

April 2013



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# Publisher's Message

I am writing this while my son is on spring break and it's snowing outside. Yeah, what's up with THAT? I heard someone on Facebook refer to this weather as "Sprinter" weather and I could not agree more—I thought that was a perfect term for this crazy stuff we've been having. Whatever it is, I am over it and want it gone.



The adorable little guy on our cover is named Zachary and he is turning 6 this month just like *Clarksville Family* is! We're so proud and excited to have made it to our 73rd issue, and we're thankful to all our readers and advertisers for helping us get here.

Of course April also brings the annual Rivers & Spires festival to downtown. Be sure to bring the whole family out the weekend of April 18th through 20th, as there is something to entertain everyone.

I'm sure, like me, you're anxious for the warmer weather to hit (*and it may have by the time you're reading this!*) so, let's hope it warms up soon and we can break out the shorts and flip-flops! We're already looking forward to our 7th year and hope you're there right along with us!

Sincerely,  
Carla Lavergne

## DISCLAIMER

The opinions expressed by articles, advertisements and listings in this magazine are not necessarily the views of Clarksville Family. Reasonable care has been taken to ensure the information presented is accurate, but no responsibility can be taken by Clarksville Family Magazine if it is not.

## Clarksville Family

Clarksville Family Magazine has 10,000 issues published and distributed monthly at over 160 locations across Clarksville and the surrounding area.

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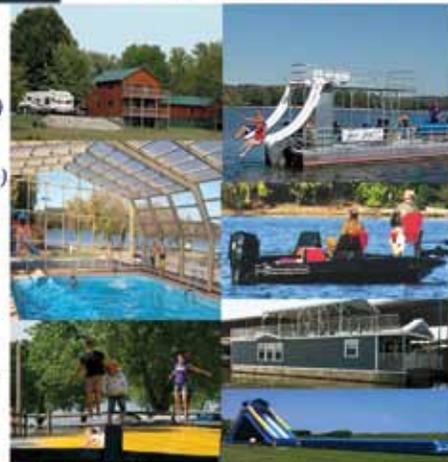
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# CLARKSVILLE JUNIOR GOLF TOUR BUILDING LOCAL YOUTH ONE SWING AT A TIME

by Pamela Magrans

Standing on the fairway in open stance, he positions his club and aims his stroke. Focused and firm, aware of his alignment with the target, his eyes dash from the putter at his feet to the flag fluttering above the hole. He executes

his backswing with controlled confidence and watches the ball stretch wide to the target.

The game of golf mirrors life—with its open fairways, uneven ground and rough edges, it epitomizes the type of skills that also make a person

successful in life. In golf, as in life, there are obstacles to overcome, decisions to make, and strokes to take. When we position ourselves in the correct place and plan for the next move, the swing usually pays off. Golf can teach youth skills such as discipline, patience and etiquette, while providing the foundation for a lifelong hobby.

## BENEFITS OF YOUTH GOLF

Golf offers an opportunity to keep children active. It's a year-round way to enjoy being outside and anyone can play golf! Children benefit



by having a healthy outlet for their energy. Golf also teaches self-discipline as the skill demands practice and patience.

Golf is one of the few sports that families can enjoy together. Just about any vacation spot has a golf course in close proximity, so it's a sport that can be played in most cities nationwide. In addition, it provides the entire family a way to spend time together in an environment outdoors where conversations



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can occur. In the absence of screaming fans, many conversations can take place while riding the golf cart to the next hole. It is a relaxing, stimulating and challenging sport and unlike many team sports, this sport can include the entire family, regardless of skill level, age or size.



Having passion for something is good at any age. Golf can instill not only confidence as the child develops skill, but it can spark an interest in a sport that can be enjoyed for a lifetime.

### TWOSOMES AND FAMILY TEE TIMES

Wyatt Samuels (13 years) attends Clarksville Academy and began golfing when he was only two years old. Wyatt knows that golfing can be a life long sport. He has watched that displayed in his family, particularly his grandparents, Freddy and Mary Coleman Wyatt. His grandparents are avid golfers and offer an example of how golf can be a lifelong sport.

"I am motivated by my Gramps, because he loves to see me play," said Wyatt. "It doesn't matter how old you get, you can still play golf."

Wyatt, like many youth golfers, realizes that golf helps him be more self-disciplined. "My



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biggest challenge in golf is not getting mad about bad shots," says Wyatt. Golf teaches life lessons about patience and will power.

Wyatt's brother, Patton, also began golfing at age two. Now a nine-year-old student at Clarksville Academy, Patton also enjoys golfing. "The hardest part about golfing is putting," says Patton. "But the best part is getting to meet your friends and getting to put power on the ball."

This two-some of brothers is just one of many families who are embracing golf as not only a hobby and sport, but more importantly as a family



tradition. Both Wyatt and Patton will be participating in the upcoming Clarksville Junior Golf Tour held in May/June and hope that other local youth golfers will join them.

### **CLARKSVILLE JUNIOR GOLF TOUR REGISTRATION OPEN NOW**

Sixteen years ago, a group of local golfers decided that Clarksville needed it's own

youth golf tour. The Clarksville Junior Golf Tour (CJGT) offers local youth golfers a chance to showcase their skills, enjoy the sport, and join with other youth in a competitive environment. Youth who participate in the CJGT already have basic knowledge of golf, but seek a competitive atmosphere to apply their newly acquired golf skills.

The CJGT will begin the last week of May and run into mid June. To register email Diana Samuels at [ddsamuels@me.com](mailto:ddsamuels@me.com). Interested participants may also register in person at 2:00 p.m. on May 18 at Eastland Green Golf Course. A clinic for registered



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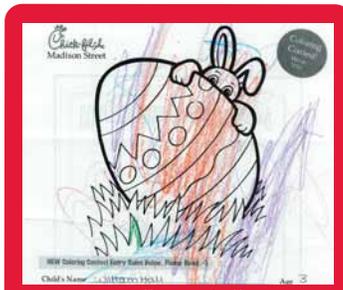
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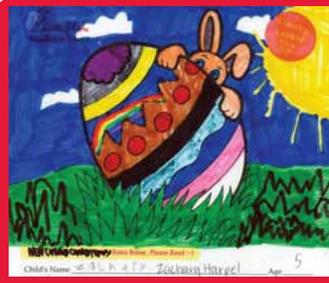
Your Clarksville Association of Realtors Office will have flyers and information for all the homes featured. They are located at 115 Center Pointe Drive. Hours: Sat 11am-1pm Sun 11am-2pm

# Madison St. Chick-fil-A Coloring Contest Winners!



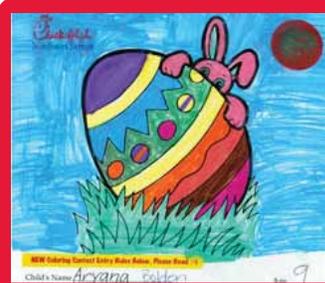
**William Hall**  
age 3., Clarksville, TN

**Ages 0-3**



**Zachary Harpel**  
age 5, Ft. Campbell, KY

**Ages 4-6**



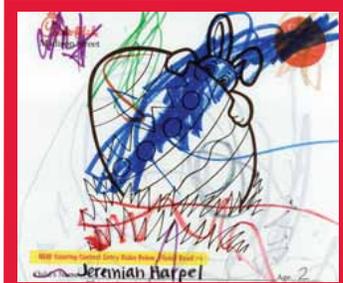
**Aryana Bolden**  
age 9, Clarksville, TN

**Ages 7-9**



**Alex Endres**  
age 10, Clarksville, TN

**Ages 10-12**



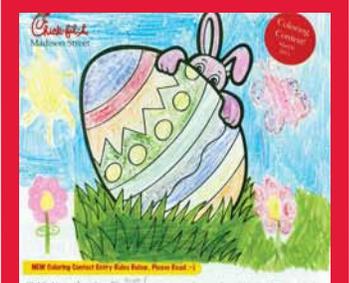
**Jeremiah Harpel**  
age 2, Ft. Campbell, KY



**Corrine Pichler**  
age 4, Clarksville, TN



**Chalan Sanders**  
age 9, Clarksville, TN



**Natalie Mauney**  
age 11, Clarksville, TN

Winners **must** claim their prizes at the **Madison Street Chick-fil-A location** along with an accompanying parent or guardian with valid identification.

## What's going on in April at Chick-fil-A Madison Street!

Saturday, April, 13th

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boys and girls will occur that same day at 3:00 p.m. Another clinic for girls only will occur on May 19 at 3:00 p.m. at Mason Rudolph Golf Course.

The \$25 entry fee covers the cost to play on the courses, lunch each day, two instruction

clinics, and a small token gift at each location (could consist of a golf shirt, golf hat, golf towel, golf balls, ball marker, etc.).

The tour involves four local events on May 28, June 3, June 10 and June 17. The events are

held at Swan Lake Golf Course, Clarksville Country Club, and Cole Park at Ft. Campbell.

The tour is open to six year olds (who have completed kindergarten) up to 18 years old.

Participants should bring their own golf clubs, wear appropriate golf attire (golf shoes not required for the younger golfers) and demonstrate appropriate golfing manners.

The tour is divided into



appropriate skill levels. A challenging, but not overwhelming course is constructed suitable to the age. Official score is kept and awards are given during a banquet after the tour is complete.

CJGT is a volunteer run organization devoted to empowering youth through

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**May 3rd** – Celebrate Cinco de Mayo with A Salute to Frank Sinatra with Chris Kramer

**May 10th** – Mother's Day weekend begins with the talents of Fiddler Travis Wetzel



**May 17th** – Karaoke with Kings Entertainment

**May 24th** – Kick off Memorial Day weekend with Cumberland Winds Big Band Swing

**June 7th** – Live performance by Gretchen Presley - a distant relative to the King himself, Elvis

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golf. Many of the youth golfers go on to earn scholarships to summer programs, earn a place on a high school golf team or go on to earn college scholarships to play golf. This youth tour gives local youth golfers a chance to showcase their skill, meet new friends and reap the personal satisfaction of practice, practice, and practice.

For information on how to register for the CJGT contact Diana Samuels at [ddsamuels@me.com](mailto:ddsamuels@me.com).

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CHOOSE YOUR TOPPINGS

<input type="radio"/> YELLOW <small>(lettuce)</small>	<input type="radio"/> WHITE <small>(lettuce)</small>
<input type="radio"/> LETTUCE	<input type="radio"/> TOMATO
<input type="radio"/> MUSTARD	<input type="radio"/> MAYONNAISE

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# CANDLELIGHT BALL 2013

by Taylor Lieberstein

Last month Austin Peay held its 29th annual Candlelight Ball at the downtown Hilton in Nashville. Almost 300 guests enjoyed a night of cocktails, dinner, awards and dancing (to the sounds of southern band Burning Las Vegas). The Candlelight Ball is an Austin Peay State University tradition with a proud history as one of APSU's premier community events.

### THE TRADITION

Twenty-nine years ago, Wendell H. Gilbert saw the opportunity to raise funds for deserving students who needed academic financial support.



A retired Army brigadier general and former APSU vice president for development and university relations, Wendell H. Gilbert is the founder of the signature Candlelight Ball. He depicts what it means to be a "true Governor." Out of his passion, and the support

from APSU alumni and friends, this event has raised over \$340,000 in scholarship funds. Proceeds from the Candlelight Ball continue to raise funds for scholarships. Over 20 APSU students have been provided financial assistance and scholarships because of the generosity of our underwriters and guests.

Proceeds of the ball have:

- Supported the restoration/renovation of the Pace Alumni Center at Emerald Hill.
- Provided financial support for the APSU Center for Teaching and Learning.

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**THE AWARDS**

Beginning in 2011, two individuals were honored and recognized for their outstanding achievement, contribution or recognition they have brought to Austin Peay.

The Candlelight Ball Award and the Spirit Award both honor a person who has significantly contributed to Austin Peay State University by sustained service, has made a significant contribution to the university or has brought recognition to the university by his/her success. The honoree exemplifies excellence and integrity and has inspired others by his/her accomplishments. These are very exciting and meaningful awards and each year they are awarded to two outstanding and deserving individuals.

The 2013 Award Winners that were recognized at last month's event are:

**Wendell H. Gilbert Award Winner - Coach George Fisher**

**Spirit of Austin Peay Award Winner - David Loos, Jr.**

Dr. George Fisher has been said to embody the spirit of Austin Peay athletics. He was



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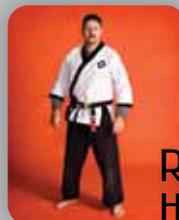


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an All-Conference basketball and football star during the late 1940s. In 1947, he received the first Joy Award, which recognized the most outstanding senior athlete. After graduating from APSU, his love of sports

continued, and he played minor league professional baseball before becoming a manager.

Fisher returned to APSU in 1958 to begin a distinguished coaching career, serving over the first years as assistant football coach, track coach, golf

coach and freshmen basketball coach. In 1962, he began a nine-year stint as the men's basketball coach and was named OVC Coach of the Year in 1967. His greatest point of pride was in knowing all but one of his basketball athletes graduated during his nine seasons as a coach.

In 1972, Fisher was named APSU athletics director, holding the post until 1977. He also was a professor of health and physical education until his retirement in 1989. Fisher was inducted into the APSU Athletic Hall of Fame in 1978 and Ohio Valley Conference (OVC) Hall of Fame in 1988.

His love and enthusiasm for the university, especially for the athletics program, are strong. For many years, he chaired the Athletic Hall of Fame Committee. This is why he is a deserving recipient of the Wendell H. Gilbert Award.

Dave Loos, Jr., the "Spirit of Austin Peay" award recipient, is no stranger to Austin Peay State University or the Clarksville community. For the past sixteen years, he has been one of the "Voices of the Govs" as a co-commentator on the Governors Sports Network. (He has commentated for Govs basketball for sixteen years and football for past eleven years).

He is a 1994 graduate of Austin Peay where he received his bachelors in Mass Communications. He graduated with his Masters in Sports Administration in 1998. He is a long-time member of the Governors Club, serving on the



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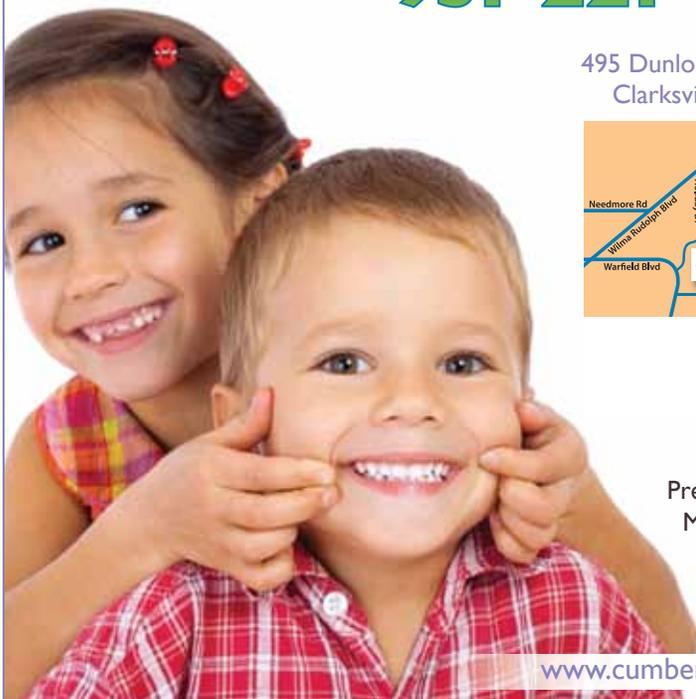
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				14	15	16	17
2pm - KIDS  Imagine	22	23	24	25  Reflections	26  Make a Wish	27  Paris Lights	
<p>Most classes are 7pm-9pm* unless otherwise noted online Check-in begins 30 minutes before class starts *some classes may run past 9pm</p>				<p>No painting experience necessary! Grab a friend, a brush, and even some wine if you'd like and unleash the inner artist in you!</p>			



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board since 2000 and acting as Governors Club President during the 2011-2012 year. Currently, he serves as a co-owner for Solid Gospel 105.1 FM and WJZM 1400 AM. This is why he is a deserving recipient of this award.

**GET INVOLVED**

Anyone is invited to be a part of this wonderful event each year. To purchase a ticket is to help make a difference in the lives of AP students. Money raised from this event provides scholarships for current students. Again, over twenty students have been given assistance through the Candlelight Ball Scholarships in the past 29 years.

Not only is it an amazing way to help out deserving students, it is also a fun excuse to get dressed up in formal wear and enjoy socializing with friends, while taking advantage of an amazing dinner and entertainment. Later in the year you can find details for next year's ball on Austin Peay's website.

Next year will be the 30th consecutive year for the Candlelight Ball. Until then the Candlelight Ball Committee would like to thank this year's underwriters and they hope to see everyone back again in 2014.

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# CYSTIC FIBROSIS: THE JOURNEY IS NOT OVER

by Debbie McConnell

Four-year-old Hayden Anzur has Cystic Fibrosis-Delta 508, the leading cause of Cystic Fibrosis. These are big words for a little guy. Many CF children refer to their disease as "65 Roses." However, every rose has a thorn. There is currently no cure for Cystic Fibrosis. A defective gene causes CF. The gene causes the body to produce unusually thick mucus that clogs the lungs and leads to lung infections. It also obstructs



Hayden at Vanderbilt Children's Hospital March 2013

the pancreas and stops the body from absorbing food. The life expectancy for a CF patient is 37 years old.

Currently, Hayden's pancreas works at 30% capacity. He keeps a dry cough and has frequent hospital visits. Hayden must take special enzymes called Creon's, four with each meal and three with each snack. These enzymes help to break down and absorb the nutrients needed by his body. Hayden also takes acid reflux medications to help

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the enzymes work so that he is able to gain weight. Allergy medication is another part of his daily medical routine to help him stay healthy.

In addition to these medications, Hayden spends around two hours, twice a day, doing breathing treatments to help break up the mucus. These include chest percussions, three nebulizer medications and two inhalers. The daily routine has steadily increased since Hayden began treatment at just 15 days old.

The medication and therapy routine changes completely when he gets sick. Some aspects are stopped and many more are added. If these do not work, Hayden will be admitted into the hospital for a minimum of two weeks. During this stay, he will receive a PICC line—a peripherally inserted central catheter. The line travels through his arm and shoulder before ending in the large blood

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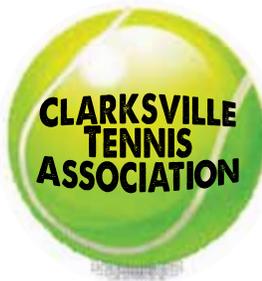
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vessel that leads directly into the heart. This extreme method is used when typical antibiotics do not work. The risk of infection is high. Patients, doctors, nurses, and family—anyone having contact with Hayden, must wear masks.

Eric and Taylor Anzur, Hayden's parents, want what every other parent wants. They want to watch Hayden grow up and be happy. They dream of a day when Hayden's life does not revolve around

CF. To help make this happen, they have committed to helping the Cystic Fibrosis Foundation find a cure. This means raising the awareness and the funds needed to fuel the pipeline of medications, therapies, and ultimately a cure for Cystic Fibrosis. Since 1955, the CFF has been able to raise the survival age from 4 years to 37 years—but the journey is not over. The CFF has pledged: We will not stop until ALL mutations are treated with success.

Would you be happy with 37 years? Is 18 middle aged? For almost 60 years, the Cystic Fibrosis Foundation has been the driving force behind the search for a cure. The CFF is able to use 90% of every dollar raised for research. This is especially important because the foundation receives no government funding. The CFF empowers volunteers—patients, family, friends, corporations—by giving them the business model to raise funds,



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spread awareness, and most importantly, use the funds raised where it is needed—research. The FDA approval of Kalydeco has given 4% of the CF population a fighting chance. That number is expected to grow to 65% in two years and to 95% in four years. It is more important than ever to keep the momentum of the CFF going. It is time to accelerate the research and the FDA approval process. **Money buys science and science buys lives.**

Join us today in giving more tomorrows to our CF families. The 2013 Great Strides Walk will be on April 27th at the Clarksville Speedway & Fairgrounds. Register at [www.cff.org/great\\_strides](http://www.cff.org/great_strides). Contact Tiffany Kerns at the CF Foundation at (615) 255-1167 or Great Strides Chair Debbie McConnell at (931) 980-8837 for more information.



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Loaded with lean top round steak and cheese, these low fat Philly cheese steak sandwiches don't need artificial cheese sauce to taste great. These tasty sandwiches are packed with protein too.

### INGREDIENTS

- 1 tsp olive oil
- 1 large yellow onion, sliced thin
- 2 tsp finely chopped garlic
- 3/4 lb lean top round steak, sliced thin
- 1/2 tsp black pepper
- 2 tsp Worcestershire sauce
- 3 slices low fat white American cheese
- 4 whole wheat pita breads (6 1/2-inch diameter)

### PREPARATION

Preheat oven or toaster oven to 400°.

In a large skillet, heat oil over medium heat until hot. Add onion and garlic and sauté for 5 minutes, or until



# Summer Camps

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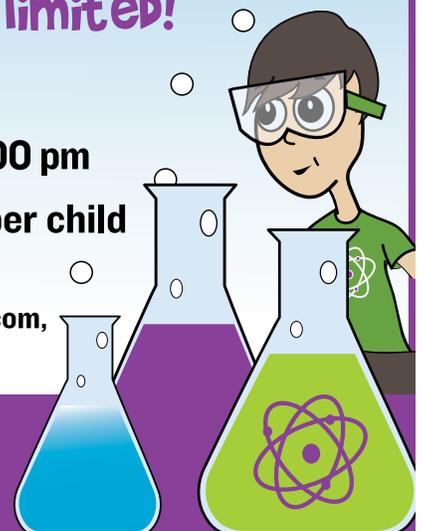
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onion is softened. Add steak slices and pepper, then sauté for 10 minutes, or until browned. Stir in Worcestershire sauce and sauté for 1 minute.

Turn off heat. Lay cheese slices over steak mixture and cover pan until cheese is melted. Cut a quarter off each pita to open the pocket. Fill each pita pocket with one-quarter of the steak mixture.

Place stuffed pitas on an ungreased baking sheet and bake for 2 to 3 minutes, or until pitas are warm. Serve immediately.

Yield: 4 servings

**Nutrition Facts (per serving):** Calories: 389; Fat: 8g; Saturated Fat: 3g; Cholesterol: 69mg; Sodium: 610mg; Carbohydrates: 42g; Fiber: 6g; Protein: 37g

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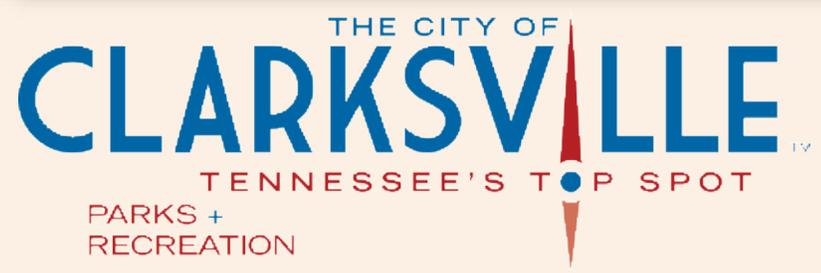
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# CHURCHED & UNCHURCHED

by Chris Edmondson

I got a lot of responses from the *Clarksville Family* article last month, so I decided to expound on some of these thoughts about Christianity for a little while longer. I heard from some pastors who had left the ministry because of how the church defined Christianity. I read e-mails from people who had left churches because of how Christians treated one another.

*Love.* That one word, that one action, that one attitude should be the defining characteristic of the Christian. Not how we vote. Not whether or not we attend

church. Not what we stand against. Not necessarily even how we believe. But how we *love*. Don't believe me? Then check out Jesus' words in John 13:34-35. The one thing Jesus asked His followers to be known for is *love*.

I am giving you a new commandment: *Love each other*. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.

John 13:34-35

I heard a guy by the name of Andy Stanley once say,

"Anytime Christians or the church leverage anything other than love, we go backwards, not forwards." Anytime the church or Jesus followers or Christians leverage anything other than love, we go backwards, not forwards in our influence. Because Jesus said, "By this one thing all men will know you're my followers: how you love one another."

For the first 300 years of church history that was the approach everybody took. They went down to the river and took children that had been discarded



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and abandoned and took them into their homes, even though they already had their own children.

When highly contagious plagues hit the overpopulated cities of the Roman Empire, everyone would pack up and leave the cities. During 160-185 BC plagues killed 2,000 people a day. An estimated 5 million people were killed by this plague.

When the plagues broke out, the pagan priests were the first to leave. These pagan priests were the first to know because people brought their sick to them. So these pagan priests looked at the things breaking out and went, "Honey, pack, we are leaving. There's a plague in this town."

In the midst of everyone fleeing, at least one group was staying behind. *The Christians*. The Christians stayed. And they nursed people they barely knew through the difficulty of a plague, and many lost their lives. But people began to ask the question: "What's up with these people?"

The Christian conquest of the Roman Empire came not by the sword, but by love. Eusebius, a historian who lived during that time, writes that during the plague...

All day long the Christians tended to the dying and to their burial, countless numbers with no one to care for them. Others gathered together from all parts of the city a multitude of those withered from famine and distributed bread to them all. Yet, *because of their compassion during the plague, how they loved others was on everyone's lips, and they glorified the God of the Christians. Such actions convinced them that they alone served the true God.*

The church leveraged love. That was the only approach the church had. But then somewhere along the way, Rome decided to make Christianity the official religion. That's when Christians decided "We're not going to



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leverage love anymore. We're going to leverage our power; we're going to leverage our authority; we're going to go from winning to threatening." *Whenever Christians leverage*

*anything other than the love of God, we go backwards every, single time.*

What I want to do now is take you to a place in the New Testament where Paul actually teaches this. Because we've gotten this

wrong. We have set ourselves unnecessarily at odds with culture. So in the book of 1 Corinthians, the apostle Paul explains an approach.

Paul went to the city of Corinth, which was like Las Vegas—very immoral, party city. Very pagan and very sensual. So Paul went there and he started a little Jesus community and he taught them the ways of Jesus, but they're surrounded by a culture that was very antithetical to God and Jesus.

Eventually Paul left, but he wrote them letters of encouragement. "Here's how you follow Jesus in a Las Vegas, party, pagan culture." Well, Paul heard through the grapevine that there was some really nasty stuff going on in the church in Corinth. So Paul addressed this issue, and by doing so he gave us some insight and some teaching into how Jesus followers are to respond to people who've decided not to be Jesus followers.

I can hardly believe the report about the sexual immorality going on among you—something that even pagans don't do.

1 Corinthians 5:1 (NLT)

Paul introduces that there is a Jesus follower morality and there is a non-Jesus follower, or outside the church morality. Everybody



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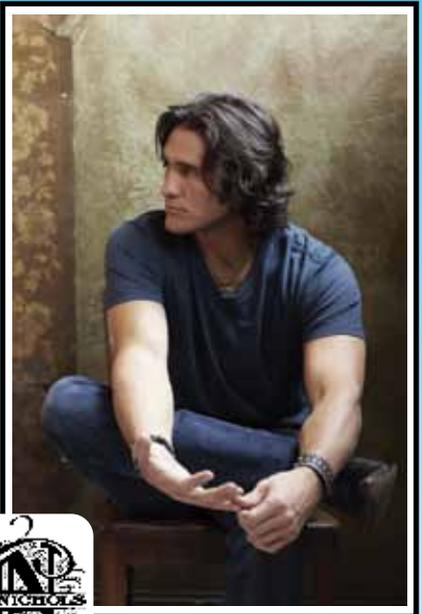
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has standards. Both the Romans and the Greeks had standards. And the followers of Jesus had standards. Paul says that there are two different standards. There's the church standard and there's the non-church standard. "What's going on inside the church is so bad, even outsiders are going, 'Are you kidding me? That's gross; nobody does that.'"

You should remove this man from your fellowship. Even though I am not with you in person, I am with you in the Spirit. And as though I were there, I have already passed judgment on this man.

1 Corinthians 5:2-3

How many of you have heard that the Bible teaches, "You're not supposed to judge others?" You will be surprised to know the Bible never says that. In fact, Jesus said in Matthew 7 that when you judge yourself (*take the beam out of your own eye*), you can then judge others (*by taking the speck out of their eye*).

The Bible doesn't say we shouldn't judge, the Bible tells us *who* to judge. **The Bible doesn't tell us not to judge, the Bible tells us who to judge.** Here's why Paul passed judgment on this guy: because this guy is in the Jesus community. He's a follower of Jesus. His behavior is way out of whack with the Jesus followers.

Paul answers the questions for us: How are we as Jesus followers supposed to respond to people who aren't Jesus followers? How are we supposed to react to people who don't have our set of values? He clears it up:

When I wrote to you before, I told you not to associate with people who indulge in sexual sin. But I wasn't talking about unbelievers who indulge in sexual sin, or are greedy, or cheat people, or worship idols. You would have to leave this world to avoid people like that.

1 Corinthians 5:9-10

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Now, that's helpful isn't it? Paul says, "We as Christians should associate with people who don't believe the way we do. Who don't have our values. Who don't vote the way we do. We are supposed to hang out with people who

don't believe the way we do. Why? I think so we can rub off on them. But I also think it's a reminder that all of us have been there. All of us have been outsiders at one time. All of us were in need of God's love. **If we're going to**

**be like Jesus, then we're not supposed to disengage from people who have habits or behavior or morality that we don't agree with.** Jesus didn't disengage with unchurched and disenfranchised people. He hung out with prostitutes, sinners, drunks, and tax collectors without judging them.

Paul goes on...

I meant that you are not to associate with anyone who *claims to be a believer* yet indulges in sexual sin, or is greedy, or worships idols, or is abusive, or is a drunkard, or cheats people. Don't even eat with such people.

1 Corinthians 5:11

Paul says, "You're supposed to judge the people on the inside of our churches, but you don't have any business judging the people on the outside of our churches." But if there's somebody on the inside in your Jesus community and they're going in the wrong direction Paul says, "If you love them, you have to get involved. You're supposed to hold insiders accountable." And then Paul asks the million-dollar question:

What business is it of mine to judge those outside the church?

1 Corinthians 5:12

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What business is it of mine to judge those outside the church? The answer is, "It's none of my business!" So let me ask you this question. If you're a Jesus follower or a Christian—what business is it of yours to hold a non-Jesus person, a non-Jesus follower accountable for his or her behavior? The answer? It's not your business.

What business do I have of trying to hold someone who never subscribed to that standard of living? What business do I have of trying to hold them accountable to a standard they never signed up for to begin with? Paul says that it's absolutely none of your business.

See, the reason you used to go to church, some of you—the reason you don't want to have anything to do with the church—like Anne Rice—is for some of you, you felt like there was a group of Christians judging you for your behavior. You never signed up to act the way they wanted you to act to begin with. You felt judged. I've got to tell you—that isn't your fault. That's our fault. ***That's a group of people who tried to leverage something other than love and it went backwards, didn't it?*** Our country and our world are full of people who experienced that.

In the first century, they didn't expect non-Jesus followers to behave like Jesus followers. They just didn't expect that. They expected Jesus followers to behave like Jesus followers. So, Paul wraps up the passage with this:

Are you not to judge those inside? God will judge those outside.

1 Corinthians 5:12–13

Now, we get this so backwards, don't we? The church is notorious for policing the behavior of people outside the church, while they do a very poor job policing the behavior of people inside the church. Paul, who kind of got this whole thing started, said, "No, it's the other way around. You need to do a better job policing yourselves and lay off everybody else. They're not accountable to you. They're not accountable

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to your standard of morality. They're not accountable to your standard of honesty. They never signed up for this. You have no business judging people outside the church. You are to judge yourselves."

We have been called to judge each other, but we have no business judging people's morality or the way they use their money or the way they live their lives outside the church.

Another way of saying it is this: "I don't care if your kids don't do their chores. They're not my kids. But I care a lot about whether or not my kids do their chores. And if my kids don't do their chores, then we talk about it. And if they feel judged, I don't care. I'm the judge. Go do your homework. But I'm never going to walk into your house and judge your kids for the fact that they don't do their homework. They're not my kids."

As a church, we are to judge insiders, not outsiders. It's none of my business to police people's behavior outside of church. My business is to follow Jesus to the best of my ability, and to allow people into my life and to get into other people's lives that are trying to follow Jesus to the best of their ability. Our job is to make sure that we do a good job policing our behavior and to quit trying to police everyone else's. Because **when the church abandons that strategy, we go backwards in our influence.**

Can you imagine where things might be if we had never abandoned love as our primary point of leverage? Can you imagine maybe where some of your family members would be if they had never experienced that thing they experienced in the church that kind of bumped



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them out of faith and bumped them away from ever taking seriously what you say as a Jesus follower?

Imagine if the church had gotten this one right. If we had gotten this right, maybe we wouldn't have 88% of the people in Clarksville *not* go to church! We can figure out how to love better those on the inside, and give up on judging those on the outside. Let's police our behavior and quit policing the behavior of those on the outside.



Chris Edmondson is a father of three boys and is happily married to his best friend. Chris is the lead pastor of oneChurch.tv, a church for those disconnected to God. oneChurch.tv meets at

Northeast High School across from the Regal 16 Movie Theatre at Exit 1. Check them out at [www.onechurch.tv](http://www.onechurch.tv).



You can reach Chris at:  
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## MIDLIFE OR BUST CHANGING LANES AND GAINING SPEED

by Pamela Magrans

My neighbor's son graduates from high school next month. In the thirteen years of being neighbors, I've watched her son grow from boy to man. From my front yard view I watched him transition from toy trucks to a truck of his own. I watched him go from playing hide and seek in the bushes to posing for prom pictures with his girlfriend. The treehouse that was once his backyard playground was long ago used as firewood for backyard bonfires.



Childhood has come and gone for him. I am tempted to think a lifetime has passed in those thirteen years, but I know it was not that long—it was simply a childhood, not a lifetime. He is moving from one phase of life to another. He's changing lanes. That's easily understood for those of us looking in, but for a mother sending her son off to college to a new life of his own, the life change hits like a head-on collision!

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I show support to my friend/neighbor and eagerly encourage her to take this chance to devote more time to herself. That friendly pep talk lasts only until I walk in my front door and greet my own towering thirteen-year-old son, a solemn reminder that I too have only a few short years until it's my time for my head-on collision with reality. Feelings of insecurity grip me. Did I raise my son right? Will he make wise decisions? What on earth will I do with my time when I don't have car circle pick up? I'm almost out of time to teach him everything! He'll be driving soon! He'll be driving away soon!!

We all see these changes coming, like a tractor-trailer in our rearview mirror. It comes slowly—appears so far away, until BAM, it's right there beside us. There's nothing we can do but let it pass, and there we are left in its rearview mirror, in the slow lane watching treasured time slip away. As we, and our children age, we each approach "midlife." When we do, we have two choices: stay in the slow lane or change lanes and speed up.

### RECLAIMING MIDLIFE

Midlife should not be a stop sign on life's timeline marking our own demise! Midlife does not have to mean deceleration. Instead, it can be a starting point—a yield sign marking a change of direction. The "midlife crisis" should embody the security and confidence that comes with years of experience, not the cliché of recklessness often characterized by selfishness. This month I turn 40 and I'm already anticipating a midlife crisis; I'm hoping for one actually.

In the 1960s, Elliott Jaques, Canadian psychoanalyst, coined the phrase "midlife crisis." The phrase was associated



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with major life conflict occurring in the mid years (generally ages 40-60). The term stuck like glue and the 1980s and 1990s saw the term grow into a scapegoat for any number of irrational behaviors and addictions. The phrase invokes cynicism and has become a joke common on late night television that shows 40-somethings having affairs, quitting jobs, changing sexual orientation, or buying sports cars. The term connotes cynicism and selfishness.

However, a research study in 1999 showed that the midlife crisis is more myth than fact. A research project on Successful Midlife Development (MIDMAC) pioneered by the John D. and Catherine T. MacArthur Foundation Research Network began to transform the cultural perceptions of the “midlife crisis.” Their study of about 8,000 men and women in the United States ranging in age from 25 to 74 revealed that midlife was not a crisis at all, but instead a time of stability, security and

control. As elderly parents age, children leave the nest, and health issues arise, some may mistake emotional changes as a midlife crisis, when in fact, the emotions associated with those life changes are perfectly normal. They do not denote a crisis at all, only the necessary change associated with life.

Instead of viewing midlife as a perpetual shift to the slow lane, we can reclaim midlife and shift to the fast lane instead. Midlife and empty nest can mean a time for new hobbies, new friends, and new routines. Reclaim the remote, learn to play Tonk, turn the college-bound daughter’s room into an office for that small business you’ve been putting off for a decade. If you’re not a churchgoer, midlife might be the time you find yourself examining spirituality. Even our taste buds change throughout life, and midlifers may suddenly begin to devour sushi. Moreover, midlifers possess knowledge and skills not readily available in the fledgling days. Midlife and empty nest can be a time of bumping up the volume, rolling down the windows, changing lanes and shifting gears.

control. Recent studies of midlifers show that social stigmas of midlife may be exaggerated and most midlifers find it a time of personal reflection, self-examination and exploration.

Midlife ushers in many changes.

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## IT'S THE JOURNEY, NOT THE DESTINATION

Famous Beatle lead guitarist, George Harrison, wrote a song titled "Any Road" which echoes the phrase, *If you don't know where you're going/Any road will take you there*. His refrain is basically a summary of a conversation from Lewis Carroll's 1865 novel *Alice in Wonderland*. The conversation occurs between Alice and the Cheshire Cat. Alice lacks direction. So the Cat, in all his feline overhanging wisdom, encourages Alice to just keep walking. The echoing refrain of George Harrison's song reminds us even today that, "If you don't know where you're going, any road will take you there." Full of ambiguity and paradox, the statement pretty much echoes the unpredictability of life and the inevitability of midlife. The advice also sums up my vision of midlife as life plummets me there this month. So, if you, like me, don't know where you are going, no worries. Life's roads will take you somewhere.

I'm not sure what I'll do for my 40th birthday. I have no plans, but whatever I do, it won't involve a pity party or crisis. Instead, I'll claim the midlife for all the potential it offers, pick a road, maybe several and see where they go. As for my soon to be empty nested neighbor and her college bound boy—people with dreams to chase cannot stay in one place! Speed up, change lanes and let the midlife journey begin!

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## THREE QUICK SUMMER GETAWAYS

by Taylor Lieberstein

*These desirable vacation spots make for a fun summer trip and they aren't too far from home. Each of these places has a website packed with even more fun details that we weren't able to fit in this article. So cash in on some of those vacation days, pack your bags and take your family on an unforgettable trip this season.*

### Prizer Point

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Situated on the banks of Lake Barkley, Prizer Point Marina & Resort is surrounded

by water on three sides with over 100 acres of hiking and biking trails to enjoy in Western Kentucky's woodlands. The variety of outdoor recreation is endless on both land and water.

### Where to stay

Rent a lakeside cabin, cottage, fort, tree house or houseboat for a weekend trip with the whole family. Prizer Point rentals are located along Lake Barkley. Whether you have a boat, RV, tent, or just want to sit in a Lakeside



Restaurant and enjoy the atmosphere, Prizer Point Marina & Resort is the premier Western Kentucky family vacation destination.

### Outdoor fun

There is really endless fun to be had over the weekend at Prizer Point.

Rent paddleboats and bicycles, play unlimited rounds on their 9-hole mini-golf course, ride the Hippo Slide (30 foot water slide). This month the glass enclosed pool will be open and next month Prizer Point will open its kid-friendly splash pool equipped with slides and sprinklers.

Enjoy extra fun on Friday and Saturday nights such as an outdoor movie and a laser tag course. There is also an onsite restaurant, The Landing.

### Make a day of it

Since it's so close, just take a one-day mini trip. Prizer Point offers their

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Clarksville Family

amenity bands, which let you visit the grounds for a day visit and enjoy the campground including the pools. Spend the day on the water by renting one of their family-sized boats. Water toys also for rent include trick skis, training skis and kneeboards. Tubes are also available for rent. For the land lovers, there are pedal kart rentals, hiking and biking trails, a playground, pool and the ever-popular Jumping Pillow.

Contact their reservation specialist, Julie at (270) 522-3726 to schedule a relaxing weekend at the lake.

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This old town in southern Indiana has been known to host an assortment of guests ranging from Al Capone (known to frequent the casino) to Franklin D. Roosevelt (while attending a convention at the French Lick hotel).

**Where to stay**

French Lick Resort's two hotels—French Lick and West Baden Springs—are Indiana landmarks and are part of the National Trust



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for Historic Preservation's Historic Hotels of America. If you opt not to stay at one of these two hotels there are still guided tours available through Indiana Landmarks. The guides talk about the resorts' architecture, history and famous guests. West Baden Springs Hotel was just chosen as the 15th Best Resort in the U.S.

**Kid friendly fun activities**

The 40,000-square-foot Big Splash Adventure Indoor Water Park & Resort consists of a retractable roof, waterslides, a splash pool and a three-story play structure. Treasure Chest Arcade at the water park is full of interactive arcade games

that give tickets that kids use to redeem prizes. Ma & Pa's General Store & Petting Zoo contains miniature farm animals.

The Indiana Railway Museum contains vintage diesel electric locomotives, passenger cars and red cabooses. The museum gives train tours in a historic train, passing through Hoosier National Forest, limestone rocks and Burton Tunnel.

Cave Country Canoes offers a variety of canoe and kayak trips on the unspoiled Blue River, the first Indiana stream to be included in the state's designated Scenic Rivers system. It features lots of

fun riffles, stretches of smooth paddling, beautiful scenery and abundant wildlife.

**Fun for the parents**

On the weekends there is always live music in the Atrium and the Power Plant Bar. Live it up late night at the Casino with Indiana's larg-

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Rosemary Beach is a neo-traditional town located on northwest Florida's gulf coast, between Panama City and Destin, at the eastern end of Scenic Route 30A. It's a quaint little town founded less than 20 years ago. Inspired by other beach towns, the 107-acre, gulf-front town was designed to bring back the notions of community, neighborhood and convenience.

**Where to stay**

Quaint carriage houses, spacious multi-bedroom cottages, and apartments with full kitchens make vacationing at Rosemary Beach as much fun as the destination. Or go upscale at the Pensione Inn, a small European-style luxury inn with 11 beautifully decorated rooms. Architecture of the buildings throughout this pedestrian-friendly community is a blend of traditional New Orleans and St. Augustine styles with a touch of southern plantation. Once you arrive, park your car. Everything—shopping, restaurants, beach, parks, Town Hall—can be found within a five-minute

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walk of your accommodations. Boardwalk promenades, walkways and paths all lead to the town center.

**Explore the charming town**

The pristine shore is not the only attraction at the Beaches of South Walton. Here are a few suggestions of things to do while staying at Rosemary Beach.

Four swimming pools are scattered throughout the community, some more amenable to families and others preferred by couples. Restaurants cover the spectrum from casual to fine dining, and, if you ask nicely, some will even pack a picnic lunch or cater dinner to your room.

If you're the adventurous type, head to Yolo Board in nearby Grayton Beach to learn stand-up paddling on a custom made board. Basically this is kayaking while standing on your feet instead of sitting down (though you can do it that way, too).

Rent a bicycle—arguably the best way to see the area. The paved Timpoochee Trail runs alongside much of 30-A. The terrain is flat and the few “hills” won't take too much heavy pedaling. A wide variety of bikes can be rented for all members of the family at Rosemary Beach's Bamboo Bicycle Company.

*Your family will love you forever if you pack them up and take them on any one of these nearby vacations. For more information you can visit each of their websites. Should you decide to take your family somewhere that is not on this list, we still love you and hope you have a great vacation.*

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Jon Vaughn

## DIVORCE DOES HAPPEN

by Allan Thompson and Julie Reyes

If a marriage is to be dissolved, a new process known as a *collaborative divorce* may be an option. This process relies on respectful problem-solving to reach a mutually beneficial agreement. The spouses have the opportunity to make the decisions, rather than the Judge making the decisions.

Mediation is a factor in this process. Mediation is a process where each spouse sits down with their lawyer and a neutral lawyer acting as a mediator and tries to resolve all the disputed

issues. In advance of the mediation you meet with your attorney and prepare a confidential Mediation Statement. The objective of mediation is to resolve some or all disputes.

### If An Agreement Exists or Is Reached on All Items

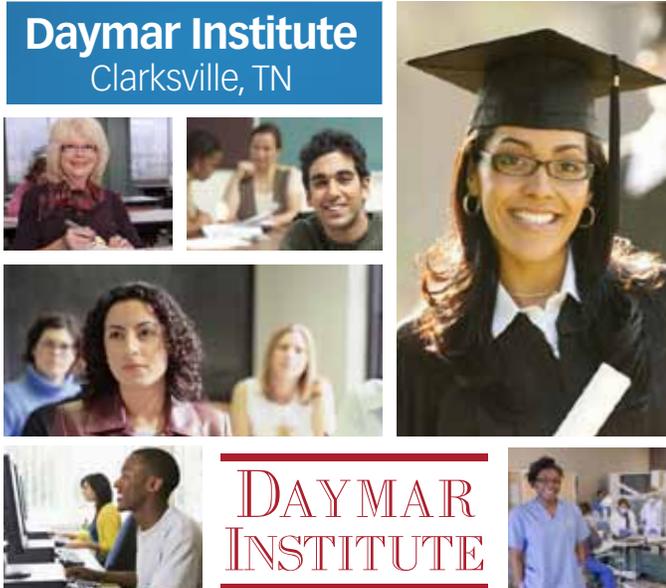
If there is an agreement on all issues of the divorce you can bypass mediation. Your lawyer will put each of the terms in a written Marital Dissolution Agreement. If there are minor children there is a mandatory waiting period of 90 days from the date a Divorce is filed until

entry of the Decree. If there is no child the wait is 60 days.

One item that is reviewed in every case by the Judge is child support. The Court must find the settlement to be fair and not unconscionable, including child support. It has been said that child support is not so much a right or obligation of the mother and father, but a concern of the Court. For example a parent cannot generally waive child support in exchange for the other parent agreeing not to see a child. The Court

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is in all probability going to block such a disposition. The fact that a parent is not seeing a child, if anything, is ground to increase child support because the custodial parent will have more expenses as the child is with one parent more. Tennessee law presumes that the child support amount demonstrated in the child support guidelines is appropriate and deviations from that must be justified.

**Division of Military Retirement Pension**

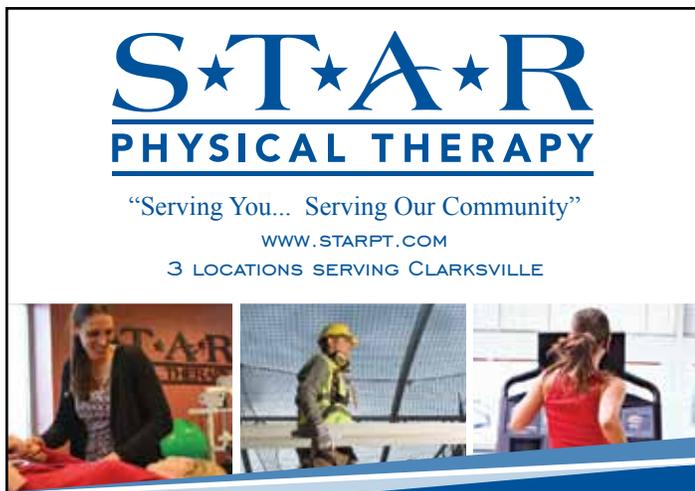
Division of military retirement is frequently an

issue. Sometimes it is the biggest asset of a military marriage. State courts treat military retirement pay as an asset subject to division, just like any other asset acquired during a marriage. Contrary to popular belief there is no minimum time limit of overlapping marriage and active duty required to subject this asset to division. However if the overlap is 10 years or more and a division is made, there is an automatic deduction before the retired service member gets their portion. If the time period is less than 10 years, and a division is made, then a

check or other means of payment must be relied upon.

The parties, by agreement or the Court, must also address the issue of SBP (Survivor Benefit Plan) coverage. This is an insurance policy to continue payments to the surviving non-military spouse if the retired military spouse dies. The premium is very reasonable, and normally elected, or ordered by a court.

If the overlap of service and marriage is 20 or more years there are numerous



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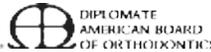
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other benefits available, including health care. If the overlap is less than 20 years, there may be an option to purchase a limited health care supplement for a period of time.

**We Cannot Agree On Everything or On Anything**

If you and your spouse cannot agree, or you believe your spouse will never be fair, you should file a contested divorce, have your spouse served with the Divorce Petition, and let the Court decide the disputes. Before any trial a discovery process is conducted where

each spouse can be forced to answer questions under oath concerning existence of assets, debt, and fault. Though there are expenses involved in this process, it is frequently advisable to take this step. Once the discovery process is complete you will think you are ready for trial.

However both spouses must still go through mediation before they can go to trial. Also in most modifications of a divorce, such as modification of a Parenting Plan, most judges require mediation before going to court.

At trial the spouse who filed the divorce is called upon to put their proof on first. If that spouse has several witnesses, it has been our experience that the Judge wants to hear from the spouses as witnesses first. This means the other spouse will usually be called to testify before the witnesses of either party. This seems to give the Judge a clearer understanding of what the disputes are, and frequently narrows the points of contention before other witnesses testify.

After both parties have concluded their proof the

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Court makes a decision. Sometimes the Judge decides or rules on some or all disputes from the bench, or announces that a Memorandum Opinion will be filed in the near future. That Memorandum Opinion is the basis from which one or both lawyers prepare the Final Decree of Divorce.

If one or both spouses are dissatisfied with the outcome, an appeal can be filed with the Court of Civil Appeals in Nashville. There is no new testimony or new proof. The appeal is known as a paper appeal.

Allan Thompson  
Julie Reyes  
Attorneys at Law  
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# BECOMING A MASTER OF RELATIONSHIPS (#7): MAKING LIFE DREAMS COME TRUE

by Rachelle Franklin, MA, MM, LPC

We are almost at the end of this series on becoming masters of relationships. I am excited to share with you this month's focus, Making Life Dreams Come True. This is a very important topic for couples. Research on marriage has found that without examining our life dreams, hopes, and desires as individuals and couples, it is quite likely the conflicts that set the stage for divorce will slowly consume the relationship. For those of you who have not been reading my articles on masterful relationships, you can find those on my Facebook page, [facebook.com/rachellfranklin](https://facebook.com/rachellfranklin)

**marriageadvice.** Going back to the very beginning, we talked about those things that have been found in research to predict divorce: **criticism** (pointing out your partner's character defects), **defensiveness** (blaming your partner for the problems in your marriage), **contempt** (treating your spouse like his/her ideas aren't as good as your own), and **stonewalling** (emotional withdrawal during interactions). All of these behaviors have been found to both increase when a couple does not connect with one another and predict divorce.

The thing that makes me so excited about this phase of relationship development is sharing with you the importance of YOU! So many people give and give to others and forget about themselves. We all do this to some degree as it seems that we are internally wired for good. When we take care of others or become more responsible for others' happiness or behaviors more than our own, we get into trouble. Please consider this question: if you don't take care of YOU, how well do you really think you are caring for other people? The answer is, you aren't, not in a healthy way!



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How this ties into “making life dreams come true” and your marriage is this: All those things you and your spouse argue about that seem to never get resolved... they’re not really about those things at all. What’s really going on at the core is you feeling unfulfilled with what you have done with your life or where you have found yourself in life. The hardest part for me, as a therapist, is getting a couple to the point of being open enough to share their deepest desires and dreams with one another and having therapy reach an impasse because the partners discover that “they don’t really know themselves.” How can you teach someone to love you when you don’t know how to love yourself? This is the very point of all of this. The same holds for parenting. How can you provide good guidance to a developing child if you never fully developed yourself?

I believe that each human being has the key to his or her own happiness within them. **You are your best expert, but you have to get to know yourself first.** As a couple, you have to get to know one another and develop that into

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shared dreams, hopes, and desires. This does exist for some people. Forty years of research on marriage tells us so. I encourage you to discover your personal gifts and those of your spouse. Education on healthy self-development, therapy, spirituality, mindfulness, engaging in activities you enjoy and pursuing things you think you may enjoy can all be useful to individuals and couples in exploring the meaning of their lives as well as developing that into shared dreams for their family. This is of vital importance to military families especially because they are selfless by

training, both soldiers and spouses. People change as individuals in the midst of that level of selflessness and trial. Re-learning yourself and one another as individuals, co-parents, and friends will have to occur many times throughout the family lifecycle for most couples. This is even truer for military couples. The better equipped you are to manage these changes, the more successful you will be in the long run.

**Military family resources for Counseling:**

Marriage and Family Therapy: (270) 798-8601

Marriage and Family Training (Strong Bonds), BACH Chaplain's office: (270) 798-8777 or (270) 798-8464

The Chaplain Family Life Counseling Center: (270) 798-3316

Military One Source (Off-post individual and marriage/family counseling): (800) 342-9647

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who have a family member with special needs like asthma, cancer, ADHD/ADD, mental health issues): (270) 798-8955

New Parent Support Program (Helps families with children birth to age three cope with military life and parenthood): (270) 798-3850

Army Outreach Program: The ACS Outreach Program is designed to link Soldiers and Family Members to Family Support Programs on and off post through life skills training, newcomer adaptation services, personal relationship skills education, community development and support networks, and crisis intervention and referral services. If you cannot come to us... we will come to you. For more information or to schedule a briefing, contact the Outreach Program Coordinators at (270) 798-0609 or (270) 798-0263.

Resiliency Training: The Resilience Training is designed to teach the six competencies (Self-

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awareness, Self-regulation, Optimism, Mental Agility, Strength of Character and Connection) that help build and/or enhance resilience. Family members, individuals, and couples are welcome to attend: (270) 798-0263 or (270) 798-0609

**Support Groups:**

Parents Helping Parents Group: Call the Garrison Religious Support Office, (270) 798-6124

Grief, Loss, and Life Transition Group: Call the Garrison Religious Support Office, (270) 798-6124

Wounded Warrior Huddle: Call the Garrison Religious Support Office, (270) 798-6124

Family 101 (Financial, Marriage, and Parenting) Skills Group: Call the Garrison Religious Support Office, (270) 798-6124

**Resources for Educational Classes:**

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ages 5-12 years old: For more information or to sign up: (270) 956-3736 or (270) 412-5500

Couples Communication Workshop: For more information or to sign up: (270) 412-5500

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**Resources for Emergency Assistance**

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Army Emergency Relief Education Program: AER'S Education Program is a secondary mission to help Army families with the costs of education: Stateside Spouse Education Assistance Program, Major General James Ursano Scholarship Fund for Dependent Children, Overseas Spouse Education Assistance Program. (270) 798-5518

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# USELESS PILL POPPING: HOW AMERICAN MEDICINE IS STEALING OUR HEALTH AND MONEY

by Dr. Dale Brown

Americans spend more on health care than the next 10 countries combined: Japan, Germany, France, China, the U.K., Italy, Canada, Brazil, Spain and Australia. While \$60 billion is a lot of money, Americans spent almost that much last week on health care. In 2010 the US spent \$307 billion on pharmaceutical drugs.

While a select few medications may be necessary in emergency situations, the vast majority of people are taking

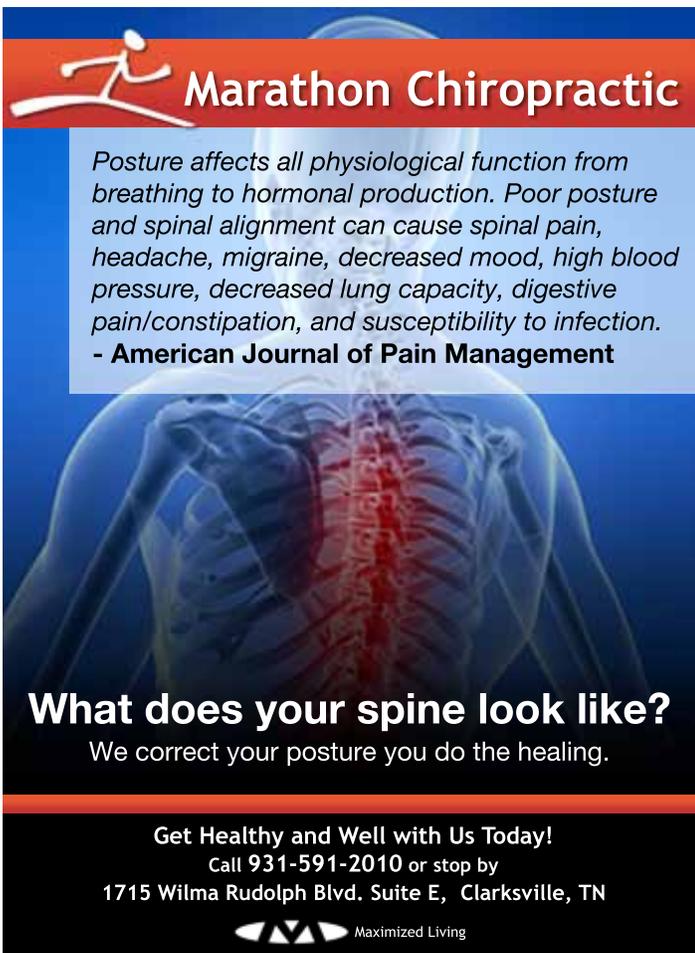
medications with no real benefit and suffering the side effects.

While rising health care costs must be addressed the greatest benefit would come from eliminating useless and ineffective drugs, treatments, and tests.

### Cholesterol medications

In 2008 *BusinessWeek* published an article reviewing the existing research on Lipitor and other cholesterol medications. When the data was compiled

researchers found the drugs have, “no overall reduction in total death or illnesses requiring hospitalization.” So, while the research shows no overall benefit from the medication in the last three years, Americans spend roughly \$30 billion on this medication alone. This is a prime example of the need to redirect finances toward proven/effective treatments. Something as simple as eating an apple a day would have more



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impact on lowering the rate of heart disease than this medication.

### Osteoporosis medication

Americans spend more money on this class of medication, but the rate of fracture in the elderly is not decreasing. In fact studies have now shown that the use of drugs like Boniva actually increases the risk of fracture. Biophosphonates (*commonly known as Boniva, Fosamax, Actonel, and Reclast*) work to increase bone density by inhibiting the body's ability to break

down old bone but this process keeps the body from replacing old bone with new strong/healthy bone. The drug actually causes the death of certain cells within the bone called osteoclasts. My first thought with this is, "How can something that causes 'death' to a part of your body create health and strengthen our bodies?" By stopping the breakdown of old bone, the bones will become denser, thereby technically "treating" osteoporosis, but with the regular skeletal renewal

process stopped, bones will weaken dramatically. The end result is weak, brittle bone that will buckle, break, and fracture more easily. A bowl of green, leafy vegetables a day along with increased weight-bearing exercise are proven strategies to reverse and prevent osteoporosis.

### PSA testing for Prostate Cancer

Dr. Richard Ablin, discoverer of the PSA test has been quoted in saying that prostate cancer screening is, "a hugely

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expensive public health disaster.” *The New England Journal of Medicine*, one of the most prestigious medical journals in the world, reported a higher death rate from prostate cancer in those men who received a PSA test.

In the book *How We Do Harm*, Dr. Ottis Webb Brawley from the ACS (American Cancer Society), reports that the decline in prostate cancer deaths is merely a result of the drugs that cause men to die of diabetes, heart attack and stroke before they can

live long enough to die of prostate cancer. Yet drugs and treatments that actually reduce survival time can cost upwards of \$93,000 a year! That’s a pretty high price to pay to have your life shortened.

**Blood Pressure Medications (Beta Blockers)**

*Journal of American Medical Association*, looked at nearly 45,000 patients with prior heart attacks, coronary artery disease or risk factors for coronary artery disease, and found

that those on beta blockers showed no significant reductions in heart attack, stroke or cardiac death than those not on the medication. So while many Americans are taking a drug with no benefit, they are overlooking more effective treatments. Something as simple as receiving a specific chiropractic adjustment was found to have, “the effect of not one, but two blood-pressure medications given in combination.” Chiropractic adjustments were found to correct misalignments in



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the spine where pressure/ stress on the nerves causes increases in blood pressure and once proper alignment was restored blood pressure would normalize.

### **Cortisone/Spinal Injections**

Australian researchers analyzed results from nearly two dozen clinical trials and found that epidural injections (into the spine) of corticosteroids had no real long- or short-term effect on conditions such as sciatica, back pain, or degenerative conditions of the spine.

“I think it’s pretty clear that this treatment is not good to do,” said Chris Maher, of The George Institute for Global Health in Sydney, Australia, who worked on the study. Nonetheless, the use of epidural steroid injections to treat back pain of all sorts among Medicare patients nearly doubled from 741,000 in 2000 to about 1,438,000 in 2004, according to the researchers. Maher and other researchers hope doctors will listen to

the evidence but know it will take years before real changes are made.

It is sad to think that something that has been proven to have no real benefit recently caused a nationwide outbreak of fungal meningitis that infected at least 400 people and led to 31 deaths, according to the Centers for Disease Control and Prevention.

So why do useless drugs and procedures continue to take Americans’ money? Well two reasons really,

most Americans want the quick fix even when they know it's not the right fix, and the healthcare industry seems to have the will and the means to keep it that way. According to the Center for Responsive Politics, the pharmaceutical and health-care-product industries—representing doctors, hospitals, nursing homes, health services and HMOs—have spent \$5.36 billion since 1998 on lobbying in Washington. That dwarfs the \$1.53 billion spent by the defense and aerospace industries and

the \$1.3 billion spent by oil and gas interests over the same period. That's right: the health-care-industrial complex spends more than three times what the military-industrial complex spends in Washington. With that amount of money the disease care/drug industry has the ability to suppress real fixes to health problems and continue to promote their worthless drugs.

Thomas Jefferson once said, "It is error alone which needs the support of government. Truth can stand by itself."

The truth is that America needs an entire culture shift. A shift towards a culture that focuses on the restoration of health and the prevention of disease through lifestyle and treatments that empower people to not just maintain a disease, but rather restore their bodies' natural healing. A simple change in mindset and action would render exponential financial benefits, as well as improvements in overall health, for those who choose the "alternative" path.

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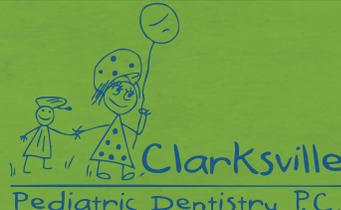
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# LOCAL REALTORS HOST FUNDRAISER FOR THE F.U.E.L. PROGRAM IN AREA SCHOOLS

by Pamela Magrans

F.U.E.L. (Full of Emmaus Love) is a food subsidiary program aimed at insuring that all students have food when they go home from school. Funded solely on donations and local fundraising efforts, the F.U.E.L. program provides food for children who may not have meals over the weekends. For some local students, the only meals they get are between Monday and Friday while at school. Many of the students go home where there may not be food available over the weekend.

To combat hunger and poor nutrition, the F.U.E.L. program provides individually wrapped snack items for the student to take home. The counselor's office or teachers identify students who qualify for F.U.E.L.. Teachers discreetly place food bags in the student's backpack on Friday, so they have food while they are not at school. The program is implemented at certain local elementary, middle and high schools.



However, powering the F.U.E.L. program takes many active volunteers. Local churches, civic organizations and caring volunteers donate money and food items throughout the year in order to continue this program.

On Saturday May 4 from 10:00 a.m. to 2:00 p.m. the Clarksville Association of Realtors is hosting their 5th annual F.U.E.L. Block Party Fundraiser. It will be located

implemented at certain local elementary, middle and high schools.



**Sango United Methodist Church**  
 Saturday, May 11, 2013  
 8:30a - 3:00p

**Join Us** 10th Annual  
**CRAFT FAIR**  
 more than 50 vendors

3301 Sango Road  
 Clarksville, Tennessee 37043  
[www.sangoumc.org](http://www.sangoumc.org)

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at the Clarksville Association of Realtors Office at 103 Center Pointe Drive.

Last year, this same fundraiser raised over \$6,000 for the F.U.E.L. Program. This year their goal is to raise \$8,000. The fundraiser will consist of vendor booths where items will be sold. A silent auction will be held, as well as other demonstrations and performances. Pony rides will be available for the children, as well as some inflatables to keep the children moving!



For only \$5 a meal of either hot dog or hamburger will be served as well. All proceeds from the event go to the F.U.E.L. program in our local schools.

Attendees are encouraged to also bring individualized serving snacks or non-

perishable food items that can be donated to the F.U.E.L. program.

Come out to 103 Center Pointe Drive on Saturday May 5 and help the Clarksville Association of Realtors support this worthy program and enjoy a lovely day outside. Music and entertainment will be provided.

For more information contact Karla Miller at (931) 551-5233 or [realtorkarlamiller@gmail.com](mailto:realtorkarlamiller@gmail.com).



He may need your foot steps to follow...

# Volunteers Needed

Providing quality mentoring for Clarksville's Youth.

Big Brothers Big Sisters of Clarksville is looking for volunteers to be a part of our program. If you are interested in being a friend to a child and can devote at least 4-8 hours a month, please call our office at 931.647.1418.



**Little Moments Big Magic** Big Brothers Big Sisters

931.647.1418 • Peachers Mill Rd. • Clarksville, TN 37042

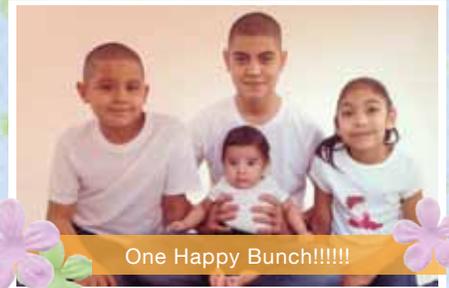
# CANDID Clarksville



Ali enjoying a beautiful day.



Congrats to The Heat Players & Coach Keith Pace and Assist Coach D Cutno



One Happy Bunch!!!!!!



FUTURE 5 STAR.



Zoey & Gabby having fun playing at the Airport Park :)



Happy Retirement CW4 Chris Schaefer!



Learning about the farm!



Congrats to The Wildcats Players & Coaches Great job, Champions.



Skylyn & Dayjah enjoying Nashville!



HAPPY 1st EASTER Baby Addi Love mommy and daddy



Haylei at Justin Bieber



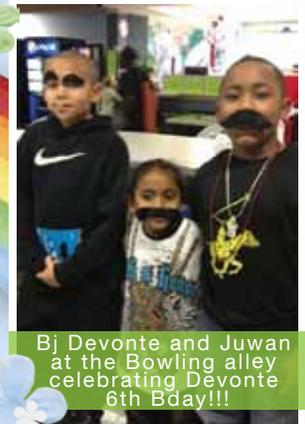
Eads Family



Big Sis Brooklyn & Little Bro Blake



The boys are back in town, Nolan, Dominic, Norman Michael



Bj Devonte and Juwan at the Bowling alley celebrating Devonte 6th Bday!!!

## SPRING TRY-OUTS

by Brenda Hunley Illustrated by Willie Bailey

Storytime

“April showers bring May flowers...” recited Lily.

Lily the dragonfly was trying out for the school play; and like her friends, she had to pick a rhyme or song to perform for the drama teacher.

“Very nice, Lily. I will make a decision and post the results on the drama board in the hallway by tomorrow afternoon,” Ms. Possum said, lowering her glasses.

Lily gave one last curtsy and left the stage.

“Dart? Dart the bluebird, are you here?” the stage manager called.

“YES!” Dart exclaimed, as he fluttered out on the stage.

Ms. Possum cleared her throat, “Young man, are you ready to start?” As she looked him over, she couldn’t help but smile. Dart had come to rehearsals dressed totally in black—she couldn’t even see his face!

After several moments of him just standing there, he finally spoke.

“It was a dark and stormy night...” Slowly and surely Dart recited the story of the headless horseman, or at least his version of it.



“Thank you, Dart. That was creative.”

Next up was Boomer Chipmunk. Ms. Possum actually looked forward to seeing what Boomer would come up with.

Looking for something **creative** for your group of school age kids to do this Summer?



is now offering painting sessions to *groups of 30 or more* for just \$12 per child.\*

*\*Certain restrictions apply, please see our website for all the details.*



Visit our **June calendar** (then Summer Creative Session) for all the details and let your kids **unleash** their inner artist!



[www.swirlzart.com](http://www.swirlzart.com)

[clarksvillefamily.com](http://clarksvillefamily.com)

Boomer was already part of the drama club at school, but even drama students had to audition in order to give others a fair shot.

Boomer, unlike Dart, was dressed in a white tux with a black bow tie. As he walked across the stage, he took his top hat off, and bowing low to the ground, made a show of winking at his audience.

The lights on stage flashed off and a single spotlight shone down on Boomer. As soon as the first few notes of "Sharp Dressed Man" floated into the air she was not disappointed. Boomer danced and played air guitar all through the song. When he finished; he too, bowed low to the ground.

"Thank you Boomer."

"Next!" shouted the stage manager.

All afternoon long students piled onto the stage, one by one, each trying to convince Ms. Possum they were worthy to be in the play.

In the meantime, Chester the chipmunk was outside waiting on his brother. He spent several minutes feeding the ducks some extra dry bread crumbs; then wandered over to the picnic tables to see if anyone had dropped any treasure. He found nothing.

"Hey there, Chester!" shouted Clyde the goose.

"Hey."

"What are you looking for?" asked Clyde.

"Nothing," Chester answered.

"Well, looks like you found it! Ha! Ha! Honk!" laughed Clyde.

Chester rolled his eyes. Clyde was more annoying today than normal.

Taking a deep breath Chester turned to head back toward school when Clyde said, "Well, well, what do we have here?"

Chester thought for a moment, and then decided to keep going. He didn't care what Clyde had found. One,

two, three, four, five steps away from Clyde. Chester could hear Clyde giggling. When poor Chester could stand it no longer, he turned around.

"Okay, Clyde I give up. What did you find?"

Clyde held out his feathered wings. In the center were two plastic Easter eggs.

"Hmm, must have been left over from the big egg hunt," Chester said.

Clyde shook the eggs. They rattled. "Let's see what is inside!"

Chester shrugged, "Okay."

Clyde popped open the first egg. Inside was a small wind up yellow chick. When he popped open the second egg, a small, multi-colored top rolled out.

"Do you want these? I was hoping for some candy," Clyde said, handing the toys to Chester.

"Sure! Thanks!" smiled Chester.

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

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Clyde looked over Chester's shoulder. "Here comes your brother."

Chester turned and saw Boomer coming toward him.

"How did your audition go?" Chester asked.

"Great! I did just like we practiced!" Boomer said, grinning from ear to ear.

"Did Ms. Possum like your song choice?" Chester asked.

"I think so, she smiled a lot."

"When do you find out if you got a part or not?"

"Tomorrow. I don't think I will sleep, I'm so anxious!" Boomer squeaked.

Chester laughed. "You sound like a girl, little brother!"

Boomer shifted. "I do not! Take it back!"

"Easy, bro. I was just joking. Let's go home and grill, I am hungry!"

"Good idea!" Boomer said, hurrying to catch up to his brother.

Want to be a part of Storytime with Chester? Submit your plot ideas to [brenda@clarksvillefamily.com](mailto:brenda@clarksvillefamily.com).



The source of many purchases to come.

# Clarksville Family

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**floorz**

Mon - Sat: 9 a.m. - 5 p.m.  
115 Terminal Rd.  
(by Wendy's on Wilma Rudolph Blvd. in Clarksville)

931.553.8555

Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by April 15th.

\*Please include the name of who is in the photo, their age & a preferred short caption\* (optional).

# HAPPY BIRTHDAY!



Happy 1st Birthday Angelina!  
We Love You so much Princess!  
Love, Mommy & Daddy



Happy 1st Birthday Avery!!  
We love you so very much!  
Mama & Dada



Happy First Birthday  
Bobbi and Bayley!!!



Happy 1st Birthday Knox!  
We LOVE you!  
Love, Mommy and Daddy



Happy 1st Birthday Kyndal!!  
Love Mommy and Daddy



Happy 1st Birthday London!  
Love, Mama, Daddy and Aspen



Happy 2nd bday Isa!  
Mommy, Daddy and Gabriel love you



Happy 3rd Birthday Benjamin!  
Love Mommy, Daddy, & Tucker



Happy 3rd Birthday Knox!  
Love Mom, Dad, Piper & the new baby



Happy 3 Lexi Lee  
Mommy & Daddy Love you!!



HAPPY 3rd BIRTHDAY NYA!!!  
Love u always!!!! Love Ms. Sherley



Happy 3rd Birthday Oliver!  
We love you so much!  
Daddy, Mommy, Charlie, Henry, & Elliot.



Happy 4th Birthday Brooklyn!  
We all love you lots!



Happy 4th Birthday Carter!  
Love, Mom, Dad and Con Con!



Happy 4th Birthday Dayjah  
Love, Daddy, Mommy, & Sissy!



Happy 4th Birthday Gabrielle!  
Love, Mom, Papa and Ate Zoey



Happy 4th Birthday Ryan!  
Love, Mom, Dad, and Michael



Happy 5th Birthday, Hunter!! xoxo  
Love you so much, Momma & Daddy



Happy 5th Birthday  
Zach and Alex Schaefer!  
Love, Mommy and Daddy



Christian, it's always  
a treat to wish Happy Birthday  
to someone so sweet.

\*Please limit entire photo caption to 50 characters or less including spaces.

# HAPPY BIRTHDAY!



Happy 6th Birthday Katelynn  
Love Mommy and Daddy



Happy 6th birthday Maia!  
Love, mommy, daddy & sissy



Happy 6th Birthday, Rosalind!  
Love, Mom and Dad



HAPPY 7TH BIRTHDAY CAMDEN!!  
WE LOVE YOU VERY MUCH  
-Daddy, Mommy, Kender, and Kentley



Happy 7th Birthday Hope!  
Love, Mom, Dad, Wyatt & Kaden



Happy 8th Birthday Dominic  
Love Mommy, Gramma & Papa



Happy 8th birthday Zayquan!  
We all love you skinny man!!



Happy 11th Birthday Noah!  
Love, Mom, Dad, Brody & Holden



Happy Birthday  
Cousin Jimesia, Toni



Wishing my lovely husband JP  
a happy birthday...Love Toni



Now, just by sending your birthday picture in for the fridge you have a chance to win a \$40 gift card to Chuck E. Cheese courtesy of James Corlew Chevrolet!

(look for  on the winner's picture to see who won this month)

Winners are chosen via random drawing.

The winning birthday boy & girl's parent or guardian will be notified each month by phone or email.



Ongoing

**CELEBRATE RECOVERY**

Friday nights with refreshments at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry. Child care is provided.

Grace Church of the Nazarene  
3135 Trenton Road  
(931) 216-6644

Friday nights with dinner at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry.

First Church of the Nazarene  
Community of Hope  
150 Richview Road  
(931) 648-0110

**CLARKSVILLE CHESS CLUB**

6:30 p.m. Thursday evenings.

Freedom Deli  
2088 Lowes Drive  
Contact: Roy  
[clarksvillechessclub@charter.net](mailto:clarksvillechessclub@charter.net)

**CLARKSVILLE SCRABBLE CLUB**

5:30 p.m. to 8:00 p.m. the first and third Tuesdays of each month. Beginners welcome.

Books-a-Million  
125 South Hampton Plaza  
(931) 647-3625

**THE DIARY OF ANNE FRANK**

April 19, 20, 26 and 27 at 7:00 p.m.; April 21 at 2:00 p.m. Presented by the Robertson County Players. There will be persons from The Tennessee Holocaust speaking at each show. The April 21st performance will have

a Holocaust survivor speaking. For more info see our Facebook page under Robertson County Players.

\$10 advanced tickets available at Robertson County Chamber of Commerce, Holman Jewelers & White's Jewelers in Springfield, BJ's Family Restaurant in Pleasant View and online at [www.ticketsnashville.com](http://www.ticketsnashville.com). \$15 at the door.

Springfield Middle School Auditorium  
715 5th Avenue West  
Springfield, Tennessee  
Joseph Nicholson  
(615) 513-4300

**FAMILY LIFE CENTER ACTIVITIES**

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

Hilldale Baptist Church Family Life Center  
250 Old Farmers Road  
[www.hilldale.org](http://www.hilldale.org)

**FOSTER PARENT INFORMATIONAL MEETING**

Right now, there are around a half a million kids in the foster care system. More than half of them will stay in foster care only for one or two years, but there are never enough safe foster homes available for them. Unless you can help. Free informational sessions are held every

Monday, Tuesday and Wednesday @ 5:00 p.m. Other times are available if needed.

1330 College St. Suite Q  
Allegra Gunn  
(931) 503-0777  
[Allegra.Gunn@YouthVillages.Org](mailto:Allegra.Gunn@YouthVillages.Org)

**GOOD NEWS CLUBS**

Looking for an excellent way to thank your military? Why not do so by supporting their children through a one afternoon/week Bible club in their school! Good News Clubs meet in various public elementary schools in our area. No experience is necessary; free training and ongoing support is provided. Join an existing team, or we will help you start a new club.

CEF Greater Clarksville  
(931) 241-8202  
[ReachingKidsForJesus.com](http://ReachingKidsForJesus.com)

**HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN**

Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. Recycling bin is located at:

Clarksville Restore (Habitat for Humanity of Montgomery County).  
(931) 645-4242  
408 Madison Street  
[recyclinghabitatmctn@gmail.com](mailto:recyclinghabitatmctn@gmail.com)  
Recycling Coordinator: Denny Mihalinec

**HOPE RIDERS BIKER CHURCH**

Church every Sunday morning at 9:30 a.m. Bible Study every Friday at 6:30 p.m. at 1140 Grattan Road. Ride each Sunday at 11:00 a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

**Chick-fil-A Wilma Rudolph**

3096 Wilma Rudolph Boulevard  
(931) 552-5511

**SPECIAL EVENTS**

**April 10 Wednesday HELP FEED CLARKSVILLE'S HUNGRY**

5:00 p.m. to 8:00 p.m. Join Clarksville Academy for a special Spirit Night to help raise money and awareness to this community issue. Bring canned goods and eat chicken!

**April 13 Saturday DADDY DAUGHTER DATE NIGHT**  
RSVP online at [daddydaughterdate.com](http://daddydaughterdate.com)

**April 16 Tuesday SPECIAL OLYMPICS SUMMER GAMES AUTOGRAPH SESSION**  
5:00 p.m. to 7:00 p.m. Meet, take pictures, get autographs from the athletes. A special time of motivation and support.

Epicenter (Youth Building)  
First Church of the Nazarene  
150 Richview Road  
Contact: Pastor Ron  
(931) 801-0379

**INDOOR AQUATIC CENTER SEASON**

Mondays through Fridays, 7:00 a.m. to 12:00 p.m., 3:00 p.m. to 8:00 p.m.; Saturdays 10:00 a.m. to 6:00 p.m.; Sundays 1:00 p.m. to 6:00 p.m. Pool passes can be purchased for the Winter Season as well as Year Round.

New Providence Pool  
166 Cunningham Lane  
[www.cityofclarksville.com/parks&rec/swimming.php](http://www.cityofclarksville.com/parks&rec/swimming.php)

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**ATTENTION: CLARKSVILLE RESIDENTS !**

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If you want to reverse the hands of time and get your youthful body back there is only one program to follow. This free "tell all" manual will give you the top ten fitness and weight loss tips that will make you look ten years younger in just a few short months! To request your copy of this manual packed with proven weight loss and fitness strategies call (931) 552-2804 or email me at [Deanna@circuitathletics.com](mailto:Deanna@circuitathletics.com) now!

## MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday every month (except January and July).

Clarksville-Montgomery County Public Library  
350 Pageant Lane  
Jason Groppel  
(931) 561-5530

# April

## 1 MONDAY

### CLARKSVILLE TENNIS ASSOCIATION SIGN-UPS

Throughout the month of April for CTA Tennis Leagues. See ad on page 19.

Bob Faires  
(931) 249-1330  
faresr@apsu.edu

### ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
kidsnplay.com  
facebook.com/kidsnplay

### NRA 1ST STEPS PISTOL CLASS

5:00 p.m. to 7:00 p.m. This class is everything the beginner needs to know about safe gun handling and basic marksmanship. It includes the four rules of gun safety, shooting on the range, loading and unloading, manipulating the guns' safeties, basic cleaning instructions, and much more! **COURSE WILL COVER** 1. Introduction to Pistol Safety, Parts, and Operation 2. Introduction to Ammunition and the Fundamentals of Pistol Shooting 3. Introduction to Pistol Shooting from the Standing

Position 4. Introduction to Pistol Cleaning, Storage, and Training Opportunities Students will get the NRA's The Basics of Pistol Shooting handbook and quick practical lessons on the safe use, cleaning, and storage of their pistol. Course Fee \$50

Clarksville Guns & Archery  
1690 Golf Club Lane  
(931) 802-8912  
clarksvillegunsandarchery.com

## 2 TUESDAY

### SPECIAL NEEDS NIGHT

4:00 p.m. to 8:00 p.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
kidsnplay.com  
facebook.com/kidsnplay

## 3 WEDNESDAY

### COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
kidsnplay.com  
facebook.com/kidsnplay

## 4 THURSDAY

### MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
kidsnplay.com  
facebook.com/kidsnplay

### ART&WALK

5:00 p.m. to 8:00 p.m. Major exhibits of art by local artists in downtown Clarksville.

Strawberry Alley  
info@artwalkclarksville.com  
artwalkclarksville.com  
(931) 614-0255

## 5 FRIDAY

### FLOWER LILY GRAND RE-OPENING

New location. Join us for this fun boardwalk-themed event with fun games for kids of all ages and much more! Like us on Facebook!

Flower Lily  
1604 Madison Street  
(931) 896-2233

### STORYTIME & PUPPET SHOW

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
kidsnplay.com  
facebook.com/kidsnplay

### MOVIE KICKOFF WEEKEND

Free popcorn during movie.

Prizer Point Marina & Resort  
1777 Prizer Point Road  
Cadiz, Kentucky 42211  
(270) 522-3762  
www.prizerpoint.com

## 5 FRIDAY

### MOVIE KICKOFF WEEKEND

Free popcorn during movie.

Prizer Point Marina & Resort  
1777 Prizer Point Road  
Cadiz, Kentucky 42211  
(270) 522-3762  
www.prizerpoint.com

## 8 MONDAY

### KINDERMUSIK PLAYDATE

### "DEAR WORLD, I LOVE YOU"

10:30 a.m. Registration is required; space is limited.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
kidsnplay.com  
facebook.com/kidsnplay

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11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
kidsnplay.com  
facebook.com/kidsnplay

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5:00 p.m. to 7:00 p.m. This class is everything the beginner needs to know about safe gun handling and basic marksmanship. It includes the four rules of gun safety, shooting on the range, loading and unloading, manipulating the guns' safeties, basic cleaning instructions, and much more! **COURSE WILL COVER** 1. Introduction to Pistol Safety, Parts, and Operation 2. Introduction to Ammunition and the Fundamentals of Pistol Shooting 3. Introduction to Pistol Shooting from the Standing Position 4. Introduction to Pistol Cleaning, Storage, and Training Opportunities Students will get the NRA's The Basics of Pistol Shooting handbook and quick practical lessons on the safe use, cleaning, and storage of their pistol. Course Fee \$50

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1690 Golf Club Lane  
(931) 802-8912  
clarksvillegunsandarchery.com



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NCUA  
LENDER

## Chick-fil-A Madison Street

1626 Madison Street  
(931) 648-4468

### Special Events

**April 13 SATURDAY**  
**DADDY DAUGHTER DATE NIGHT**  
RSVP online at  
[daddydaughterdate.com](http://daddydaughterdate.com)

### Spirit Nights

**April 2 TUESDAY**  
**SANGO ELEMENTARY 4PM-8PM**

**April 4 THURSDAY**  
**CARMEL ELEMENTARY FAMILY NIGHT 5PM-7PM**

**April 9 TUESDAY**  
**MOORE MAGNET 4PM-8PM**

**April 11 THURSDAY**  
**NORMAN SMITH 5PM-8PM**

**April 16 TUESDAY**  
**EAST MONTGOMERY 4PM-8PM**

**April 18 THURSDAY**  
**BARKSDALE 4PM-8PM**

## ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. For information, call Patsy Shell, 648-1884.

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane  
(931) 896-1328

# 10

## WEDNESDAY

### STORYTIME & PUPPET SHOW

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

# 11 THURSDAY

### ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

# 12 FRIDAY

### STORYTIME & PUPPET SHOW

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

# 13 SATURDAY

### HANDGUN CARRY PERMIT CLASS

7:30 a.m. to 4:00 p.m. Certification for Tennessee State Handgun Carry Permit. This class consists of six hours classroom time, and two hours range time. Students will need pistol (semi auto or revolver), hip holster, 100 rounds of ammo, hearing protection, and safety glasses. Students should bring paper for note

taking. MUST BE ON TIME FOR THIS CLASS. ANY LATE COMERS WILL BE RESCHEDULED. COURSE FEE: \$65

Clarksville Guns & Archery  
1690 Golf Club Lane  
(931) 802-8912  
[clarksvillegunsandarchery.com](http://clarksvillegunsandarchery.com)

## WEST CREEK SOUND 1ST ANNUAL BIKE AND CAR SHOW

8:00 a.m. to 3:00 p.m. Free Family event. Lots of cars, bikes and entertainment. Come out and enjoy the day with us!

West Creek High School  
1210 West Creek Coyote Trail

## DEADLY SINS FASHION ART SHOW

6:00 p.m. Featuring designs from Sacer & Savive, Lee's Salon, Prodigy Boutique. Benefits Art Link CoOp. Developing free art programs for kids of all ages.

24 Church  
Pleasant View, Tennessee  
[facebook.com/labelsinlights](https://facebook.com/labelsinlights)  
[www.sacerandsavive.com](http://www.sacerandsavive.com)

# 15 MONDAY

### ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

## NRA 1ST STEPS PISTOL CLASS

5:00 p.m. to 7:00 p.m. This class is everything the beginner needs to know about safe gun handling and basic marksmanship. It includes the four rules of gun safety, shooting on the range, loading and unloading, manipulating the guns' safeties,

basic cleaning instructions, and much more! COURSE WILL COVER 1. Introduction to Pistol Safety, Parts, and Operation 2. Introduction to Ammunition and the Fundamentals of Pistol Shooting 3. Introduction to Pistol Shooting from the Standing Position 4. Introduction to Pistol Cleaning, Storage, and Training Opportunities Students will get the NRA's The Basics of Pistol Shooting handbook and quick practical lessons on the safe use, cleaning, and storage of their pistol. Course Fee \$50

Clarksville Guns & Archery  
1690 Golf Club Lane  
(931) 802-8912  
[clarksvillegunsandarchery.com](http://clarksvillegunsandarchery.com)

# 16 TUESDAY

## DIABETIC SUPPORT GROUP

5:30 p.m. Gateway Medical Center's Diabetic Support Group offers current, accurate and usable information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. Family members are welcome to attend. For more information contact Registered Dietitian Diana Smith at 502-1692.

Gateway Medical Center  
651 Dunlop Lane  
Diana Smith  
(931) 502-1692

# 17 WEDNESDAY

## MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

**RHYTHM RAGS & MORE**

Ballet, Tap, Jazz, Active wear and Praise Apparel for all ages!

Also, now offering embroidery, heat & screen printing services!

149 Kender Rhea Ct. (931) 896-2025  
Next to Appleton's Harley Davidson on the bypass

Aquino Pediatrics featured employee is **Danielle Chappell**

She is a Medical Assistant for the practice and has worked with Dr. Aquino for a number of years on and off due to military stations.

*Photographed here with her husband Danny and her children Dayna & "Little" Danny.*

Now Accepting Tricare Prime and Standard

[www.aquinopediatrics.com](http://www.aquinopediatrics.com)  
931-645-4685

Pediatrician **Dr. Barbara Aquino**  
88r Professional Park Dr. Off Dunlop Lane by Gateway Medical Ctr.

## 18 THURSDAY

### LITTLE KIDS SCIENCE LAB

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

## 19 FRIDAY

### STORYTIME & PUPPET SHOW

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

## 20 SATURDAY

### NATIONWIDE OPEN HOUSE WEEKEND

Through Sunday, April 21. Realtors across the country will host the nation's largest open house weekend. See ad on page 8 for more details.

### PREMARITAL PREPARATION COURSE

8:00 a.m. to 12:00 p.m. You must pre-register for this course. Please register on-line at [franklinclergyservices.weebly.com](http://franklinclergyservices.weebly.com) or you may email us at [franklinclergyservices@gmx.com](mailto:franklinclergyservices@gmx.com).

### 9TH ANNUAL RIVERS AND SPIRES FESTIVAL CHILDREN'S PARADE

1:00 p.m. start time. For children ages 12 and under with adult escort. Free to register for individuals, groups or businesses with small floats, decorated wagons, decorated strollers, child-sized vehicles or walking. No full-sized cars or trucks allowed. No animals other than assistance dogs. Entries displaying the theme "SMART SNACKERS"

(Happy, healthy, eaters) may compete for awards. For registration and information go to [www.riversandspires.com](http://www.riversandspires.com). Registration deadline is April 12. You may also find registration slips in the children's area of the Public Library, Customs House Museum or City Parks and Recreation office. Direct further questions to Shirley Taylor, [secretarytaylor@yahoo.com](mailto:secretarytaylor@yahoo.com).

## 22 MONDAY

### COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

### NRA 1ST STEPS PISTOL CLASS

5:00 p.m. to 7:00 p.m. This class is everything the beginner needs to know about safe gun handling and basic marksmanship. It includes the four rules of gun safety, shooting on the range, loading and unloading, manipulating the guns' safeties, basic cleaning instructions, and much more! COURSE WILL COVER 1. Introduction to Pistol Safety, Parts, and Operation 2. Introduction to Ammunition and the Fundamentals of Pistol Shooting 3. Introduction to Pistol Shooting from the Standing Position 4. Introduction to Pistol Cleaning, Storage, and Training Opportunities Students will get the NRA's The Basics of Pistol Shooting handbook and quick practical lessons on the safe use, cleaning, and storage of their pistol. Course Fee \$50

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1690 Golf Club Lane  
(931) 802-8912  
[clarksvillegunsandarchery.com](http://clarksvillegunsandarchery.com)

## 24

## WEDNESDAY

### MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

## 25 THURSDAY

### CLARKSVILLE TENNIS ASSOCIATION KICK-OFF SOCIAL

See ad on page 19. Contact for more information:

Kathy Littleton  
(931) 320-6776  
[kathy@dicklittleton.com](mailto:kathy@dicklittleton.com)

### ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

## 26 FRIDAY

### KINDERMUSIK PLAYDATE "DEAR WORLD, I LOVE YOU"

10:30 a.m. Registration is required; space is limited.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

### PARENT'S BUNCO NIGHT

6:00 p.m. to 8:30 p.m. By sign-up only; 28 players maximum.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

### FIELDSTONE PLACE "PARTY ON THE PATIO" CONCERT KICKOFF

6:00 p.m. to 8:00 p.m., rain or shine.

Fieldstone Place  
51 Patel Way

## 27 SATURDAY

### 2013 GREAT STRIDES WALK

Register at [www.cff.org/greatstrides](http://www.cff.org/greatstrides). Contact Tiffany Kerns at the CF Foundation at (615) 255-1167 or Great Strides Chair Debbie McConnell at (931) 980-8837 for more information. See article on page 18.

Clarksville Speedway & Fairgrounds  
1600 Needmore Road

### WARRIOR WEEK

Sponsored by the City of Clarksville. Family Picnic; Car, Truck and Bike Show and much more. See ad on page 16 for details.

Heritage Park  
1241 Peachers Mill Road

### 4TH ANNUAL FORT CAMPBELL WALK FOR AUTISM

9:00 a.m. to 12:00 p.m. at Fryar Stadium on Fort Campbell, KY. Hosted by The Army Community Service Exceptional Family Member Program and local partners. The goal of this walk is to increase awareness and unite Families who have been

## Every child should feel good about school.

Our highly personalized approach builds the skills, habits and attitudes your child needs to succeed in school and in life.

- Develops independent work habits
- Improves attitudes
- Motivates learning
- Provides feedback for parents and teachers

# \$25 OFF

## Initial Diagnostic Assessment

(valid at participating centers only. May not be combined with other offers.)



**Sylvan Learning of Clarksville**  
220 Forbes Ave.  
Clarksville, TN 37040  
**931-647-5811**  
[sylvan1011@sylvanclarksville.com](mailto:sylvan1011@sylvanclarksville.com)

READING, MATH, WRITING, STUDY SKILLS, TEST PREP, COLLEGE PREP AND MORE!



# Summer

is a time for friends, family and fun!  
Why not keep yourself or your child inspired with fun that is FUNctional?

## Take our KMA Challenge!

6 weeks of classes  
KMA t-shirt  
karate pants & white belt  
for one low price.

## May 20-June 27

We offer age specific classes  
for students 2 years and up!

**CALL** Deadline to  
**TODAY!** Register May 17



For more info call or visit  
**931-472-1008**  
[kriegischmartialarts.com](http://kriegischmartialarts.com)

affected by Autism. This event is FREE and open to the public, for more information call (270) 798-2727.

### DAR CHAPTER MEETING

10:30 a.m. The program will be an Informational Fair with many participants from the community. The Captain William Edmiston Chapter of the Daughters of the American Revolution is a nonprofit, nonpolitical service women's organization dedicated to preserving American history, securing America's future through better education, and promoting patriotism.

Trinity Parish Hall  
317 Franklin Street  
[CaptWilliamEdmiston@tndar.org](mailto:CaptWilliamEdmiston@tndar.org)

### C.A.R. SOCIETY MEETING

2:00 p.m. to 4:00 p.m. Open to boys and girls from birth until age 22, Clarksville's Sevier Station Society of the Children of the American Revolution (C.A.R.) trains good citizens, develops leaders, and promotes love of the United States of America and its heritage among young people. Email us for membership information.

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane  
[sevierstation@yahoo.com](mailto:sevierstation@yahoo.com)

### 29 MONDAY LITTLE KIDS SCIENCE LAB

11:00 a.m.

Kids-N-Play  
525-B Alfred Thun Road  
(931) 896-1328  
[kidsnplay.com](http://kidsnplay.com)  
[facebook.com/kidsnplay](https://facebook.com/kidsnplay)

### NRA 1ST STEPS PISTOL CLASS

5:00 p.m. to 7:00 p.m. This class is everything the beginner needs to know about safe gun handling and

basic marksmanship. It includes the four rules of gun safety, shooting on the range, loading and unloading, manipulating the guns' safeties, basic cleaning instructions, and much more! COURSE WILL COVER 1. Introduction to Pistol Safety, Parts, and Operation 2. Introduction to Ammunition and the Fundamentals of Pistol Shooting 3. Introduction to Pistol Shooting from the Standing Position 4. Introduction to Pistol Cleaning, Storage, and Training Opportunities Students will get the NRA's The Basics of Pistol Shooting handbook and quick practical lessons on the safe use, cleaning, and storage of their pistol. Course Fee \$50

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[clarksvillegunsandarchery.com](http://clarksvillegunsandarchery.com)

### 30 TUESDAY LAST DAY FOR CLARKSVILLE TENNIS ASSOCIATION SIGN-UPS

See ad on page 19.

Bob Faires  
(931) 249-1330  
[faresr@apsu.edu](mailto:faresr@apsu.edu)

### May 2 THURSDAY CLARKSVILLE TENNIS ASSOCIATION ADVANCED LEAGUE DRAFT

Bob Faires  
(931) 249-1330  
[faresr@apsu.edu](mailto:faresr@apsu.edu)

### 3 FRIDAY FIELDSTONE PLACE "PARTY ON THE PATIO" WITH CUMBERLAND WINDS BIG BAND

6:00 p.m. to 8:00 p.m., rain or shine.

Fieldstone Place  
51 Patel Way

### 4 SATURDAY F.U.E.L. FUNDRAISER

Help the Clarksville Association of Realtors support this worthy program and enjoy a lovely day outside. Music and entertainment will be provided. See article on page 58.

Clarksville Association of Realtors  
103 Center Pointe Drive  
Karla Miller  
(931) 551-5233  
[realtorkarlamiller@gmail.com](mailto:realtorkarlamiller@gmail.com)

### 5 SUNDAY MISSION: RUN, 10K/5K

Sponsored by The Way, a Baptist Church in Clarksville. All proceeds go to local charities and our global mission partners. Register at [thewayofclarksville.com/charity-run-registration](http://thewayofclarksville.com/charity-run-registration).

### 6 MONDAY CLARKSVILLE TENNIS ASSOCIATION START OF BEGINNER TENNIS LEAGUE

Through Tuesday, May 7.

Bob Faires  
(931) 249-1330  
[faresr@apsu.edu](mailto:faresr@apsu.edu)

### 7 TUESDAY CLARKSVILLE TENNIS ASSOCIATION START OF SUMMER LADIES LEAGUE

Bob Faires  
(931) 249-1330  
[faresr@apsu.edu](mailto:faresr@apsu.edu)

### 8 WEDNESDAY CLARKSVILLE TENNIS ASSOCIATION START OF INTERMEDIATE TENNIS LEAGUE

Bob Faires  
(931) 249-1330  
[faresr@apsu.edu](mailto:faresr@apsu.edu)

### 9 THURSDAY CLARKSVILLE TENNIS ASSOCIATION START OF ADVANCED TENNIS LEAGUE

Bob Faires  
(931) 249-1330  
[faresr@apsu.edu](mailto:faresr@apsu.edu)

**Submit your event to [events@clarksvillefamily.com](mailto:events@clarksvillefamily.com) by the 15th of the month to be included in the next issue.**

Earth-Friendly Covers  
**BUTZIE COVERS**  
Diaper Service Cloth Diapers  
Now with TWO Locations to serve you!  
One Size Fits All Diapers!  
Covering baby bottoms with style!  
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[www.butziecovers.com](http://www.butziecovers.com)  
16496 Fort Campbell Blvd Oak Grove, KY (across from Gate 4) 931-771-2465  
113 N. Riverside Dr. Clarksville, TN 931-338-6222

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**SPACE WALK™**  
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Spacewalk is the leader in inflatable entertainment business: space walks, water slides, concessions, and interactive!  
• Pickup or Delivery Options Available  
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Ask about graduation specials!  
Order Online Now  
[www.spacewalkclarksville.com](http://www.spacewalkclarksville.com) or call 931-905-1116  
**20x20 Spider Tent for Only \$100**

## The Roxy Regional Theatre

100 Franklin Street • (931) 645-7699 • [www.roxyregionaltheatre.org](http://www.roxyregionaltheatre.org)

### CIVIL WAR STORIES

Celebrated for their intensity, insight and mastery of form, Ambrose Bierce's collection of stories has been described as one of the great antiwar statements in American literature. Selections include "Chickamauga," "An Occurrence at Owl Creek

Bridge" and "Killed At Resaca." The third production in our four-part series celebrating the Sesquicentennial of The Civil War.

8:00 p.m. April 5 and 6

2:00 p.m. April 6

Tickets \$20 (adults) and \$15 (13 and under)

### PETER PAN

"Second star to the right, and straight on 'til morning!" This tale of the boy who never grew up is reborn in an exciting new musical by the authors of *Honk!* and *Mary Poppins*, bringing to life the magical world of Neverland with spectacular

scenes of flying, swashbuckling and sheer fantasy.

8:00 p.m. April 12, 13, 26 and 27; May 3, 4, 10, 11, 17 and 18

7:00 p.m. April 24 and 25; May 1, 2, 8, 9, 15 and 16

2:00 p.m. April 27 and May 4

Tickets \$25 (adults) and \$15 (13 and under)

## Clarksville-Montgomery County Public Library

350 Pageant Lane • (931) 648-8826 • [www.clarksville.org](http://www.clarksville.org)

Our Foster Grandmother, "Grandma Louise" is in the Children's Library most mornings Monday to Thursday to do simple crafts, give sage advice and most importantly, give hugs!

### Just for Me Story Time

Designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents

are welcome to join during the craft or art activity.

### Busy Bees

This program is designed for children from 18 months through three years old, to be an interactive program for parent and child. It is important that the child stay on their parent's or caregiver's lap, or cuddle near them during the program. Books with brightly colored pictures, songs, finger plays, and music are used to make this time as rewarding and instructive as possible. Parents and their children ages 18 months through three years old should attend this program without older or younger siblings.

NO OLDER OR YOUNGER CHILDREN IN THIS PROGRAM PLEASE!

### Baby and Me Lapsit

For infants up to eighteen months will enjoy our "Lapsit" program. This program brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind! NO OLDER CHILDREN IN THIS PROGRAM PLEASE!

### Family Story Time

Programs will feature stories centered around

a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together.

### Lego Program

Held on the second Saturday of the month from 2 p.m. to 3:30 p.m. Families with kids of all ages are encouraged to grab a tub of Legos and have fun being creative and building something special while making new friends.

### Pajama Story Time

Held on the first Thursday of the month at 6:00 p.m. Come dressed ready for bed and join us for wonderful fun.

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • [www.customshousemuseum.org](http://www.customshousemuseum.org)

### EXHIBITS:

#### Eat Well, Play Well

This highly interactive exhibit encourages healthy living by teaching the science of making healthy food choices and helping children and adults discover that there are many fun and interesting ways to stay active. Hands-on components teach appropriate serving size, test your flexibility and balance, and more! Through May 5th.

#### Women Painting Women

In celebration of Women's History Month, this exhibit features thirteen contemporary female artists who paint primarily figurative

work. Most of these award-winning women are from Tennessee. Through May 12th.

#### Trousseau

Vintage clothing and other ladies' items throughout several decades are on display in this Women's History Month exhibit. Through May 19th.

### ACTIVITIES:

#### Let's Hats & Helmets

April 3rd 10:30 a.m. to 11:30 a.m.

Children 3-5 years old and their grown-ups are invited to explore the Museum from a child's perspective. This month we will be looking for

hats and helmets. We will also read a story and make a craft. If you would like, you may bring a hat or helmet to wear for fun.

This activity is free to Museum Members. Non-members pay the regular adult admission of \$7, plus \$1 per child. Siblings are always welcome.

Please contact Sue Lewis, our Director of Education, at (931) 648-5780 for more information.

#### Sunday Family Fun: What's for Dinner?

April 7th, 1:00 p.m. to 5:00 p.m.

you are invited to join us as we plan a family dinner, look at some unusual fruits and vegetables, and burn some calories while enjoying the exhibit Eat Well, Play Well. This activity is free with your paid admission or Museum Membership. For more information, please contact Sue Lewis at (931) 648-5780.

The museum is open Tuesday through Sunday unless otherwise noted.

## ADOPTION & FOSTER CARE

### CLARKSVILLE FAMILY ADOPTION GROUP

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information, contact Jaime at (931) 980-8498 call/text. To be added to the contact list, please send your e-mail address and/or phone number to [jaimeforjewelry@gmail.com](mailto:jaimeforjewelry@gmail.com).

### CARING CHOICES OF CATHOLIC CHARITIES

1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deasree Williams: (931) 645-9969 or [dwilliams@cctenn.org](mailto:dwilliams@cctenn.org).

### OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, [karen.henderlight@uhsinc.com](mailto:karen.henderlight@uhsinc.com).

### OMNI VISIONS INCORPORATED

A multi-state child placement agency. We offer treatment foster care and services. 171 Hatcher Lane, (931) 645-7711 or [www.omnivisions.com](http://www.omnivisions.com).

### YOUTH VILLAGES

585 South Riverside Drive, is a private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. (931) 503-0777 or [www.youthvillages.org](http://www.youthvillages.org).

## ARTS, CRAFTS & HOBBIES

### COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact JoAnn McIntosh at (931) 221-7508 or [csa@apsu.edu](mailto:csa@apsu.edu), or visit our website at [www.csa.apsu.edu](http://www.csa.apsu.edu).

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwgs.org](http://www.mcwgs.org), if you would like more information regarding who we are and what we do, or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports, regardless of their limitations. Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools needed to help overcome the stigma often associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of disabled children. Because of this, Buddy Ball does not charge any fees to participate. We rely entirely on private donations to operate. (931) 624-7253 or [www.buddyball.net](http://www.buddyball.net).

### CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email [icflyball@hotmail.com](mailto:icflyball@hotmail.com), or visit [www.flyballdogs.com/qcrr](http://www.flyballdogs.com/qcrr) for more information about this exciting canine sport.

### CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, [info@clarksvilleimpact.us](mailto:info@clarksvilleimpact.us) or [www.clarksvilleimpact.us](http://www.clarksvilleimpact.us).

### CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at [PrHowle@aol.com](mailto:PrHowle@aol.com) for all who are interested. Visit [www.clarksvilletennis.usta.com](http://www.clarksvilletennis.usta.com).

### EMMANUEL FAMILY LIFE CENTER

303 Fairview Lane. Open 8:00 a.m. to 8:00 p.m. Monday, Tuesday, Thursday and Friday; 8:00 a.m. to 4:00 p.m. Wednesday; and 8:00 a.m. to 2:00 p.m. Saturday. Open to the public with gym, walk track, weight room, aerobics, boot camp, Zumba, r&b line dancing, cafe, dining room, meeting rooms, and more. Visit [clarksvillefamilycenter.org](http://clarksvillefamilycenter.org) or call (931) 647-4341.

### SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit [www.swimmingeagles.com](http://www.swimmingeagles.com) call (352) 262-0627 or e-mail [swimeagleky@yahoo.com](mailto:swimeagleky@yahoo.com). All participants must pass a swim test.

### TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle

school. For more information contact David Isbell at (719) 494-6685 or email at [isbell\\_dave@yahoo.com](mailto:isbell_dave@yahoo.com).

### WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail [warrriorscheersquad@yahoo.com](mailto:warrriorscheersquad@yahoo.com).

### YOUTH WRESTLING PROGRAM

The Hawks wrestling club is for boys and girls ages 7 through 14 years old (Elementary - Middle school). We are also looking for experienced volunteer wrestling coaches and coordinators. For more information, please contact wrestling coach Rafael Gonzalez at (931) 320-5042 or e-mail at [taniagon@charter.net](mailto:taniagon@charter.net).

## CHILDBIRTH & PARENTING EDUCATION

### ALPHA CHRISTIAN CHILDBIRTH PREPARATION

Our class is everything that you would get at a hospital class but MUCH more. You will learn how to stay low risk and what to expect in labor, but you will also learn how to make informed decisions, the truth about the "slippery slope" of interventions, why the United States' c-section rate is one of the highest in the world and how best to avoid one, how to relax, how to stay in control (mentally and physically), how to rely on God's word to stay focused, how to care for your infant and how to succeed at breastfeeding. You will laugh, learn and pray with other believers while becoming informed and empowered together. Contact Heidi Duncan, Birth Doula & Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

We offer breastfeeding classes for everyone in the community twice per month, as well as hold a support group for breastfeeding families once a month. Nutritionists and a breastfeeding peer counselor are also available to answer questions via phone during business hours. Please call for future class and support group schedules or look in the Calendar section of this month's issue for upcoming events. Breastfeeding is one of the most important life-lasting gifts you can give to your baby. You can do it; WIC can help! Montgomery County WIC, 1850 Business Park Dr, Suite 103, (931) 551-8777.

### CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make informed choices for your pregnancy, birth and newborn care. Events posted at

[fortcampbelldoula.webs.com](http://fortcampbelldoula.webs.com) or find us on Facebook at [www.facebook.com/groups/clarksvillebirthpros/](http://www.facebook.com/groups/clarksvillebirthpros/).

### FAMILY BIRTH CENTER

Lactation Services offers a breastfeeding class for new moms. The class is held the first Tuesday of each month from 7:00 p.m. to 9:00 p.m. in the 3rd floor classroom of Gateway Medical Center. Cost for the class is \$15 (\$25 if you wish to receive 'The Nursing Mother's Companion book'). (931) 502-1180.

### GATEWAY MEDICAL CENTER

Prenatal Classes teach parents-to-be what to expect during childbirth and how to ease the discomforts of pregnancy. Classes start the first Wednesday and Thursday of each month in the Liberty Rooms at 7:00 p.m. (931) 502-1180.

Sibling Classes offer brothers- and sisters-to-be an introduction to sibling interaction and a tour of the nursery. Classes the last Saturday of the month in the 3rd floor classroom at 10:00 a.m. (931) 502-1180.

### HEALTHY START

Healthy Start is a community outreach program fostering healthy childhood growth and development by providing free support services to first time parents and their babies. (931) 645-3976.

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [www.facebook.com/LLLClarksville](http://www.facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

### NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or [ninemonthsandbeyond.com](http://ninemonthsandbeyond.com).

### YOUR BIRTHING BODY

Extensive Childbirth Education utilizing The Bradley Method® and offering training in what to expect during pregnancy, labor, and birth, as well as consumerism of childbirth, nutrition, exercise, communications, breastfeeding, knowledge of procedures, interventions and complications, knowledge of newborn procedures, postpartum preparation and care, and assistance in creating a birth plan. Offers training not only for the expectant mother, but also trains a labor coach of her choice to serve as her own personal doula/labor support. I also offer my own personal doula services to my students at discounted rate. For more information contact Jade Chapman at (931) 802- 9869 or visit [www.yourbirthingbody.com](http://www.yourbirthingbody.com).

## CHILD CARE

### CHILD CARE AWARE

Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. [www.childcareaware.org](http://www.childcareaware.org).

### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second Street, provides childcare free referrals and information to parents, training and on-site consultation to childcare providers, and a lending library full of resources for the community. (931) 648-3695 or (866) 446-6006.

### MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

At the following links you will find individual child care providers, state star quality ratings, capacity, minimum & maximum age accepted, hours of operation and transportation information. (Home based child care facilities are also listed.)

[www.tennessee.gov/humanserv/childcare/63/37040/](http://www.tennessee.gov/humanserv/childcare/63/37040/)

[www.tennessee.gov/humanserv/childcare/63/37042/](http://www.tennessee.gov/humanserv/childcare/63/37042/)

[www.tennessee.gov/humanserv/childcare/63/37043/](http://www.tennessee.gov/humanserv/childcare/63/37043/)

### PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, [clarksvillepin.net](http://clarksvillepin.net).

### PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or [www.progressivedirections.com](http://www.progressivedirections.com).

### TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamera Adjei at (931) 648-5725 or [tadjei@utk.edu](mailto:tadjei@utk.edu).

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community

Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. [www.middlemalanon.org](http://www.middlemalanon.org).

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 879-1999.

### CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents is a free and voluntary program that provides parenting education, crisis intervention and case management for families that desire assistance. Please call a CHAP counselor at (931)645-9793 or visit [www.cctenn.org](http://www.cctenn.org).

### DEPARTMENT OF CHILDREN'S SERVICES

At 350 Pageant Lane, Suite 401. (931) 503-3200.

### LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or [www.las.org](http://www.las.org).

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

At 93 Beaumont Street. (931) 572-1663.

### SAFEHOUSE

Provides a safe shelter, crisis line, counseling, support groups, referrals and advocacy, community education and safety planning for women and children who are domestic violence victims. (931) 552-6900.

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. Martin R. Koon Jr. at (931) 648-5725 or [mkoon@utk.edu](mailto:mkoon@utk.edu).

### BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or [www.mtcbsa.org](http://www.mtcbsa.org).

### CHILDREN OF THE AMERICAN REVOLUTION (C.A.R.)

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at [sevierstation@yahoo.com](mailto:sevierstation@yahoo.com).

### GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or [www.gsmidtn.org](http://www.gsmidtn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [bkelly@gsmidtn.org](mailto:bkelly@gsmidtn.org) for more information.

### LEAP ORGANIZATION

Provides youth development services such as mentoring, case management, counseling, community service, and career development targeted at ages 12 to 18. (931) 378-0500, [info@leaporg.net](mailto:info@leaporg.net), [www.leaporg.net](http://www.leaporg.net).

## COMMUNITY

### OUTREACH

### 101ST AIRBORNE DIVISION ASSOCIATION ONCE AN EAGLE...ALWAYS AN EAGLE

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other members of the division at the end of World War II. Many of the founders of this great organization are still members today, along with many of their widows, children, grandchildren, and foreign friends who were liberated by the division during WWII, and other supporters who are assisting in carrying on the legacy of the 101st Airborne Division.

The 101st Airborne Division Association welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served. In addition to uniting all generations of Screaming Eagles, the association links all units that are now, or were previously assigned or attached to the Division.

Association contributions include: Provided design, funded and constructed the Division Memorial at Arlington National Cemetery in memory of all fallen Screaming Eagles; provided design, funded and constructed the Division Monument at Ft. Campbell in honor of all Screaming Eagles, past, present and future; raised \$200,000 (and counting) in support of troopers and their families during Enduring Freedom/Iraqi Freedom deployments; supporting families at Ft. Campbell through the Association's Screaming Eagle Support Fund, which also provides quality of life enhancements for single soldiers under the Better Opportunity for Single Soldiers (BOSS) program; providing annual scholarships to Screaming Eagle family members for over forty years; ongoing activities and tours bringing Screaming Eagles together; regional and unit-based chapters throughout the country; magazine and website for information and use by all units/members.

As a member of the Association, you will be helping us carry on the legacy that our comrades began back in World War II. Some benefits that the 101st Airborne Division Association members receive include: Chappie Hall Scholarship eligibility; annual college scholarships are awarded to Association members, family members or descendants of Association members; Screaming Eagle Support Fund for soldiers in need; if you so chose, the Screaming Eagle publication will be mailed to you four times a year; voting rights and a voice in the operation of the Association; eligibility to purchase military and 101st Airborne Division items and memorabilia from our National Association store; attend our many social functions along with many veterans of the 101st Airborne Division; membership pin; membership card; membership decal and History of the Division.

For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. Monday through Friday at (931) 431-0199 or at our website [ScreamingEagle.org](http://ScreamingEagle.org).

### ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. Spring Semester classes begin this month. Online Courses are offered year-round. Visit [www.studythescrptures.net](http://www.studythescrptures.net) or call (931) 648-8844 for more information, class schedules and to register.

### APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, [jonesma@apsu.edu](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

### ARMY COMMUNITY SERVICE

At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/FamilyReadiness.htm](http://www.fortcampbellmwr.com/ACS/FamilyReadiness.htm).

### ASERACARE HOSPICE

Hospice care provided for individuals nearing the end of life. Our team of professionals, which includes doctors, nurses, home health aides, social workers, chaplains, volunteers and a bereavement counselor, supports patients and families by providing pain and symptom management, as well as psychosocial, emotional and spiritual support. 24/7 on-call availability. Serving Montgomery, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

### BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching Tagalog lessons to those interested in learning another language. Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

## CLARKSVILLE-FT. CAMPBELL CHRISTIAN WOMEN'S CONNECTION

We meet regularly on third Tuesday of each month (unless there are conflicts with Thanksgiving and Christmas, when we move to second Tuesday). No membership fees are required. We meet at the Clarksville Country Club on 334 Fairway Drive. Program consists of special features, singers, and a speaker who gives her personal testimony. Lunch is served at 11:00 a.m. The price is \$14 and the meeting concludes at 1:00 p.m. For reservations, call Heidi at (931) 648-8353.

## CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

## FREE CAKES FOR KIDS FORT CAMPBELL

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on facebook [www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082](http://www.facebook.com/pages/Free-Cakes-for-Kids-Fort-Campbell/198841293467082). Christina Johnson is the Chapter Organizer for Free Cakes for Kids Fort Campbell, you can reach her at (254) 813-4732 or [freecakesforkids\\_fortcampbell@yahoo.com](mailto:freecakesforkids_fortcampbell@yahoo.com).

## FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](http://facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at [outdoorclarksville.com](http://outdoorclarksville.com).

## FRIENDS OF ROTARY PARK

A volunteer group that is diligently working to improve the trail network and playground areas at the park.

Those interested in joining Friends of Rotary Park can do so by contacting Chad Eaton at (931) 624-7787 or [chadeaton@hotmail.com](mailto:chadeaton@hotmail.com). Or visit [www.facebook.com/FriendsOfRotaryPark](http://www.facebook.com/FriendsOfRotaryPark) to keep in touch with other members and events at the park. Dues are annual at \$15 for individuals / \$25 for a family / \$50 business membership.

## GATEWAY HOME HEALTH & HOSPICE

700 North Riverside Drive, Suite C-9. Serving the Clarksville area for 25

years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

## GOOD NEWS CLUBS

After-school Bible clubs that meet one day a week at school for several hours right after school. Students learn about Jesus through a Bible lesson, Scripture memory, meaningful songs and missionary stories and lots of FUN! Adults and teen volunteers are needed for each club. Find us on Facebook at CEF Greater Clarksville, our website at [www.reachingkindsofjesus.com](http://www.reachingkindsofjesus.com) or call us at (931) 241-8202.

## HABITAT FOR HUMANITY AND RESTORE

Habitat a non-profit ecumenical Christian organization partners with qualified applicants to build new home construction within Montgomery County. Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, [www.habitatmctn.org](http://www.habitatmctn.org). The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, [donation@clarksvillerestore.org](mailto:donation@clarksvillerestore.org).

## HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at [www.huihawaiiotn.com](http://www.huihawaiiotn.com).

## HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7580.

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, [humanesociety@clarksville.com](mailto:humanesociety@clarksville.com) or [clarksvillehumanesociety.org](http://clarksvillehumanesociety.org).

## LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. Donations of any kind are welcomed. (800) 431-8364 or [www.asociacionlatina.info](http://www.asociacionlatina.info).

## LOAVES AND FISHES

At 215 Foster Street, provides a hot meal Monday-Saturday 10:30 a.m. to 12:00 p.m. Also provides a distribution center for food donated to agencies that feed hungry people on Tuesday and Friday from 1:00 p.m. to 2:00 p.m. (931) 645-9020.

## MANNA CAFE MINISTRIES

Serving the Montgomery County area with hot meals and food pantry.

FOOD PANTRY – Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street.

HOT MEALS – We serve hot meals three days a week.

Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road.

Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues.

Saturdays at 8:30 a.m. for breakfast served at BOTH locations.

We are committed to uplifting those in need through kindness, love, respect and a full stomach.

1319 Franklin Street, (931) 933-0970.

## MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver noon meal Monday-Friday. It only takes an hour of your time. Beth at (931) 645-5629.

## MONTGOMERY COUNTY WIC CLINIC

1850 Business Park Drive Suite 103. Provides nutrition education and food vouchers for women, infants, and children (up to age five). We offer breastfeeding education, including two free monthly classes (see calendar for dates and times). (931) 551-8777.

## PREVENT BLINDNESS TENNESSEE

Offering free vision screenings for adult diabetics (aged 40 and over). Call for appointment at our office. For groups of 15 or more we can come to your facility. Prevent Blindness Tennessee is a non-profit health agency that relies entirely upon gifts, contributions, foundations and volunteers. We provide education, information, referrals, community service, free vision screenings, eyeglasses and exams to children, seniors and the needy. We keep the SEE in TennesSEE! 95 White Bridge Road, Nashville., (615) 352-0450.

## RADICAL MISSION

Meets Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center,

founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, furniture, clothing, financial counseling, assistance with utilities and friendship. For more information contact Pastor Brett Smith or Emmen Chapman at (931) 648-0110.

## REFORMERS UNANIMOUS

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit [www.reformu.com](http://www.reformu.com) or call (931) 233-0519.

## SUNCREST HOME HEALTH

Available 24 hours a day, seven days a week to answer any questions you might have to discuss how we can help your patients feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

## TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

1575 Corporate Parkway Boulevard (past John Deere and Clayton Homes), a county/state agency, the TRC provides counseling, vocational evaluation, work adjustment, and job placement services for graduating high school students and adults with disabilities. (931) 648-5560.

## TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAEYC)

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit [www.traecy.org](http://www.traecy.org).

## UNITED WAY

At 1300 Madison Street, provides the leadership to increase the organized capacity of people to care for one another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

## VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U.S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at [webbm@apsu.edu](mailto:webbm@apsu.edu). You can also visit our website at [www.apsu.edu/VUB/](http://www.apsu.edu/VUB/).

## COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.

AA 24 Hour Hotline: (615) 647-831-1050

Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.)

Alanon/Alateen Family Hotline: (888) 425-2686

### ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

### BRADFORD HEALTH SERVICES

Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

### CELEBRATE RECOVERY

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and

food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit [www.clarksvillefirst.com](http://www.clarksvillefirst.com).

### CENTERSTONE

810 Greenwood Avenue, (931) 920-7330. 1820 Memorial Circle, (931) 920-7300. Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025. 511 Eighth Street, (931) 920-7200.

### FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

### THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

### HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

For ages 18+ Centerstone's HOPE program serves adults with substance use and/or mental health disorders who are homeless or at-risk of becoming homeless and who live in Clarksville. (931) 920-7300.

### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

### MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the

community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 1808 Haynes Street. For more information or to make a referral please call (931) 645-5440 or visit [www.mhc-tn.org](http://www.mhc-tn.org).

### OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

### PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or [www.pastoralcounselingctrs.org](http://www.pastoralcounselingctrs.org).

### THE PATH LIFE COACHING

Through The Path Life Coaching ([www.ThePathLifeCoaching.com](http://www.ThePathLifeCoaching.com)), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at [JuleeSPoolePHD@aol.com](mailto:JuleeSPoolePHD@aol.com) or (931) 906-5449.

### REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Contact Taboya Holman, Clarksville RIP program Coordinator @ (931) 920-2347 or [Taboya.Holman@centerstone.org](mailto:Taboya.Holman@centerstone.org).

### VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

### WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

### YMCA'S RESTORE MINISTRIES COUNSELING CENTER

Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited financial resources or no insurance, but we are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or [spowers@ymcamidtn.org](mailto:spowers@ymcamidtn.org).

### INTERNATIONAL ORGANIZATIONS

#### MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM HOSTING AND SENDING TEACHERS AND STUDENTS ON INTERNATIONAL EXCHANGES

Host an AFS-USA high school exchange student from one of the over 40 partner countries for the next school year beginning in August.

# Crisis 211

There is light, even in the darkest night. **DIAL** Find Help • Give Help

**Crisis comes in many forms. It comes when a person experiences emotional pain like the death of a loved one, divorce, neglect, depression, broken relationships & even a bad day at work or school.**

**2-1-1 offers information on a broad range of services including:**

<ul style="list-style-type: none"> <li>• Financial assistance</li> <li>• Prescreening for foodstamps</li> <li>• Free tax preparation</li> <li>• Food banks</li> </ul>	<ul style="list-style-type: none"> <li>• Housing</li> <li>• Health resources</li> <li>• Elderly care</li> <li>• Financial literacy</li> <li>• Job training programs</li> </ul>
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Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [AFSPR@mistennyky.org](mailto:AFSPR@mistennyky.org) or Sandy Rich at [srich@afs.org](mailto:srich@afs.org) and (865) 617-0665 and the local web site Miss Tenny Area AFS Volunteer Leadership Team at [www.afsusa.org/misstennyky](http://www.afsusa.org/misstennyky).

## PARENT GROUPS CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

## CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTOUSNESS ACADEMICALLY)

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit [www.orgsites.com/tn/chara](http://www.orgsites.com/tn/chara) or e-mail [clarksvillechara@gmail.com](mailto:clarksvillechara@gmail.com).

## CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing groups through a common virtual meeting place in order to encourage discussions, dialogue, and face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, please visit [www.chn.proboards.com](http://www.chn.proboards.com). There is not a fee to register with the group. You must post an introduction to the group within one week of joining.

## FIRST BAPTIST CHURCH HOMESCHOOL GROUP

A ministry of First Baptist Church, downtown Clarksville. They meet regularly and have activities throughout the year. They also have a weekly homeschool support group for moms, which meets on Wednesday evenings. For more information contact First Baptist Church at (931) 645-2431.

## HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit [groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/](http://groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/)

## HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

## LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [www.facebook.com/LLLClarksville](http://www.facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

## MOMS CLUB® OF CLARKSVILLE

MOMS Offering MOMS Support.™ We are a support group designed just for you, the stay-at-home MOM of today! If you need a support group that understands your special needs as a stay-at-home MOM, we are it. We are the first, largest and fastest growing support group specifically for ALL stay-at-home parents. Come as a guest to our next chapter meeting. Your children are always welcome to attend all MOMS Club® activities!

We offer weekly activities that are during the day and child friendly, so you can get out and meet new people and give your child a chance to play with new friends. Visit [www.momsclubofclarksvilletn.com](http://www.momsclubofclarksvilletn.com) for more information.

MOMS Club® has expanded to reach more MOMS in Clarksville. We now have two clubs in order to help MOMS find activities closer to home. We will have a club in both east and west Clarksville. East Clarksville's club includes MOMS from Sango and St. Bethlehem; West Clarksville's club includes MOMS from Ft. Campbell, Oak Grove and Woodlawn. By sistering into two clubs activities can be planned closer to where MOMS live. For more information or to join email [eastclarksvillemomsclub@gmail.com](mailto:eastclarksvillemomsclub@gmail.com) for East Clarksville or [clarksvillemomsclub@yahoo.com](mailto:clarksvillemomsclub@yahoo.com) for West Clarksville.

## MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Liz Coop, Membership Coordinator, at (615) 686-8008 or [clarksvillemops@gmail.com](mailto:clarksvillemops@gmail.com). We look forward to meeting you!

## FT. CAMPBELL MOPS

Free child watch is available 9:15 a.m. to 12:00 p.m. MOPS meets the 1st and 3rd Wednesday of the month at Memorial Chapel Church on Fort Campbell. Contact Amanda Wiley at [mrs.wiley2006@gmail.com](mailto:mrs.wiley2006@gmail.com) or (210) 846-4501.

## HILLDALE BAPTIST CHURCH MOPS

Meets most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Childcare is provided and your first meeting is free. Come meet great moms and join in the fun. For more information contact Heather Lopp or Diane Carroccia, Co-Coordinator, email [hilldalebaptistmops@gmail.com](mailto:hilldalebaptistmops@gmail.com), visit [www.hilldale.org/mops](http://www.hilldale.org/mops) or look for us on Facebook under Hilldale Baptist Church MOPS or call the church office at (931) 648-8031.

## SPRING CREEK BAPTIST CHURCH MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month from September to May. Meetings are from 9:30 a.m. to 11:30 a.m. and childcare is provided. For more information contact Ashleigh Goss at [ashleighgoss7@yahoo.com](mailto:ashleighgoss7@yahoo.com). Find us on Facebook at Spring Creek MOPS.

## PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [KCORLEY77@aol.com](mailto:KCORLEY77@aol.com) for more information.

## PARENTS REACHING OUT

Provides peer counseling and support services. Aims at long-term preventive health care solutions to families facing the challenges of a high-risk pregnancy or having an infant or child in critical care. Call (615) 365-7004.

## TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: [www.facebook.com/#!/groups/tnSharehomeschool/](http://www.facebook.com/#!/groups/tnSharehomeschool/)

## TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

"Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit [www.tennessee.gov/education/teis](http://www.tennessee.gov/education/teis) or call (800) 852-7157.

## WIC NUTRITION EDUCATION CENTER

All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 1850 Business Park Drive. Call (931) 551-8777 for more information. No reservations needed.

## RETIREMENT GROUPS

### AARP LOCAL CHAPTER 1957

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. We are affiliated with the National AARP and to become a member of the local chapter, you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. We need your support so that we can continue to influence the needs of seniors by our voice in local, state, and federal government. For additional information, please contact The Rev. Dr. W. Ira Wilson, President at (931) 920-3983 or email [wira.wilson@yahoo.com](mailto:wira.wilson@yahoo.com).

### NARFE CHAPTER 870. (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. If you are now receiving, or expect to receive, a federal retirement annuity, then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 250,000 members nationwide and almost 4,000 here in Tennessee, we are a strong voice in Washington, DC.

Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Golden Corral Restaurant, 2811 Wilma Rudolph Blvd. We gather to eat at 11:00 a.m. with the business meeting starting at noon. Even with our speaker, we are normally finished by 1:00 p.m. or 1:15 p.m. We have a private area reserved with our own waitress service, always have a speaker, and guests are always welcome. For more info please contact J.C. Whitney at (931) 358-4855 or e-mail [jcwhitney@cdelightband.net](mailto:jcwhitney@cdelightband.net).

### SUPPORT GROUPS ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

### ARMY COMMUNITY SERVICE

At 5661 Screaming Eagle Boulevard, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how

to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

Meets the 3rd Tuesday of every month at the Clarksville-Montgomery County Public Library at 350 Pageant Lane, Clarksville from 7:00 p.m. to 8:00 p.m. For more information contact Shelley Taroli at (931) 980-2597 or [shelleytaroli@gmail.com](mailto:shelleytaroli@gmail.com).

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com). Visit [www.cadstn.org](http://www.cadstn.org).

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

### CLARKSVILLE OSTOMY SUPPORT

A local support group for people who have undergone ileostomy, colostomy, urostomy or who suffer from Crohn's disease or other diseases of the bowel. Support for Ostomy Patients meets in the Cumberland Room the third Sunday of the month at 2:00 p.m. (931) 502-3800.

### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the Grace Nazarene Church, 3135 Trenton Road. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or [mcausey@tnvoices.org](mailto:mcausey@tnvoices.org), Jennifer Allen at (615) 854-2165 or [jallen@tnvoices.org](mailto:jallen@tnvoices.org); or Felicia Johnson at (615) 852-9728 or [fjohnson@tnvoices.org](mailto:fjohnson@tnvoices.org).

### DIABETIC SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as a question and answer period. The group meets the third Tuesday of each month at 5:30 p.m. in the Liberty Rooms of Gateway Medical Center. For more information, contact Registered Dietitian Diana Smith at (931) 502-1692.

### FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources,

support, advocacy and leadership tools. Hablamos Español. [www.focusautismnow.com](http://www.focusautismnow.com)

### GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, understanding environment. Aseracare Hospice offers grief support groups free of charge open to anyone who has or is experiencing grief. For more information please contact Chris at (931) 551-4100.

### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact [cvothland-free@jdrf.org](mailto:cvothland-free@jdrf.org).

### NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

Some one you love has a mental illness. This local support group meets the 2nd Tuesday of the month at New Providence United Methodist Church, 1317 Fort Campbell Boulevard, from 6:30 p.m. to 8:30 p.m. Child care provided. For more information call Betty at (931) 358-0900 or Bertha at (931) 216-3590.

### PARENTS HELPING PARENTS

A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information

e-mail Sharee at [InfantLossProject@yahoo.com](mailto:InfantLossProject@yahoo.com) or call the chaplain's office at (270) 798-8777.

### TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8959.

### YMCA'S RESTORE MINISTRIES SMALL GROUPS

Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or [spowers@ymcamidtn.org](mailto:spowers@ymcamidtn.org).

Some of this information was obtained through community and Internet sources. We apologize for any errors. For corrections or to include your group's information e-mail [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com).



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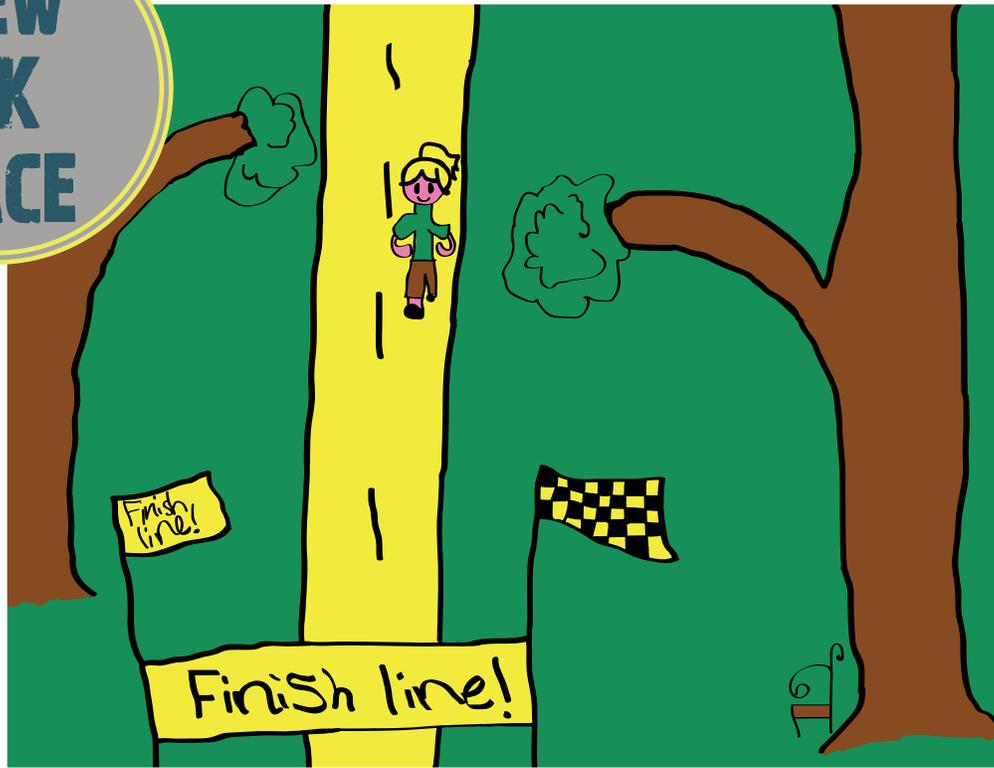
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# GETTING PAST YOUR PAST

Is your future caged up in your past? Instead of being dragged down and immobilized by the weight of guilt, pain, or a lingering sense of failure, what freedom could we find in laying those burdens down? Join us at oneChurch.tv for the month of April as we begin the new series, Getting Past Your Past.

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**April 21:** Getting Past Failure  
**April 28:** How to Move On



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[www.onechurch.tv](http://www.onechurch.tv)

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