

Alexandria Allen Represents APCC in Miss University of Pikeville Pageant

APCC was honored to have been represented by Alexandria Allen in the first Miss University of Pikeville Pageant held on November 5th at UPIKE'S Booth auditorium.

Alexandria (Alex to family and friends) is a 19 year old sophomore at UPIKE. She chose to volunteer at APCC as part of the preparation for the pageant. "Katina Justice, pageant director, suggested I volunteer at APCC in order to develop a platform for competition," stated Alex. "I came to APCC thinking I might like it, but now I know I want to continue volunteering here!"

Alex's platform for the pageant, "Appalachian Pregnancy Care Center: Small Change Makes a Big Difference" highlighted APCC's basic philosophy of how the center is funded. Every penny, nickel, dime or quarter given in any of APCC's various fund drives, such as the Baby Bottle Drive, adds up to assis-

stance for women experiencing unplanned pregnancies.

Alex is an elementary education major from Paintsville, Ky. After graduation she plans to return to Johnson County and teach. Alex attends UPIKE on a soccer scholarship and is an active member of Fellowship of Christian Athletes. Along with her parents, Dexter and Janie Allen, Alex attends Southside Free-will Baptist Church where she has been a member of the youth group for eight years.

Alex explained that the pageant was a totally new experience. She stated, "Though I did not place this year, I'm looking forward to next year. I've learned that when you set your mind to do something you really want, anything is possible!"

"The staff and I at APCC are so very proud of Alex," commented APCC director Kay Hammond. "We are grateful she chose to cham-



Alexandria Allen

pion APCC as her platform. In many ways the courage and determination Alex showed by participating in the pageant is so uniquely representative of the young mothers and expectant mothers we see at APCC. They all want to be successful at what they are doing!"

What the Center Means to Me



By Victoria Wilson

My name is Victoria Wilson, I am 18 years old, a freshman at the University of Pikeville and I am experiencing an unplanned pregnancy. I heard of the Appalachian Pregnancy Care

Center from Ambria Ray, the director of student success at UPIKE. After she told me about APCC, I agreed to do my work study assignment at the center. I had no clue what to expect of the people there, I was very nervous and scared on my first visit. When I went to the center, Kay Hammond, the executive director, wel-

comed me with open arms. I was very pleased and immediately became comfortable. Not only am I doing my work study at the Appalachian Pregnancy Care Center, I am also a client.

Considering I am pregnant, three hours away from home

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All About Us

The Appalachian Pregnancy Care Center provides a much-needed pregnancy counseling service to our region. Our center is located at 193 Main Street in Pikeville and was established to offer services and support for women, teens and families facing the uncertainty of unplanned pregnancies. By making help and services available to those who need it, coupled with a sense of care and compassion, the center aims to offer a viable alternative to abortion.

This year's "Baby Bottle Brigade" was enormously successful. Along with contributions from churches, organizations, businesses and individuals, the drive yielded approximately \$44,000 to be used by the center for many of its monthly expenses and other activities conducted for our clients.

To date, the center has served 343 clients and has had over 100 babies born under the blanket of APCC.

Choose Life

Kay Hammond
Executive Director

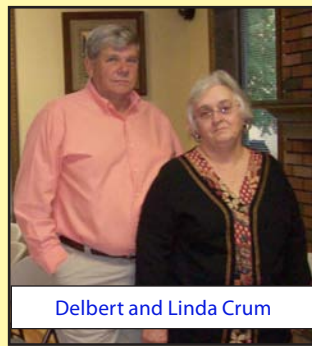


Did you know that the Appalachian Pregnancy Care Center will have been in operation four years this November? How exciting it has been to have played a part in saving the lives of over 100 babies! To God be the Glory! With your help, we have been able to offer moms and their babies the help and hope they need to change their lives. In fact, with your help we were able to meet the needs of almost 500 individuals last year.

With the failing economy, we have been called upon more than ever to assist moms who have few resources for their babies, as well as helping women who may not know that there is another "choice." There is the choice for life and we see that miracle every day.

We are always in need of your financial support. Please prayerfully consider continuing to help us with your generous donations. I thank God for each and every one of you that open your wallets to offer help and hope for those in need at APCC. Your giving is making a difference in the lives of our clients and their babies. Your participation ensures that each child represented at the Appalachian Pregnancy Care center experiences the childhood that God intended.

God bless you.



Delbert and Linda Crum



Lula Bowling Ford



JR Blackburn

Appalachian Pregnancy Care Center 2012 Board of Directors

Kay Hammond
Director

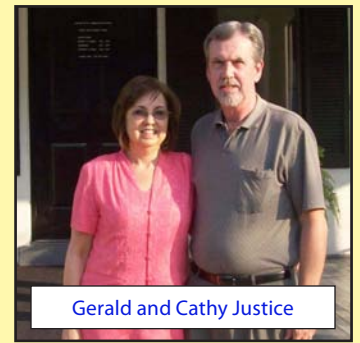
Cathy Justice
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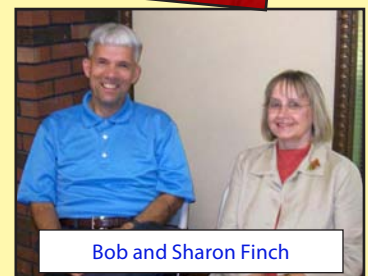
Paul, Kristen and Callie Potter



Gerald and Cathy Justice



Lynette Schindler



Bob and Sharon Finch

A "Circle of Friends" Helps Pregnancy Center

According to Karen Webb, treasurer of Pikeville's Circle of Friends Club, "It doesn't take a lot of people to do big things!" Webb was referring to the successful bake sale the club recently held to help facilitate the work of the Appalachian Pregnancy Care Center. The Circle of Friends Club was able to present a check in the amount of \$800 to APCC.

Pikeville's Circle of Friends Club is affiliated with the General Federation of Women's Clubs/Kentucky Federation of Women's Club.



Pam Osborne, president of Pikeville Circle of Friends Club, (on the right) presented a check for \$800 to APCC Director Kay Hammond.

The club's main goal is to promote harmony and sisterhood in the world of volunteerism, and their motto is "Linking Friends with Community Service." Organizing a bake sale for APCC is only one

event in a long list of volunteer projects Circle of Friends has successfully undertaken since their inception in July 2010.

"We are very grateful to Circle of Friends and their generosity," Kay Hammond, director of APCC commented. "APCC cannot yet predict the long term positive effects of their gift to our organization. However, we do know that several women experiencing unplanned pregnancies and their babies will benefit in one way or another." Hammond further explained that any and all monies donated to APCC assist the non-profit organization with such needs as client counseling and the school program on abstinence.

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and I do not know many people in Pikeville, APCC has made my time here much easier. The ladies at the center are not judgmental; they are very supportive and will help in any way possible. I am very blessed to have come to APCC; I would be an emotional wreck without them.

God knew my struggles and He sent me to the Appalachian Pregnancy Care Center, which is the best ministry I have encountered.

If anyone needs assistance with an unplanned pregnancy, APCC is the place to go. Do not be afraid; they are there to help!

BABIES! BABIES! BABIES!

APCC CLIENT DELIVERS TRIPLETS

"We looked at the ultrasound and saw one baby, and then we looked again and saw another baby, then we looked closer and there was another baby!" shares Amber describing the experience she had when she discovered she was pregnant with triplets.

Amber and Westley had no reason to suspect there was going to be a change in their family situation. As the parents of twin boys, the couple had settled into accepting there would be no more children for them.

However, the Lord had other plans for this young family. On July 6, 2011, Amber gave birth to Charles Scott, Kathryn Lilly, and Violet LouAnn at Central Baptist Hospital in Lexington. These three precious babies would soon join their seven-year old brothers, Barry Austin and Dale Curtis at home.

Since July 6th, needless to say, Amber and Westley have been very busy people. "Westley works," stated Amber, "and so I sleep whenever I can!"

"As far as support and help



Charles Scott, Kathryn Lilly and Violet LouAnn

with diapers and other supplies, APCC has been more than we could ask for. I can call anytime when they're open to talk to someone, and they call me to check on my family. The most important

thing to me about APCC is not the stuff my family gets, it is the support they give us in so many ways!" Amber says. "I want others to know this. We are so very grateful."



Life

love it.
protect it.

Sanctity of Human Life Sunday

January 22, 2012



Across the country on Sunday, January 22, 2012 Sanctity of Human Life Sunday will be commemorated as a day set apart to inspire life. The importance of this day is critical, especially in the current times.

It's heartbreaking, but every day 3,300 women end their pregnancies with abortion. They believe it's their only real option. Imagine facing that decision without support, without answers. Is it any wonder that so many pregnancies are terminated?

As believers we have the opportunity and privilege to

share God's truth with women who find themselves in this situation. The Appalachian Pregnancy Care Center can offer compassion and hope for the future.

Will you join us in helping mothers and families in this life-giving ministry on, January 22, 2012 by collecting a special love offering for the APCC to celebrate Sanctity of Human Life Sunday?

*"Your frame was not
hidden from me when I
made you in the secret place"*
Psalm 139:15

CPR Classes Provide Valuable Training for New Parents

CPR classes were held at APCC in November. The classes were conducted by Bill Thacker of Trans-Star Ambulance Service located on Island Creek in Pikeville, Ky.



Nine young mothers and mothers-to-be were able to obtain some valuable life-skill training which allows them to become more comfortable with parenting.

Carolyn Hall, VISTA Associate placed with APCC, organized the CPR classes for her program, Girls' Night Out. "How could we use our time together any better," states Carolyn, "than training to help our children should they need us."

All attendees agreed that the program was definitely worth



their time and would recommend any new or expectant parent to become trained in CPR skills.

APCC's 4th Annual Golf Tournament Highlights



"What a great time we had!" exclaimed Harold Ray. "After all, we got to play some great golf while helping APCC continue to stay strong."

Ray was speaking of Appalachian Pregnancy Care Center's 4th annual Golf "Fore" Life Tournament held on September 17th at the Mountain Pub Links Golf Course located at Johns Creek in Pike County. Ray served as chairman of the tournament's steering committee. Other members included: Kay Hammond, Dave Pacific, David Lester, Judy Lester, Jone Goodman, Ronnie West, Eugene Blackburn, Jim Patton, Bob Finch, Christy Thacker, Carolyn Hall and Teresa Smith.

"We were more than pleased with our efforts for the tournament," said Ronnie West, steering committee member. "The support and donations from our sponsors this year exceeded our hopes. Of course, we always want to strive to exceed the previous year's goal because we are working for a most important cause—those precious babies the Lord gives to us!"

The tournament was won by the Jerry Flannery Team. Members of the team were Jerry Flannery, Toby Newsome, Verel Newsome, and Darrin Newsome.

H2O Construction Team placed second. Team members were Bailey Lockart, Steve Lockart, Brandon Thacker, Samuel Keathley, and Vicki McLurg.

Placing third was the Spirit Coal Team, comprised of Bill Adkins, Bill Damron, Jack Walters, and Matthew Walters.

A delicious lunch consisting of grilled hot dogs and hamburgers was served by members of the Pikeville Freewill Baptist Church. Mitch Smith, president of the Master's Mens group and his crew did the grill work. Members of the women's auxiliary, Women Active for Christ, provided desserts and assisted with set up and registration.



Volunteers Play a Vital Role for Appalachian Pregnancy Care Center

What if you learned of an organization where a few hours of your time each week or each month could impact a newborn baby's life? What if your church group discovered a place where a monthly or even yearly project could assist a new mother in becoming a successful parent?

Appalachian Pregnancy Care Center is that place. Located at 193 Main Street in Pikeville, APCC is the only

non-profit organization in the far most part of Eastern Kentucky, established to assist women with an unplanned pregnancy. This assistance can continue to the mother, the baby, and also the father until the child reaches one year of age.

In order for APCC to function successfully, volunteers play a vital role in the day-to-day operation of the center. There is always a place and an activity at APCC waiting for someone willing to give of their time and abilities. In turn, a mother's life as well as her baby's life is enriched.

Perhaps you would prefer to choose a volunteer project like Bob and Lula Ford of Cornerstone Christian Church where Bob serves as an Elder. The Fords committed to landscaping the front of APCC's building. They planted shrubs

and roses to brighten the entrance. Lula, who serves on the board of APCC, commented, "An attractive front may make the difference in whether someone comes in or not. After all, we're selling a life-saving service at APCC!"

With Lula's assistance, Bob volunteers to mow the small lawn each week. "If everybody would do a little bit, things would be better everywhere," Lula stated. "APCC belongs to the community. It belongs to all of us!"

Commenting on the Fords' work, Hammond stated, "We are so blessed to have Bob and Lula volunteer. They have helped make a nervous expectant mother's first visit a more relaxing time by making APCC more inviting."

Yes, the place is 193 Main



Lula Bowling Ford

Street in Pikeville. You know you would like to make a difference—you know you can make a difference. Why not choose one of the projects listed below and call APCC today at (606) 433-0700 or e-mail apcc@setel.com? Or better still, why not create your own volunteer project—newborns are usually easy to please!



Bob Ford

VOLUNTEERS ARE THE



Suggested Projects for APCC Volunteers

- Conduct a diaper drive at your church, work place, or club
- Sponsor a baby shower
- Become a monthly donor
- Be a part of a prayer chain for expectant mothers
- Sew baby quilts
- Assist with fund drives

BACKBONE OF APCC



The Choice of a *Lifetime*



By Lula Bowling Ford
APCC Board Member

This time of year, there is a lot of football playing on the TV at our house. I confess that football is not one of my favorite ways of passing time; however, I do pay attention when I hear the name 'Tim Tebow'. Tebow was a first round NFL draft pick in 2010, winner of two NCAA national football championships, the first-ever sophomore to win the Heisman Trophy, winner of the Davey O'Brien award as the nation's best college quarterback, two-time winner of the Maxwell Award as the nation's top college football player, and winner of the Sullivan award as the nation's most outstanding amateur athlete in any sport. All of these prestigious accolades are remarkable to football fans, but what impresses me is the young man's personal story. Medical doctors attending Tim's mother, while she was pregnant with Tim, predicted that Tim would face serious birth complications ensuing in life threatening birth defects; their recommendation was that Tim be aborted. Proclaiming her faith in Jesus Christ, Tim's mother refused the abortion. In spite of the dismal predictions of a "defective" life, Tim was born and grew to be strong and healthy. By refusing an abortion, Tim's mother—along with God's grace—produced one of the most outstanding athletes of our time.

I am struck by the possibilities of the unborn and the pre-born. Of the one million abortions that happen each year in our country, how many of the babies would have been productive citizens? How many would have been educators? How many would have been doctors, lawyers, cafeteria workers, mechanics, government officials, or health care workers? How many would have been wives, husbands, brothers, sisters, sweethearts, and friends? One thing is for sure; each of those lives would have had an effect on others among us and would have impacted the world in some way. I believe that every human, in every condition from the single cell stage of development to natural death, is made in the image of God and possesses inestimable worth. Psalm 139:13 tells us "For You, God, created my inmost being; you knit me together in my mother's womb". To circumvent life by abortion is to pretend to know more than the Almighty God.

Recognizing that there are difficult circumstances that can surround an unintended pregnancy, the Appalachian Pregnancy Care Center can offer tangible alternatives to abortion. Economic, physical, social, and psychological aspects are given attention in counseling each client while upholding the sanctity of human life. The Appalachian Pregnancy Care Center recognizes and upholds that each human carries within his or her being an expression of God and His character. Yes, each woman has a choice, but the choice to not have an abortion is the choice of a lifetime and is a choice to honor the Creator of life.

All I Could Have Been

by Arlie Anthony Webb
aawebb@bellsouth.net

I could have been a doctor
And cured cancer for all time
Or a policeman who'd go out each day
To fight injustice, hate, and crime

I could have been a teacher
What a difference I could have made!
Or perhaps a Supreme Court Judge
Helping reverse Roe vs Wade

I wonder what my future held
What seeds was I meant to sow?
So many things I might have done
But now no one will ever know

Perhaps a mother or a father
With children to love and care
Or a Christian politician
Leading our nation back toward prayer

As a scientist or explorer
I might have made discoveries profound
As a philanthropist I could have shared
My wealth with the poor all around

I wonder what I could have been
Could I have changed the status quo?
Could I have made a difference?
Now no one will ever know

Maybe I was meant to be a soldier
To fight for freedom without pause
To sacrifice myself for another
Or to die for a noble cause

Or I might have been a preacher
Salvation's seeds I might have sown
But because I was aborted
Now no one will ever know

A baby is a precious gift
From conception it is a life
And a fetus is a person
Just the same as you and I

One commandment says
"Thou shalt not kill"
How dare we God's laws profane?
Because "murder" and "abortion"
Are in themselves one and the same

For all the things I might have been
How much richer this world could be
But now the world will never know
Because no one wanted me

Our Mission

The Appalachian Pregnancy Care Center exists to affirm the value of life by providing a network of care to those experiencing pregnancy-related crisis and by compassionately presenting Biblical truth resulting in changed lives to the glory of God.

Our Vision

The Appalachian Pregnancy Care Center strives to provide Christ-like compassionate support to families experiencing crisis pregnancies.

Our Services

All Services are FREE

Pregnancy Testing
Earn While You Learn
Baby /Maternity Resources
Abstinence Education
Abortion Recovery
Adoption Education
Bible Studies
Counseling
Healthy Marriage
Healthy Pregnancy
Fatherhood
Parenting
Community Referrals
Community Presentations
And much, much more!

Our Hours

Tuesday - Thursday

10 a.m. - 4 p.m.

Friday 10 a.m. - 8 p.m.

Contact Us

(606) 433-0700

apcc@setel.com

Visit us on the web @ [www.](http://www.appalachianpregnancycenter.com)

appalachianpregnancycenter.com



Doula Joins Volunteer Staff of Appalachian Pregnancy Care Center



APCC is excited to announce the addition of a certified doula to its volunteer staff. Doula is a Greek word for a woman

who serves or takes care of another woman.

As an APCC volunteer, Cristin Stanley-Potter will be serving clients as both a birth doula and postpartum doula. She is trained and certified by Childbirth and Postpartum Professional Association (CAPPA).

APCC director, Kay Hammond, commented, "Our organization will be substantially enhanced in its ability to help prepare young women for the birth of their child through the services of a certified doula. Cristin's decision to work with our clients is exactly what APCC needs at this time."

As a birth doula, Cristin is trained to offer both emotional and physical support during and directly after birth. She will help with and give advice on comfort measures such as breathing techniques, relaxation, and massage.

Cristin states, "Expectant mothers often have many unanswered questions and feelings of anxiousness. It will be my job to ease their worries by helping them learn what they can expect before, during, and immediately after giving birth. As the mother of two, I know from experience that child birth can be quite frightening for any mother, but particularly for the first time mother who really doesn't know what to expect."

As a doula trained by CAPPA, Cristin is not allowed or qualified to give specific medical advice. However, in her work at APCC, she will be offering one-on-one classes for expectant mothers in which she will discuss various issues such as the different medications used, what a "C" section involves, and other aspects of giving birth. Her goal is for expectant mothers to understand they can and should make their own decisions about birthing their baby.

Research has shown that mothers who had the assistance of a doula usually were:

- More confident with their baby
- Less anxious and depressed
- More satisfied with their partner
- More likely to breastfeed

Cristin is adamant about the positive effects of breastfeeding. Her training as a postpartum doula allows her to assist new mothers in learning about and becoming comfortable with breastfeeding.

Cristin states, "Having someone there to provide information and emotional support can always make things easier for expectant mothers."

It is my calling to be that person for any mother, first time or fourth time. I am thrilled beyond words to offer my assistance to APCC and to be working for such a worthwhile and needed organization."

A 2007 graduate of Belfry High School, Cristin is married to a fireman and the mother of a nineteen-month-old toddler and a six-week-old baby. Of course, Cristin has chosen to breastfeed with both children.

Presently, Cristin is unable to be with mothers as they deliver their babies due to having her own baby which would make scheduling hard. However, she is available for individual instruction/counseling with expectant mothers and their partners as they prepare for their baby's birth. She is also available to assist new mothers with developing and continuing successful breastfeeding techniques.

If you would like to schedule an appointment at APCC for classes on the birthing process or breastfeeding techniques, please call 606-433-0700 or e-mail apcc@setel.com. Expectant mothers wishing to participate in classes on the birthing experience will need to bring a partner with them.

APCC appreciates our churches that provide monthly financial assistance!

Abundant Tidings, Aflex Baptist Church, Cornerstone Christian Church, Faith Baptist Church of Myra, Forest Hills First Baptist Church, Highland Church of Christ, Jubilee Christian Assembly, Little Paint First Church of God, Marrowbone Missionary Baptist Church, Mayflower Unity Baptist Church, McVeigh Baptist Church, Sidney Missionary Baptist Church and Virgie Baptist Church.



Appalachian Pregnancy Care Center
PO Box 131 • Pikeville, KY 41501

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Pikeville, KY 41501

How You Can Help

Pray

Send a one-time gift

Become a monthly supporter

Volunteer

(counseling, clerical duties,
Bundle of Joy worker and many
other opportunities to serve)

Rutherford proclaims 'National Sanctity of Life Day'



Pike County Judge-Executive Wayne T. Rutherford recently proclaimed Sunday, Jan. 22, 2012, as 'National Sanctity of Life Day' at the Appalachian Pregnancy Center. Pictured, from left, is Rachel Murphy, Carolyn Hall, Judge Rutherford, Kay Hammond and Christy Thacker.



Proclamation **"Sanctity of Human Life Sunday"** By the Pike County Judge/Executive

Whereas, America was founded upon the belief that all men and women possess certain unalienable rights, among them Life, Liberty, and the Pursuit of Happiness; and

Whereas, every life possesses inherent dignity and value; and

Whereas, the Appalachian Pregnancy Care Center in Pikeville protects the sanctity of life by providing young women with loving alternatives and protections for themselves and their unborn babies; and

Whereas, the Appalachian Pregnancy Care Center also provides practical and spiritual help to encourage and assist women facing unplanned pregnancies; now therefore,

Now, therefore, I hereby proclaim Sunday, January 22, 2012, as National Sanctity of Human Life Day in Pike County and call upon all Pike Countians on that day to give thanks for the gift of life and to acknowledge the dignity of every human being and the sanctity of each human life.

*Witness this my hand, this the
10th day of January, 2012*

Wayne T. Rutherford

By the Pike County Judge/Executive
Hon. Wayne T. Rutherford

APCC Motto *"Before I formed you in the womb, I knew you; Before you were born, I set you apart."* Jeremiah 1: 4-5