FINANCIAL COURSE - Living Water Church is hosting the Financial Peace University 9-week video course from February 8 through April 12. There will be a special preview class for anyone interested in taking the course on Thursday, January 18 at 6:30 PM. The church is located on Woodward Avenue in Kittanning. For questions or to register for the class, call Luke Price at 724-543-3276.

KHS CLASS OF 1960 BREAKFAST will meet at King's Restaurant at Franklin Village Mall on Wed Jan 17th at 9AM. All spouses and friends are welcome. Questions call 724-548-1919 or 724-548-2145

FREE BREAKFAST - The Outreach Committee of The First Baptist Church at 334 Arch Street in Kittanning is having a free breakfast on Saturday, January 13th from 8-11 AM. Everyone welcome.

BREAKFAST at the Cowansville American Legion on Saturday, January 20. All-you-can-eat begins at 6:30 AM until 10:30 AM.

UKER CARDS featured at the Worthington Senior Center on Thursday, January 18.

BREAKFAST - All-you-can-eat of pancakes, sausage, eggs, home fries, and toast on January 20, from

7-11AM at the Center Hill Church of the Brethren Fellowship Hall, 2039 Freeport Road, Kittanning. \$8 adults, \$5 for ids 7-12 years old, and under 6 is free. For info, call 724-548-7226.

WIRELESS ASSOCIATION The Fort Armstrong Wireless Association amateur radio club will be holding a testing session on Saturday, January 20, 2018 at 2pm at the Armstrong County Emergency Operations Center on Armsdale Road. Anyone wishing to take the tests are welcome. The fee is \$15, payable in cash or check. For more information call 724-297-3221.



KWIK LUBE Valvoline No Appointment Necessary Official State Inspection Station 13700 Route 422 East - Kittanning PA 16201 724-543-1776

the john tesh radio show Music and Intelligence for your Life OK, we're only 12 days into a new year, so let's stay resolved on those healthy eating resolutions, right? RIGHT. Need a snack? Grab an orange: An orange is one of the most satisfying foods you can eat because it's loaded with fiber. Researchers released a "satiety index" - ranking foods from most to least filling. Oranges were the highest-ranking fruit on the list. And how about a little Vitamin C on the side in cold and flu season! Don't set yourself up for failure! Here are some resolutions experts suggest you stay away from, and how to turn them into a resolutions you can succeed at! \* Conquering your fear of heights... by skydiving. Why shouldn't you do it? Because going to extremes for your emotional health is more foolish than fearless. Psychotherapist Dr. Patricia Farrell says you should have a healthy respect for heights, speed and other dangerous things. So, bungee jump or skydive if it's a longtime dream - not if it's about proving something to yourself or others. If fear is something that's really holding you back in life, seek counseling. \* Doing hard-core exercise every day. The boot-camp approach may get you buff in a hurry, but it can also overtax muscles, which makes you more susceptible to injury. Instead, vow to do something every day. A goal you'll actually stick with makes more sense than going for broke and burning out.

NORTHWOOD REALTY SERVICES 724-548-4157 FORD CITY APOLLO ML#1293709 REDUCED!! Escape to this beautiful, secluded 36 acres overlooking Crooked Creek. Cleared and ready for you to build your dream home or a perfect spot for a camp. Imagine sitting on your deck listening to the creek flowing and watching the wildlife! Property is surveyed and clearly marked. Take a walk and see what this property has to offer. Ford City. \$69,900.\* BRADY'S BEND TWP ML#1290203 Historic farmhouse with river frontage there's plenty of space for a dock. While many updates have been made to the home including rebuilding most of the foundation, first floor walls, insulation, windows, adding a master suite and extending the kitchen and dining room; the second floor is a blank slate ready for its revival. Brady's Bend Twp. \$194,500.\* EAST FRANKLIN TWP ML#1284214 Forget about cutting grass, clearing snow, replacing a roof, Enjoy the life, three bedroom, two and half baths, full unfinished Basement, detached two car garage, front and rear patio, rear has a canvas Awning, close to everything, quiet and neatly kept. East Franklin TWP. \$130,000.\* www.northwood.com

RIVERS EDGE RESTAURANT Bar and Marina 724-232-0400 "Good Food, Good People, Good Time" NOW OPEN! Thurs - Sun 4pm - 12am 300 Water Street, East Brady

Byers Taxi Service Inc. 510 Hancock Ave., Vandergrift Need a Ride to/from the Pittsburgh Airport? Byers Taxi can do that! Call for details! 724-567-5664 PUC - A - 00105054