

May 2013



FREE!

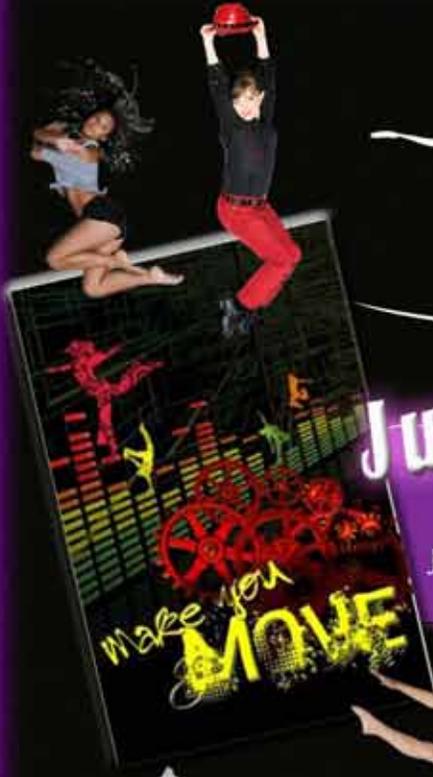
Clarksville Family

Serving Clarksville, Fort Campbell & the Surrounding Areas

The Hendrix Family:
Chad, Mack (15 mos), Kinsley (3), and Sara.
Portrait by Shea Halliburton.



Dance Force



June

Presenting our 2013 Spring Production
 "Make You Move"
 Located at APSU Mass Comm Building
 June 6 (6:00), June 7 (6:00), June 8 (1:00 & 6:00), June 9 (1:00)
 Tickets \$10 available at the door or contact the studio.

Performance & Competitive Team Auditions
 JUNE 15 (Contact Studio for Details)

July

SUMMER CAMPS
 July 22 - 26 (Recreational & Performance Camp)
 July 29 - August 2 (Advanced & Competitive Camp)

Ballet, Pointe, Tap, Jazz, Hip Hop,
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 African, Bootcamp, Cardio Barre,
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5 State- Of - The Art Studios with Sprung Floors,
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OPEN HOUSE

July 21
 (1-4 pm)

August 3

(1-4 pm)

*Sign up &
 get your Fall Schedule

*Enrolling
 Ages
 3 & up
 *unless
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Publisher's Message

If you've been anywhere near the hospital or behind the mall lately, the beautiful yellow flowers on the cover (if you even noticed them past the beautiful family nestled among them) will immediately look familiar to you. They are Canola flowers and I don't think I've ever seen such a lovely crop before.



I know you'll all agree that the weather this year has been crazy. It's almost May and they're calling for frost tomorrow! The sooner we get into normal spring weather the happier I will be.

With the school year ending in just a few weeks, you might be looking for something fun for the kiddos to do this summer. You've come to the right place. This issue is jam packed with all sorts of things to do—starting on page 6 there are over 10 pages of activities and camps for kids of all ages. As always, check out our calendar starting on page 66 for all of May's activities.

And last but certainly not least, May 12 is Mother's day. Make sure that you go out of your way to let your mom, grandmother—or any woman who is close to you—know how special she is.

As always, thank you for picking us up. Here's to another great and hopefully warm and sunny month!

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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You think
**“ I DON'T
 KNOW
 WHERE TO BEGIN.”**
 We'll show you.

ADULT LEARNER PROGRAMS AT APSU
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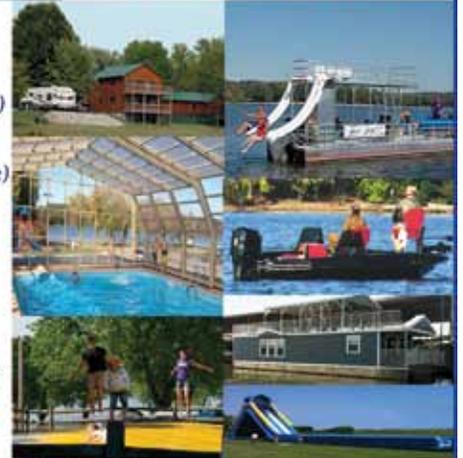
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New Lodging Bedding & Air Conditioning
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ENGAGING THE KIDS THIS SUMMER LOCAL DAY CAMP IDEAS

by Pamela Magrans

It's 10 a.m. on a hot June morning. The kids have already been awake for four hours and you just resolved a sibling spat over whether or not Bikini Bottom is a real place. The breakfast dishes are still in the sink and you are competing with the final boss of Luigi's Mansion for your son's help with cleanup. That shower you meant to take first thing in the morning is still calling your name, amidst the echoing refrain of "Mom, what's for lunch?" It's going to be a long summer.

Luckily, a variety of local summer camps can help keep the kids happy, give you grocery store time ALONE, and let the kids keep learning even when they are not in school.

You might be looking for a full day camp or simply a partial day—either way, a summer day camp can help maintain a schedule, keep the kids engaged and limit inactivity during the summer months.

View this summer as a way to introduce your child to a new experience, enroll in a day camp and give yourself a few hours for that much denied quiet time! There are more day camp ideas than could possibly be covered fully here, but below are a few ideas to start planning your child's summer schedule.

YMCA

The local YMCA offers numerous ways to keep the children moving this summer.

The YMCA day camps focus on outdoor camps, sports camps and arts and humanities camps. Day camp activities range from horseback riding, to tent pitching and even exploring the wild side of Tennessee.

Times and weeks vary, but there are several camps offered every week this summer. Costs for the day camp are \$110 weekly for YMCA members and \$140 a week for non-members. The YMCA camps focus on teaching new skills, developing character and helping the children make friends. Children can become engaged in physical, social and educational activities that teach them how to be more independent and to function in a group setting. The hours are

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iPad Giveaway

May 1-31st



Register Online Now:

www.jamescorlew.com/ContactUsForm

Case Sensitive: Type exactly as above.

1 entry per person. Must be at least 18 years old to enter. Promotion runs May 1st through May 31st. Winner to be chosen through random drawing to be held on June 1st at 12pm at 722 College Street in the James Corlew showroom. You DO NOT have to be present to win. Winner will receive an iPad 16GB. Winner will be contacted by email and must claim their prize by June 15th at 6pm at 722 College Street. Odds of winning will be posted at end of program. No purchase necessary. Employees of James Corlew Chevrolet not eligible.



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JamesCorlew.com



9:00 a.m. to 3:00 p.m. After and before care are available for free. Call (931) 647-2376 or visit ymcamidtn.org for more details.

City of Clarksville Parks and Recreation Summer Youth Programs

The City of Clarksville Parks and Recreation Department offers FREE youth programs all summer long. The programs begin June 3 and last through July 12. Hours are 9:00 a.m. to 3:00 p.m. Monday through Friday. The program is divided into two groups: Explorer Sites for ages 6-12 are held at various elementary schools and community centers. The Teen Sites for ages 13-16 are held at several local middle schools. The Summer Youth Programs offer structured activities, free lunches

and field trips. Registration ensures your child a spot at all eight weeks of the program, however, space is limited. The programs are free, but there is an added cost of \$15 for field trips. In addition to the free summer youth program, the City of Clarksville Parks and Recreation Department also offers a variety of paid summer classes. Summer class options are Summer Playhouse, Tennis, Beginners Archery, Advanced Archery, First Tee and Tumbling.

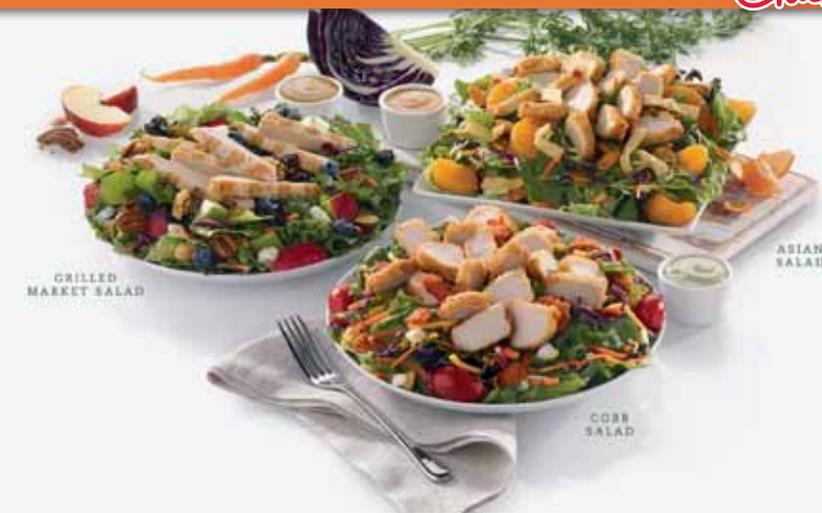
Registration will occur on May 28 and May 31 and space is limited. To learn more about registration locations, dates and times call (931) 645-7476 or email parksrec@cityofclarksville.com.

Pottery Room

Summer day camp will be offered by the Pottery Room at the Trenton Road location. The following dates are available: June 3-7; June 17-21; June 24-28; July 8-12; July 15-19; and July 22-26. The cost is \$175 for a full week program on Monday through Friday 9:00 a.m. to 11:30 a.m.

The Pottery Room offers unique hands on experience that will help children stretch their creativity and make a practical piece of artwork. Maybe even let them make Grandma a gift, or a birthday gift for their Dad. Kids will sketch and develop ideas for their pottery throughout the week, staying fully engaged. If children sign up for multiple

What's going on in May at Madison Street!



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Cool off with a Handspun PEACH Milkshake

The PEACH is back!

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SPIRIT NIGHT DATES:

Thu, May 2: Carmel Elementary 5-7pm
Tue, May 7: Sango 4-8pm
Thu, May 9: Norman Smith 5-8pm
Tue, May 14: Moore Magnet 4-8pm
Thu, May 16: Barksdale 4-8pm
Tue, May 21: East Montgomery 4-8pm



Madison St. (931) 648-4468 Order online at www.chickfila.com/madisonstreet



NEW Coloring Contest Entry Rules Below, Please Read :-)

Child's Name _____ Age _____
 Parent's Name _____ Phone# (____) _____
 Parent's Signature _____ Email _____
 Mailing Address _____ Apt. # _____
 City _____ State _____ Zip _____

What you can win:

A Chick-fil-A Fun Pack that includes a kids meal, a cool 8-1/2" Chick-fil-A plush cow and other Chick-fil-A goodies!

NEW COLORING CONTEST ENTRY RULES, PLEASE READ!!!



ENTRY:

- Contest open to children ages 12 and under.
- One (1) entry per person per contest, please.
- To enter, either color the picture on this page or download and print it from: clarksvillefamily.com,

color it in however you like, and **return your entry to the Madison Street Chick-fil-A for judging.**

- Be sure to include child's name, age, address, phone number, and e-mail address so that winners may be notified.

JUDGING:

- Entries will be judged every other month, and prizes will be awarded accordingly.
- Entries will be judged on the basis of creativity.
- Eight prizes will be awarded in three age categories: ages 3

and under, ages 4-6, 7-9 and ages 10-12.

- Prizes may **ONLY** be claimed at the Madison Street location.

Contest ends 5/15/13



***Tip: Magic marker works best on the slick magazine paper. Best option for using crayons is to download and print onto regular paper.*

weeks, the Pottery Room will ensure that they have new and different projects to keep their interest and creativity flourishing. Contact potteryroom@yahoo.com or call (931) 503-3024 for details.

Gateway CAST & Crowns

Gateway CAST (Creative Arts Skill Training) and Crowns offers a diverse range of artistic services such as ballet, pointe, lyrical, modern, jazz, musical theatre, tap, hip hop, acrobatics, contortion development, theatre/

acting, voice, piano, visual arts, cooking, modeling and pageant training. They will be offering summer performing arts camps in June including classes in dance, theatre, voice, acrobatics, piano, guitar, cooking, visual arts and modeling. This summer, instead of dancing alone in her room, or pretending to be Tinkerbell in the mirror, give her a chance to turn her love of pretend into reality. To help your child tap into their inner performer call (931) 645-2278 or visit www.castshowtroupe.net to learn more.



Kids-N-Play

Kids-N-Play will be offering six different week-long camps over the summer. The weekly cost is \$135 plus tax, per child, per weekly camp. Each camp will run Monday through Friday, 9:00 a.m. to 2:00 p.m. After-care can be provided. Summer Camps are geared for children ages 5-12 years old. A child who is 4 years of age can be enrolled if he or she has an older sibling also enrolled in the same camp. Each child will receive a Kids-N-Play Summer Camp T-Shirt. On Friday, a pizza party will be provided.

The following are times for Kids-N-Play summer camps: Arts and Crafts Camp June 10-14 and



THE CITY OF ADAMS JUBILEE

A celebration of the Bell School's centennial birthday, our City being incorporated for 50 years, and our Mayor being on the commission for 30 years!

**May 11, 2013 at
Bell School and Grounds**

Activities such as a fun run, face painting, inflatables, mechanical bull, corn hole, home run derby, and more throughout the whole day! Starts 8 a.m.

JOIN US FOR THIS DAY OF FAMILY FUN!

CALL CITY HALL @ (615) 696-2593 FOR MORE INFO

July 8-12; Sizzlin' Science Camp
 June 17-21 and July 22-26; Crafts and Discovery Camp
 June 24-28 and July 29-August 2.

Kids-n-Play will also be offering a Special Needs Summer Camp June 3-7. Kids-N-Play believes that all children deserve the same exciting day camp experience. The "Special" part comes in because Kids-N-Play has obtained the expertise of More Than Words (MTW) Therapy Services to assist during the week. MTW will be providing Certified Speech Language Pathologists and ABA trained therapists to work directly with staff to modify the presentation to each camper. This will allow them to participate in exactly the same activities while facilitating language, social skills, and ensuring safety for the kids. Due to the fact that they need to contract professional trained staffed for this summer camp,

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* Offer valid on Tuesday only at the Madison Street location for a free kidswich meal with the purchase of any wich. No substitutions. Not valid in combination with other offers, coupons or discounts. No cash value. Tax not included.

KIDSWICH

WHICH WICH DO YOU WANT?

<input type="radio"/> PEANUT BUTTER & JELLY	<input checked="" type="radio"/> GRILLED CHEESE	<input type="radio"/> CHEESE PIZZAWICH
<input type="radio"/> TURKEY	<input type="radio"/> HAM	<input type="radio"/> ROAST BEEF

CHOOSE YOUR BREAD

<input type="radio"/> WHITE	<input type="radio"/> NO CRUST	<input checked="" type="radio"/> WHEAT
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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

CHOOSE YOUR DRINK

<input type="radio"/> Milk	<input checked="" type="radio"/> Chocolate Milk
<input type="radio"/> Juice	<input type="radio"/> Soda

WRITE YOUR NAME HERE

they must have a minimum of five children registered for the Special Needs Summer Camp by May 15. Cost for the Special Needs Camp is \$270 plus tax. If you know of a special needs child who would benefit from this experience at Kids-N-Play, pass this information on to the

parents. Call (931) 896-1328 or visit www.kidsnplay.com for more information.

Star Physical Therapy

Star Physical Therapy will be hosting Speed and Agility Camps on June 11-12, from 11:00 a.m. to 1:00 p.m. This day camp

idea is geared towards the older child—they need activity during the summer months too. Give your teen two hours of speed and agility training during this unique camp experience. The Speed and Agility Camp is open to athletes ages 13 and up. Cost is \$35 for both days. The Speed and Agility Camps will take place at the Clarksville-North location at 1430 Corporate Parkway Blvd. Call (931) 245-0679 or email Kathy.vaughn@starpt.com for more details.

The First Tee of Clarksville

The First Tee of Clarksville offers summer day camp golf lessons. The weekly lessons help kids learn not only golf etiquette, but also problem solving, controlling their emotions, making friends, working with others, managing their time, and setting goals. These skills are not only used on the golf course, but are transferred to the school and home environment. Classes are held at Ironworkers Practice Club in Sango and at Mason Rudolph Golf Course during June and July.

Registration for the 2013 Summer Session will begin soon, and will continue through the end of May. There is a \$45 fee for the 8-week session. Golf clubs are provided for those needing them. For more information, go to thefirstteeclarksville.org, or contact Dave Burke, Program Manager, at (931) 362-4353 or (931) 206-1708.



JOIN US FOR
Fabulous Fridays
Brought to you by Fieldstone Place
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Fridays beginning April 26th from 6 pm to 8 pm

Meet your friends for a party on the patio at Fieldstone Place. Bring your lawn chairs and blankets, pack a picnic basket and join us for musical evenings under the stars. Fabulous Fridays are free and open to the public. Concessions will be available for purchase.



April 26th – Kick off Fabulous Fridays with the music stylings of Cumberland Winds Big Band Swing
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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Harris Holt Martial Arts

If your child likes movement, being with other children and playing ninja perhaps a martial arts day camp is in order. Introduce your child to martial arts, or let your current ninja enjoy the fun while also learning valuable skills. Dates for the Harris Hold Martial Arts Ninja Camp are June 10-14. The Samurai Camp will be held June 17-21. Drop off is at 8:30 a.m. and pick up is at 3:00 p.m. The cost is \$100 for each camp. If a camper attends both camps and registers by June 7, the discounted cost for both is \$175. The Harris Holt camps focus on developing character and teaching the child martial arts skills.

Participants will have fun playing Nerf wars and other fun events while focusing on teamwork and being respectful. For more details visit www.hhmartialarts.com or contact Harris Holt Martial Arts at (931) 542-1151.

Kriegisch Martial Arts

Kriegisch Martial Arts wants to help make fun functional for your child this summer. They will be hosting Summer Challenges May 20-June 27. Any child aged two and up is welcome to register for these summer

Come join us at Clarksville's largest training facility

\$24.99

INTRODUCTORY SPECIAL

Includes: official uniform, belt, private lesson, & free group classes until white/yellow belt is achieved.

SUMMER CAMPS @ HARRIS HOLT

Spend your summer mastering the martial arts.

Drop off is 8:30-9 AM | Pick up is 3-3:30 PM

There will be 3 featured events in each camp.

Ninja Camp

Mon., June 10th - Fri. 14th

Throwing ninja stars,
Nerf Wars, Bow & Arrow Class

Samurai Camp

Mon., June 17th - Fri. 21st

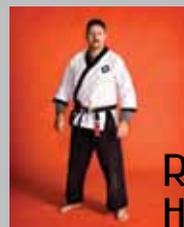
Practice sword training
Board Breaking & Watergun Fights

Visit www.hhmartialarts.com for more information.

We offer specialized classes for ages 4 and Up. Building self discipline, confidence, respect. Classes in Shotokan Karate, Judo, Aikido, Jujitsu, Weapons, MMA Classes, Fitness Programs and Certified Licensed Instructors.



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camp programs. Registrations will be accepted up until May 17. Registration includes a KMA tee shirt, karate pants and white belt. For more information go to kriegischmartialarts.com or call (931) 472-1008.



Action Gymnastics

Action Gymnastics offers wonderful camps throughout the summer months for both boys and girls. They offer a camp every other week of the summer. Children ages 4 and up are welcome to participate. The cost is \$30 a day if you pre register and \$35 if you are a walk-in. Participants can attend by the week or by the day. Drop off is 9:00 a.m. and pick up is 2:00 p.m. The children will get a mix of formal gymnastics lessons, including trampoline work and tons of games and playtime in the gym. On Fridays there is a medal ceremony at the end of the day. All children will go home with their very own medal. The dates are June 10-14, June 24-28, July 8-12, July 22-26 and July 29-August 2. Call (931) 920-3111 or visit www.action-gymnastics.com for details.

Clarksville Youth Enrichment Program

The Clarksville Youth Enrichment Program offers a variety of stimulating day camps for children of all ages. The programs are designed to enrich your child's mind and to keep boosting that creativity all summer long. Camps consist of one hour per day for two weeks. The cost is \$200. The camps are offered during the following weeks: June 3-14, June 17-28, July 1-12, and July 15-26.

Camp times occur in one-hour time slots daily over the course of two weeks. Available times are 9:00 a.m. to 10:00 a.m.; 10:00 a.m. to 11:00 a.m.; 11:00



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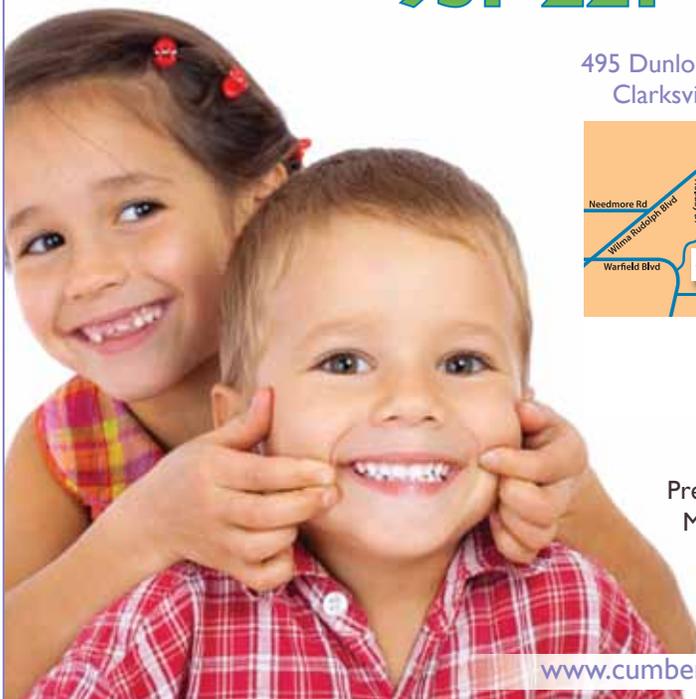
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a.m. to 12:00 p.m.; 1:00 p.m. to 2:00 p.m.; and 2:00 p.m. to 3:00 p.m.

Programs are offered in the following areas: drama, musical theatre, playwriting, auditioning, art, puppetry, creative writing, super sleuths, mad scientist, inventors, mathletics, engineering, problem solving, endeavors, sewing, crafts and calligraphy.

To register, either stop by their office at 235-A Dunbar Cave Road or call (931) 920-0003. The office is open on Monday, Tuesday and Thursday 4:00 p.m. to 6:00 p.m. Summer Hours are Monday through Friday from 9:00 a.m. to 3:00 p.m. Email clarksvilleyouthenrichment@gmail.com for more details.



Kindermusik

Abigail Haake offers Kindermusik classes to keep your twinkle toes dancing and singing all summer long. Classes meet every Monday

Join us for our Healthy Woman Expo

Thursday, May 16 • Hilldale Baptist Church
Family Life Center • 250 Old Farmers Road

5 p.m. – Wellness Expo

6:15 p.m. – Dinner & Speaker:
Elizabeth Dixon

Wellness expert Elizabeth Dixon, who heads Chick-fil-A's wellness program in Atlanta, will share how you CAN gain more energy and use it to improve the relationships that are most important to you.

\$15 for Healthy Woman Members
\$20 for Non-Members*

Register online at
TodaysGateway.com/HealthyWoman
or call 931-502-1111.
First 200 women to register will receive a gift!
Registration deadline is Friday, May 10.

*To join Healthy Woman for free, visit
TodaysGateway.com/HealthyWoman.

HEALTHY  WOMAN
A GATEWAY MEDICAL CENTER RESOURCE

during the month of July at the Kindermusik studio at Madison Street United Methodist Church. Classes are 45 minutes long and camp packages include a total of five classes over the course of five weeks. Prices are \$85 per session (includes \$50 tuition and \$35 home materials).

The musical learning experts at Kindermusik International created the Kindermusik Adventures summer camp series. Every activity helps children learn how they learn best—by inspiring their natural sense of wonder and imagination in a developmentally appropriate, musical way. A variety of classes are offered for ages newborn through 7 years old. For more details on any of the

Kindermusik summer classes, call (931) 624-8480 or visit www.kindermusikwithabbyhaake.com.

First Baptist Church

First Baptist Church will be offering several summer activities. Vacation Bible School (VBS) will be held June 3-7 from 9:00 a.m., to 12:00 p.m. This VBS is free and a great way to get the children out of the heat and into a spiritually rich environment this summer. First Baptist Church is also hosting a Music Camp on June 24-28 from 9:00 a.m. to 12:00 p.m. This event is also free. The Upward Sports Basketball Camp will occur June 4-6 from 1:00 p.m. to 4:00 p.m. at First Baptist costing only \$35 per player. A Soccer Camp will be offered on June 10-12 from 9:00 a.m. to

12:00 p.m., also costing \$35 per player. First Baptist Church will also offer a Cheer Camp. Check their website at www.Fbct.org for details.

The Giving Tree

The Giving Tree Child Care Center offers summer camps for parents looking for a caring and educational environment for their children this summer. Ages 5-12 years old are welcome to join in. Day Camp hours are Monday through Friday 6:00 a.m. to 6:00 p.m. Mondays and Fridays are tutoring days and splash park days. The splash park is on-site and the tutoring program is geared for the child's upcoming grade level. On Tuesdays, Wednesdays and Thursdays The Giving Tree takes the children

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School Age

SUMMER CAMP



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on field trips. Field trips include pottery making, art lessons, skating, swimming, and more. Mini camps and extracurricular lessons are offered as well as Spanish classes, karate classes, dance and gymnastics. All teachers at the Giving Tree are certified in CPR and First Aide. To learn more call Amy Traylor at (931) 358-0028 or visit www.thegivingtreechildcare.com.

The Settlement Preschool

The Settlement Preschool offers a variety of summer day camps for grades K-5th. The weekly fee is \$135 and includes snacks, lunch and all field trip events. Various activities include swimming, karate, art, cookouts, ice cream parties, bouncy houses, gymnastics and

field trips. To learn more call Joy Huggins at (931) 647-1900 or visit thesettlementpreschool.com.

Keep them learning and moving this summer

Students look forward to the free time of summer. They anticipate fun times with friends, family and enjoying the time away from school. However, the summer presents many parents with a paradox.

How do we balance giving our children the free time they need without totally relinquishing the summer to idleness and electronics? The answer is to camouflage learning as fun. Enrolling your child in a summer day camp provides learning and group activities without the overtone of "school." It gets the kids out of the house and interacting with other children. The information

in this article shows just a sampling of day camp opportunities in the Clarksville area. With a little searching, you are bound to find a summer day camp your child will love.



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VITAMINS: HOW TO PUT THEM ON YOUR PLATE

by Taylor Lieberstein

It is pretty widely known that eating five servings of fruits and vegetables each day is a good way to get your essential vitamins. Still, most don't eat the quantity of fruits and vegetables that are recommended. As a result, many are at a high risk of vitamin deficiencies.

While pills are an easy fix for a vitamin deficiency they are not necessary if you know which foods to eat to keep the suggested servings of each vitamin in your diet. Food provides an abundance of nutrients, as well as fiber, that pills lack.

These nutrients are what keep your body functioning

at its best—building strong bones; improving brainpower, mood, and memory; and possibly helping the immune system fight off ailments both small and large.

Although there are hundreds of nutrients, the following information explains the ones you need to consume daily, how they help you, and how to get them from a balanced diet.

VITAMINS B6 AND B12

How it works for you:

The B complex of vitamins (especially B6 and B12) keep blood, nerves, and the immune system functioning properly. A deficiency may be a risk factor for heart disease and stroke.

Vegetarians and vegans may need to supplement their intake of these vitamins as many sources are found in animal products.

Best food sources: B6 is plentiful in whole grains, bananas, beans, nuts, wheat germ, chicken, and fish. B12 is found in beef, pork, poultry, eggs, fish, and dairy.

VITAMIN C

What it does for you:

Vitamin C is an antioxidant that has been shown to protect against immune system deficiencies, cardiovascular disease, prenatal health problems and some eye disease.

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Best food sources: Citrus fruits and juices, strawberries, red and green peppers, Brussels sprouts, broccoli, spinach, kale, and collard greens. (One medium orange gives you the recommended daily dose.)

CALCIUM

What it does for you: It is essential for bone health and plays an important role in preventing osteoporosis.

Best food sources: Dairy products are the most calcium-dense foods, but smaller amounts can be found in dark green, leafy vegetables. If you don't eat dairy, look for calcium-fortified soy milk or orange juice.

VITAMIN D

What it does for you: It enhances calcium absorption. A vitamin D deficiency can lead to osteoporosis and has been linked to certain cancers, as well as to multiple sclerosis, type-1 diabetes, and other chronic illnesses.

Best food sources: Although some is found in fatty fishes, like tuna and salmon, most of our vitamin D comes from fortified foods, like milk and cereal. The body also produces its own vitamin D when exposed to sunlight.

VITAMIN E

What it does for you: This vitamin's major function is as an antioxidant. Recent studies point to positive effects on eye health and the prevention of Alzheimer's disease.

Best food sources: Avocados, vegetable oil (such as sunflower, cottonseed, canola, and olive), wheat germ, sunflower seeds, almonds, and most other nuts.

FOLIC ACID

What it does for you: Low intake during pregnancy causes a higher-than-normal risk of neural-tube birth defects, such as spina bifida. Deficiencies may be a risk factor for some cancers, heart disease, and stroke.

Best food sources: Leafy vegetables, strawberries, broccoli, asparagus, whole grains, beans, and foods that have been fortified with folic acid, such as cereals and breads.



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IRON

What it does for you: It prevents iron-deficiency anemia. There's also evidence that it helps support a healthy immune system. A deficiency may be linked to impaired memory and an inability to focus.

Best food sources: Iron is most plentiful in and best absorbed from red meat, clams, and, in lesser amounts, egg yolks, chicken, and fish. It's also found in fortified grains and cereal.

VITAMIN K

What it does for you: It helps maintain healthy blood clotting and promotes bone density and strength.

Best food sources: Dark green, leafy vegetables and vegetable oils, such as olive, canola, and soybean.

MAGNESIUM

What it does for you: It helps maintain normal muscle and nerve function, regulate blood sugar levels, and keep bones strong. A lack of it in your diet may contribute to heart disease or high blood pressure.

Best food sources: Whole-grain breads and cereals,

legumes, spinach, broccoli, dates, raisins, bananas, almonds, cashews, peanuts, walnuts, and pecans.

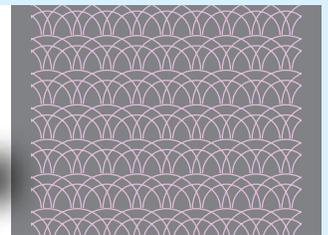
ZINC

What it does for you: Helps to supports a healthy immune system, participates in wound healing and helps form the structure of proteins and cell membranes.

Best food sources: Animal products, like beef and pork tenderloin, as well as oysters and nuts. Sucking on zinc lozenges several times a day during the first few days of a cold may shorten its duration and lessen the severity of symptoms.



Celebrating our 1 year anniversary with a Guest Appreciation Bash!



Guest GIVEAWAYS INCLUDE:

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Visit our Facebook page for services to be offered on day of event.

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WHAT IS AN AU PAIR?

by Cynthia Moody

When looking for the best quality childcare for your family, what is a parent to do when there are so many options around? In selecting the best option it is important to consider the needs of the entire family as well as the pros and cons for each particular child. No one form of child care is right for every family and the best choice for your family may change over time. To meet all of a family's needs you might even choose to combine different kinds of care at the same time.

The types of child care available will vary by location, but most families will have a choice of day care centers,

family day care (one or two caregivers caring for a number of children in a private home), live-in child care (nannies, au pairs and babysitters) and live-out caregivers who come to the home.

Just as a smaller class size in school can improve the effectiveness of teaching, au pairs can help facilitate your child's intellectual growth through personal one-on-one attention. No matter the age of your child, our au pairs are able to assist in their development.

Au pairs provide an enriching multi-cultural experience, as they will share their home country's culture and customs with your entire family. Some

families take this opportunity to expand their children's language capabilities, and the au pair shares her foreign language with the children. The family can choose an au pair from a country that they are interested in learning more about, or perhaps is the same as their heritage. Many parents want their children to be bilingual and the constant exposure and reinforcement provided by an au pair are the best ways to immerse the children in a new language. Spanish, French, German, Italian, Portuguese and Mandarin are just some of the many native languages of the au pairs!

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We are a family-based organization, focusing on quality of life, personalized spirituality and resident-centered healthcare services.

Before the au pairs come into your home, there is an extensive screening background check completed. The au pairs are usually rated by the experiences and education they already have. These young ladies are usually between the ages of 18 and 26 years old, looking for a cultural experience in the United States. With an education requirement during their stay, an au pair can be seen at a local college or university taking some classes.

Choosing the option that is best for your family is a difficult one. The average weekly cost of \$356 for an au pair includes up to 45 hours to be utilized each week based on the family's need, regardless of area or size of family. This includes assistance with household duties pertaining to the children. Au pairs usually have at least 200 hours of recent child care experience, and upon arriving in the United States, most au pair programs offer an intensive orientation program before going to their host family home. Most au pair programs offer year round support from a local counselor whose main priority is assisting you throughout the year.

“By inviting a person from another country to join our family, live with us, and learn about our culture,



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we actually learn so much about ourselves—how our own culture and way of life appear through the lens of someone new.”

Host Parent Belle Liang,
Massachusetts

“The flexibility the program affords us is outstanding. With other child care options, I always felt I was accommodating their schedule instead of my own.”

Host Parent Jill Kastner, New
Jersey

“I like that I can go off to work knowing that I am leaving my children in their own home,

happy and eager to spend the day with someone I trust and like very much.”

Host Parent Hannah Ard,
Maryland

“In the U.S. I didn’t work for an employer, I was part of a family that would be my family for the rest of my life.”

Au Pair Naomi Geyer, South
Africa

“The most important thing is that, like my host mum said...I’m part of the team. I share their daily routine and I’m lucky to be with my host family.”

Au Pair Verena Blaettermann,
Germany

“I like the opportunity to see American life as an insider, to come to know the traditions and customs, approach to bringing up children, managing the household, learning peculiarities of everyday language, American cuisine, and just the chance to hear from the children ‘I love you’.”

Au Pair Ekaterina Rychkova,
Russia

“Being an au pair has been the best experience of my life so far. I have not only been blessed with wonderful children to see to but I was blessed with a wonderful family who guided and supported me. Being an au pair is like



KIDS 'N' PLAY

Summer Camps

June & July week – long Camps!

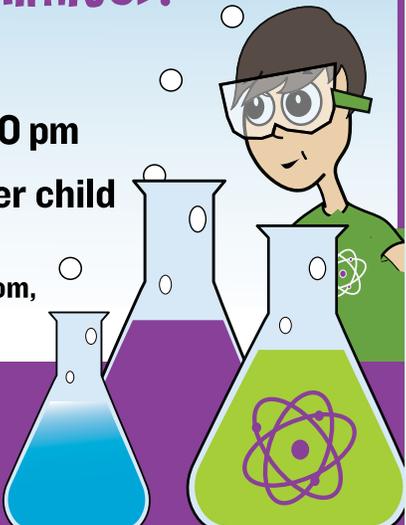
Register online today! Hurry, Space is limited!

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For more detailed camp information or to register, please go to KidsNPlay.com, stop in, or call us at 931-896-1328 today to check camp availability.



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being a big sister with the fun things attached. You are given the wonderful opportunity to travel, learn American culture and the experience to take classes at an American institution. I love that opportunities are readily available and that we have a great support system from the program by having a counselor. It is a structured program with lots of fun with fellow au pairs. Learning from each other and broadening your horizons is the best gift you can ask for.”

Au Pair Auriel, South Africa

For more than 25 years, Au Pair in America has been the leading provider for intercultural live-in childcare in the U.S. Au Pair in America provides the best intercultural child care for families like yours!

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Director of Girls: Dan Mariscal:
931-217-5856 • girlsdirector@clarksvillefusion.com
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THIS MONTH'S HEALTHY RECIPE: MEXICAN CHICKEN STEW

Brought to you by Gateway Medical Center

Here's a healthy low fat, low calorie Mexican food recipe that the whole family will love. This easy stew recipe is full of Mexican flavor without the fat.

Ingredients

- 1 Tbsp canola oil
- 1 medium onion, chopped
- 1 medium carrot, diced
- 1 stalk celery, chopped
- 4 garlic cloves, minced
- 3 Tbsp tomato paste

3 Tbsp chipotle in adobo, sauce only

1 tsp dried epazote or oregano

3 cans (14.5 oz each) reduced-sodium chicken broth

2 cans (15 oz each) white or yellow hominy

2 1/2 cups shredded cooked leftover chicken

1/4 cup chopped cilantro

1/8 tsp salt, optional

Black pepper to taste

Assorted garnishes, such as diced avocado, thinly sliced radishes, dash of lime juice and crumbled baked tortilla chips, optional

Preparation

Heat oil in a 5-quart saucepan over medium heat. Add onion, carrot and celery; cook until translucent, 3 to 5 minutes.

Add garlic, cook for 1 minute, then add tomato paste, chipotle in adobo,

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Summer is here, under the Big Top!
Family Night on Thursday, May 30th



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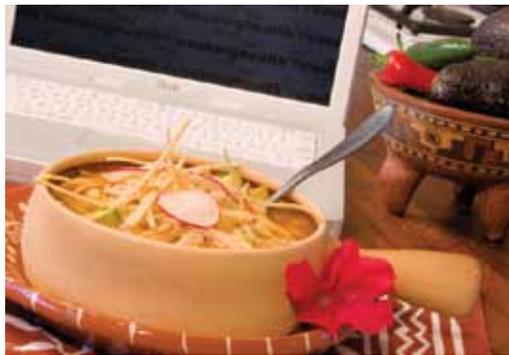
Facebook.com/ChickfilAWilmaRudolph • MON TO SAT 6:00 AM - 10:00 PM

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and epazote or oregano; cook, stirring constantly, until evenly distributed.

Add 1 cup water, 2 cans chicken broth, and 1 can hominy. Bring to a boil; reduce heat to a simmer, add remaining can of chicken broth and remaining can of hominy to a blender or a food processor and process until smooth. Transfer hominy puree into saucepan and cook about 30 minutes.



Add shredded chicken and cilantro; season with salt and pepper. Cook for 15 minutes or until heated through. To serve, divide among soup bowls, and garnish as desired.

Yield: 12 servings

Nutrition Facts (per serving): Calories: 124; Fat: 3g; Saturated Fat: 1g; Cholesterol: 26mg; Sodium: 595mg; Carbohydrates: 11g; Fiber: 3g; Protein: 12g

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Ray Hall, M.D.
Chief of Staff

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MIGRAINE TRIGGERS

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Approximately 24 million Americans suffer from migraines each day. To help prevent these debilitating headaches, it's important to be aware of the following causes:

- Food and drink such as chocolate, items with monosodium glutamate (MSG), red wine and caffeine
- Too much or not enough sleep
- Fasting or skipping meals
- Changes in weather or barometric pressure
- Stress or other intense emotions
- Strong odors including cigarette smoke
- Bright lights and reflected sunlight

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.



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With Abby Kaake

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JAMES CORLEW CHEVROLET GOES TO BAT FOR CLARKSVILLE NORTHWEST LITTLE LEAGUE

James Corlew Chevrolet is partnering with the Clarksville Northwest Little League in Clarksville. James Corlew Chevrolet has joined forces with the national Chevrolet Youth Baseball program to provide new equipment, a

monetary contribution, invitations to free instructional clinics, and an opportunity for community members to enter the Free Chevrolet vehicle sweepstakes.

“Youth baseball provides positive and productive life

lessons for young people across America, and the Chevrolet Youth Baseball program is an extension of Chevrolet's commitment to baseball, community and families. James Corlew Chevrolet is bringing that same dedication to youth baseball,” said Elvin Overstreet, Sales Manager for James Corlew Chevrolet.

“There is nothing more American than Chevrolet and baseball and James Corlew Chevrolet wants to combine America's favorite brand and favorite pastime together for our families in Clarksville to enjoy,” added Overstreet.

2013 marks Chevrolet's Youth Baseball program's eighth year, and since its introduction it has helped aid local teams, affecting more than 3 million young people in communities where Chevrolet's customers live, work and play. In 2012, about 1,600 Chevrolet dealers participated across the country.

James Corlew Chevrolet will present the Clarksville Northwest Little League with equipment kits with items including things like equipment bags, baseball buckets, practice hitting nets, umpire ball bags, batting tees and Chevrolet Youth Baseball T-shirts. The sponsorship also includes youth clinics featuring current and former MLB/



Oak Grove Tourism's
Spring into Summer Festival

Oak Grove Tourism's
6th Annual

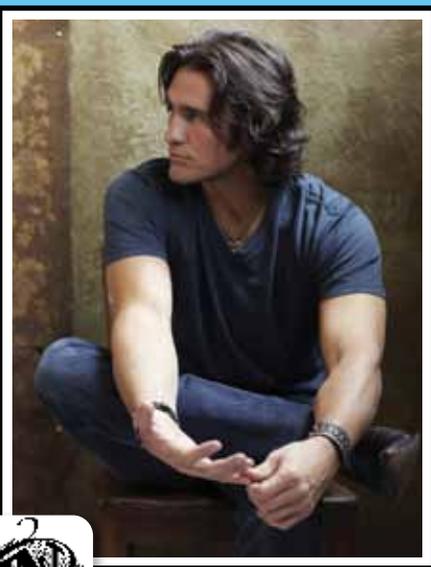
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In addition, James Corlew Chevrolet will present a check representing a one-time monetary contribution to Clarksville Northwest Little League. Sponsored leagues across the country will each receive 2,000 Free Sweepstakes Entry forms to distribute within the community. At the end of the entry period, five winners—one from each region—will win their choice between a 2013 Chevrolet Malibu or Chevrolet Traverse. Each participating market will award a secondary prize.

In addition to its commitment to youth baseball, Chevrolet also is the Official Vehicle of Major League Baseball™.

“Chevrolet vehicles are designed and built for families, so we hope young people and their parents will consider a Chevrolet as an official vehicle of their household,” said Overstreet.

For more information about Chevrolet Youth Baseball, please visit www.youthsportswired.com.

OPENING DAY
MAY 18



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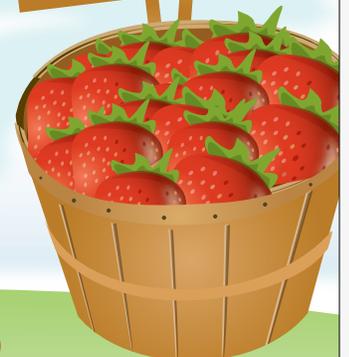
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SKREET, TRAP AND SPORTING CLAYS

by Pamela Magrans

With the gun control debate raging in our nation's Capitol and in communities across the nation, many Americans are discussing this topic with their children,

neighbors and elected officials. Amidst the reverberation of political debate, the sport of shooting is increasing as a way many parents and



coaches are teaching teens gun safety and responsibility.

A group of local teens through the Montgomery Central Sport Shooting Team and the Clarksville High Sport Shooting Team engage in trap, skeet and sporting clays as both an individual and team sport. These local teens are learning lessons about life, gun safety and personal responsibility that will resonate long after the political debate subsides.

These two local sport-shooting programs are unique in the Clarksville area. Both teams are affiliated with the Scholastic Clay Target Program (SCTP). The goal of SCTP is to provide a safe introduction for

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school age youth (grades 12 and under) to the sport of pistol and clay target sports and to facilitate their involvement in college shooting sports. College scholarships are available for sport shooting and this skill can

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open opportunities for college and beyond for many teens.

Lifelong skills instilled by this sport are personal values, fair

play, self-discipline, personal commitment and sportsmanship. By blending safety and fun, this sport allows a learning environment for youth to practice and



instill positive habits when handling guns. Because of the nature of this sport, it creates a level playing ground for both age and gender.

Two local teams set a positive example

The Montgomery Central Sport Shooting team is coached by Jeff Stanfill. The program involves students from Montgomery Central High School, Montgomery Central Middle School and Cumberland Heights Elementary School. Students ages 9-18 are welcome to participate. According to Coach Stanfill, "This is a sport that begins with teaching the basic fundamentals of firearms beginning with Hunter's Gun Safety. In addition, shooting



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sports teach a sense of responsibility not only for firearms, but for fellow students, adults, and wildlife.”

In addition to the shooting skills acquired, the sport emphasizes

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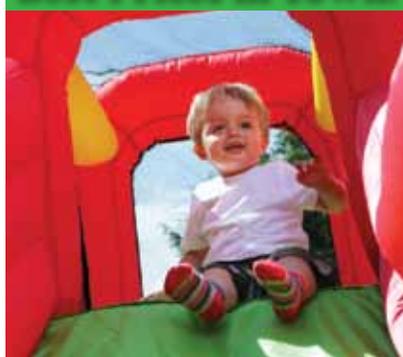
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respect, manners, and patience, all of which can benefit teens for a lifetime. The sport has changed over the years, and has evolved into a highly competitive sport for both males and females.



shooting skeet as a hobby.” He says, “I’m learning valuable lessons like sportsmanship, discipline and honesty,” says Trace. He feels confident that he will use those skills later in life.

Trace Crockett, a student at Montgomery Central Middle, has been on Coach Stanfill’s Sport Shooting team for over five years. He joined the

team while he was still in elementary school, but is now in the 8th grade.

Trace says he liked the team because, “I enjoy hunting and

“I want to achieve my goals to do the very best I can and to help my teammates,” says Trace.

Bruce McGaha and John Waddle coach the

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Clarksville High School program. Although the program is centered at CHS, students from other area schools can participate as well. The CHS program is currently limited primarily to grades 9-12.

Molly Brewer, a sophomore at Rossvie High School, began shooting on the Clarksville High School (CHS) Sport Shooting team just this past year.

“I have always loved shooting. My dad really

got me interested in shooting competitively,” she says. “The only past experience I have had was going out to the shooting range on my own and shooting a little every now and then and also hunting with my dad.”



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“Shooting is something that I can take with me past high school and even beyond college,” says Molly. “It is something that I can enjoy for the rest of my life. I really hope to get a scholarship for it eventually. It’s all about practice and dedication, which is essential for success in life.”



Nick Cunningham, a CHS Senior, has been on the Sport Shooting team for three years. “I’ve always been around guns and shooting, but until

then I had never shot competitively until I joined the team,” says Nick.

“Through Clarksville High’s shooting team, I have been able to meet so many great people—coaches, teammates, and parents. One thing

that separates a good shooter from a great shooter is his ability to completely focus and block out everything but

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the shot,” says Nick. “Shrugging off one miss can easily stop a sequence of dropped targets and salvage a great round. I have no doubt that practicing both of these skills—focus and resilience—will help me greatly later on in life.”

Sport shooting provides teams with a great stress relief, both a unique team and individual sport, and the chance to fine-tune a skill.

On Saturday, May 11, the CHS Sport Shooting Team is hosting a Skeet and Trap tournament at the Montgomery County Shooting Complex (MCSC) at Ft Campbell. The public is welcome to come and watch the tournament. Contact Coach Bruce McGaha at macplumbing01@aol.com for more information.

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YOUR CHILD'S DENTAL HEALTH: THE WHOLE TOOTH AND NOTHING BUT THE TOOTH

by Drs. Montee and Renfroe

With all of the challenges that new parents face, they might not think much about the link between their child's oral health and overall health. A good understanding of oral hygiene can help parents to prevent tooth decay—the single most common chronic childhood disease in America—and to create a lifetime of healthy habits for their child.

“Many people don't realize that the mother's oral health during her pregnancy can affect the

baby's future oral health and overall health,” says Dr. Stan Montee. Several studies have shown that periodontal disease during pregnancy can lead to preterm labor, so it is very important that women have regular dental check-ups while pregnant. After your child is born, it is important to become familiar with your child's dental milestones, which should be discussed with your family dentist or a pediatric dentist.

When should my child first see a dentist?

Children should have their first dental visit by age one, or six months after the eruption of their first tooth. Bringing your child to the dentist early promotes a lifetime of good oral care habits and acclimates your child to the dentist. This will help reduce anxiety or fear and make for stress-free visits in the future.

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How can I protect my child's oral health at home?

Clean your infant's gums with a clean damp cloth after each feeding

As soon as the first teeth come in, begin brushing them with a small, soft-bristled toothbrush and water

To avoid baby bottle decay and misalignment

of teeth due to sucking, try to wean your child off of breast or bottle-feeding by age one and monitor excessive sucking of pacifiers, fingers and thumbs

NEVER give your child a bottle of milk, juice or sweetened liquid at naptime or bedtime

Help a child brush at night, the most important time to brush, due to lower salivary flow and higher susceptibility to cavities. You may let your child brush his or her own teeth

first to build confidence, then the parent should follow up to ensure all plaque is removed

The best way to teach a child to brush is to lead by example, allowing your child to watch you brush your teeth teaches the importance of good oral hygiene

How do I find a good dentist for my child?

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Dr. Stan Montee is a veteran and a Fellow of the American College of Dentists and a Fellow of the Academy of General Dentistry; he has practiced dentistry in Clarksville for the past ten years. Dr. Derek Renfro is also a veteran and recently moved to the Clarksville area to practice dentistry. They are partners at Clarksville Dental Center – St. B located at 1715 Wilma Rudolph Boulevard, past the Co-Op. For more information visit their website at clarksvilledentalstb.com or call (931) 645-2469.



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BECOMING A MASTER OF RELATIONSHIPS (#8): CREATING SHARED MEANING

by Rachele Franklin, MA, MM, LPC

To conclude this series of articles reviewing research and practice on developing masterful relationships, I end with a discussion on creating shared meaning in marriage. The creation of shared meaning in a marriage and, ultimately, a family happens as you develop rituals together. Rituals are behaviors that are repeated in relationships that help to provide a sense of knowing, specialness, predictability, and

comfort. Is there anything “you just have to do” as an adult that you can remember was a ritual in your household growing up?

I remember with great fondness sunny-side-up eggs. Growing up, my grandmother was my favorite person to be around. When I would spend the night at her house, she would begin each morning by making sunny-side-up eggs. She always let me watch her

make them as she lovingly explained to me what she was doing and why. She even taught me to do this myself when I became old enough to learn to cook. I still feel like she is with me when I see sunny-side-up eggs on my plate. So many times I can still feel her with me when I break the yolk and take my first taste because my mind often wanders back to a time when it was just me and the grandma I loved so dearly.



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Rituals become ingrained in our minds and help us to associate comfort and safety with our experiences. Our spouse and our home should be a place of comfort for us, a respite from the world if you will. When we walk in the door to our house, we should be able to breathe a little easier and feel a little freer. We can all accomplish this by creating experiences in the home that our brain can associate with comfort, relaxation, and acceptance.

What do rituals look like in a marriage? They are behaviors that help partners to feel rewarded, important, trusted, and close. To others, these behaviors communicate respect and fidelity. Often they appear intimate, endearing, and unique to just those two people. For those people that love you, these behaviors help

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to provide them with comfort that you are being well cared for as family members, especially moms and dads, look for behaviors such as these to ease and reassure them that you are safe. Families need this validation as healthy boundaries often limit the amount of intimate knowledge we share about our relationship once we have married. Sometimes, nonverbal communication

is the only evidence families have that you are doing well.

Try thinking about it from a mother's point of view. As mothers, we don't spend 18 years and 9 months worrying ourselves half to death about raising happy, healthy children just to hand our babies over to a person who will harm them or make them feel unwanted. Shared meaning extends past the two of you or the two

of you and your children. It extends to your family system as a whole. Rituals have a large part to play in the overall family system's well being.

Unfortunately, couples don't just happen upon meaningful rituals in their marriage. As committed, healthy adults we all have to be intentional about talking about these issues and then putting them into practice. Here are some



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ideas for discovering rituals appropriate for your marriage:

1. Take some time and talk to your spouse about rituals observed in his/her mom and dad's marriage that trigger feelings of fondness and safety.
2. Take some time to talk to your spouse about rituals that occurred between themselves and a parent or both parents that were very meaningful to them.
3. Take some time to find out your partner's love language (from The Five Love Languages) and ask her to close her eyes and tell you what her dream marriage looks like when she thinks about her specific love language. For example, if she is a quality time



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person, ask your spouse how she has dreamed the two of you would spend time together, how often this would happen, and what these times mean to her when they are shared. You can discover one another's love language by taking the quiz: 5lovelanguages.com/profile.

4. Take some time to consider the

beginning, middle, and end of each day and try to identify behaviors that you have seen others demonstrate that communicated to you that there was a special bond between them. For example, when I reach home each evening every member of my family greets me and we often hug. If others were to witness this, they would likely find this unique and

endearing to our family. In fact, not long ago several of my colleagues saw my family pick me up from work and witnessed my son running with open arms toward me when he saw me. I received a lot of positive feedback about the endearing nature of that behavior. It validated for me the uniqueness of my family and the love that we share.

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5. Take some time to ask your spouse what traditions were experienced in his/her family growing up and how these could be implemented into your family life.

Rituals are important for your children as well. As couples begin to add children to the equation or are blending families, rituals need to be established that ensure that you all are spending quality time

together, remaining connected in the midst of conflict, and maintaining closeness as a family unit. I encourage you to not pressure yourself to rush this process. You will need time in between discussions to practice (or try out) what has been discussed. You may both discover that some things that you thought you wanted will not work for the two of you. You might also find that you are open to trying new things that sound interesting and

like a good fit for your lifestyle. I am excited for you and your spouse as you develop these rituals and make them part of your relationship personality. This series has been enjoyable to write because I am passionate about helping couples and families learn to love in appropriate and uplifting ways. I pray that you all benefited from these discussions. Stay tuned, more to come!

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8 TIPS FOR SPEEDING RECOVERY FROM CHILDBIRTH

by Catherine Meeks

It's not unusual to feel really tired and a bit anxious or blue in the weeks after giving birth. With the sleepless nights, extra responsibilities, and physical changes—who *wouldn't* be on a bit of a roller coaster? Remember, this won't last forever. Plus, you can ease your recovery by taking steps like these:

1. Sleep when baby sleeps. Sneak a quick nap when you can. Shut the blinds and silence your phone, television, and all other electronic devices.
2. Nix household chores. Right now, your main job is to take good care of yourself and your baby. No one really cares about those lurking dust bunnies. If it really bothers you and your budget allows, then hire some temporary help. Also, remember to share parenting tasks such as diaper changes and feedings when possible.
3. Limit visitors. But ask any guests to help out. If not now, when? Swallow your pride and ask for a hand with the dishes, laundry or shopping. Or take advantage of a visitor to watch your baby while you nap.
4. Eat healthy. Healthy food choices can give you more energy. But planning and cooking meals may be a challenge right now. Ask friends and family to help with this. Don't forget to drink at least 8 to 10 glasses of water a day, but avoid caffeine and sugary drinks.
5. Be active—within limits. Exercise can also increase your energy and reduce constipation. Get clearance from your doctor before you:
 - Take the stairs or lift objects.
 - Drive, although this is usually okay when you can wear a seat belt comfortably and are able to make sudden movements.
 - Hit the gym or become really active.
 - Have sex. Your doctor may ask you to wait several weeks after birth.
6. Get emotional support. You might be surprised at feeling irritable, sad, or anxious right now. Many new moms experience a wide range of feelings in the days following delivery. Part of this is related to changing hormones or fatigue and part of it is simply a response to a major life transition. These baby blues will subside soon. If you have extreme feelings that really last, seek professional help, especially if you have a history of depression. You may be experiencing postpartum depression. Up to one in seven new moms go through this—but no one should go through it alone. Some women need therapy or medication.

7. Set aside time to relax. Chances are no one will put this on the calendar

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for you, so you'll need to do it for yourself. Listen to some relaxing music, read a book, or meditate. Even just a few minutes can make a difference. Try to carve out a few minutes each day to touch base with your partner or husband.

8. Seek out other new moms. There's nothing like sharing tips and support with people who are going through similar life changes. Maybe you can even start up an informal support group in your neighborhood or among your friends.

Your physician and I are good resources for answering your questions. Some say it takes

a village to raise a child—just think of us as your well-informed neighbors.

Stop by Sango Pharmacy and mention this article and receive our prenatal vitamins for ½ price!

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

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RIBBONS OF HOPE

by Taylor Lieberstein

Situation: Your mother gets diagnosed with ovarian cancer. You go out in search of jewelry to support her specific cancer and return empty handed. Why? There is no jewelry for the type of cancer your family member was diagnosed with. It's all pink in support of breast cancer, which is equally important, but not what you are looking for. There



are at the very least 30 types of cancer that have adopted a color to show awareness and support.

Solution: Ribbons of Hope, a new line of locally crafted jewelry handmade

by Judy Arrington that caters to all major types of cancer. You pick the colors and beads based on which cancers you want to show support for. Once your color(s) are chosen she will make your personalized bracelet, pendant, ring or earrings.

“My goal is to make people aware that there are many different types of cancers other than

breast cancer and I want to help support the families going through those by way of my custom jewelry," said Arrington.

She began hand-making the cancer support jewelry a couple of years back when the above situation happened to her. She felt strongly about showing support for her mother after her ovarian cancer diagnosis; it was stage four, one of the last and most progressive



stages of cancer. Usually, this stage means that this cancer is terminal.

After multiple failed attempts to find the jewelry she wanted, Arrington visited a craft store and bought the

supplies and created her own support jewelry. She made teal colored ovarian cancer ribbons for herself, her mother and her daughter. Time and time again throughout her mother's chemotherapy, she found herself turning to beading with spare beads to pass the time. She always received so many compliments when she wore her creations that she began custom making them as gifts for her co-workers and some close friends.



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Fast forward about six months; her mother was completely cancer free. Around this same time she was working alongside her husband as a vendor at the Ft. Campbell PX. During the slow times she turned back to beading using her old spare beads. Arrington said she found her beading hobby a cure for boredom and a way to relax. Once again people were showing interest in her jewelry so she began to sell some of her pieces. Around Christmas an Army officer bought many of her beaded bracelets to take to Afghanistan as gifts for the children and expecting mothers.

“That purchase was exciting because selling



those bracelets helped me while helping bring smiles to girls on the other side of the world. I love knowing that women across the world are enjoying something that I made here at home,” said Arrington.

Cancer survivors and/or their family members

and friends would stop at her jewelry booth and tell her their own stories of battles with cancer, some victories and some losses. Arrington would listen and the conversations would usually end in tears. She wanted to help them so she started making the survivors and their family members custom bracelets according to which cancer they had an experience with.

Her own experiences are with breast cancer, heart attacks and ovarian cancer. So the custom bracelet she wears includes the colors red, teal and pink. She realizes many people have been through multiple sicknesses or want to

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support people that have had multiple health problems.

All the beads are porcelain, acrylic, crystal or cut glass. The bracelets are elastic which makes them super easy to wear and they fit all size wrists. Currently she is carrying a variety of about ten support colors and her stock will grow as she can find more specialty beads. All jewelry is hand-blown and hand painted so no two pieces are ever the same. She also supports troops and their deployments with yellow beaded jewelry. All of her pieces are affordable, with no item being more than \$20.

Support your friend, mother, grandmother or sister by getting them one of these custom pieces for Mother's Day. Currently, you can purchase her jewelry at the Ribbons of Hope booth at the PX or at 3 Peas in a Pod Boutique on Ft. Campbell Blvd. In addition you can place orders through 3 Peas in Pod's Facebook page. If you need to explain a custom order or have questions contact her via phone at (615) 216-3103.

"Making this jewelry available to everyone is important to me because I don't want anyone to have to go through the frustrations I did during my mother's cancer. There are so many people

affected by so many different cancers," said Arrington.

Next month Arrington's mother will be cancer free for two years. Still she keeps her teal ovarian cancer awareness and support ribbon hanging in her car. The ribbon not only reminds her of how lucky she is to still have her mother but also drives her to keep stringing up those "Ribbons of Hope."



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FREQUENT PATIENT QUESTIONS

by Dr. Mitchell Kaye

“Which is safer, saline or silicone filled breast implants?”

Both have been extensively tested and released by the FDA for current use in breast augmentation patients. In fact breast implants are among the most intensively tested devices in modern medical history. To date, there have been no documented systemic diseases that are proven to be associated with the use of silicone filled implants. This concern led to the removal from the market of this type of implant in the 1990s. During that time they were extensively studied, the designs were improved and they were introduced back into use after being cleared by the FDA. During the moratorium on silicone filled implants, only saline filled implants were available for cosmetic use.

“Which is the better choice, saline or silicone filled breast implants?”

Depends on the individual. Both implants are composed of a silicone shell and then are filled with saline (salt water) or silicone gel. It will depend on the body type of the individual (thin patients may benefit from silicone—it feels more like breast tissue); whether the implant is placed above or below the muscle (if beneath the muscle there is little difference in my opinion since most of the implant is covered by the muscle); and price (silicone implant devices are almost five times as expensive as a saline implant. The difference in cost of the implant is passed on to the patient—the cost of the procedure is the same in our practice). The FDA recommends periodic MRI scans of silicone implants to check for leaks, which are otherwise very

difficult to detect. This adds to the long-term cost of the implant. Saline leaks are obvious, the breast simply returns to its original size over a week or so. In either case, the implant would need to be replaced. If there are no problems, they do not need to be replaced at all. There is no “expiration date.” Ultimately this is a matter of personal taste for the patient, with specific questions to be discussed with the doctor.

“Will my insurance pay for my eyelid surgery (blepharoplasty) or nasal surgery (rhinoplasty)?”

This depends on whether the operation is being done for functional reasons (extra eyelid skin is in the way of vision, or the nasal deformity affects breathing or is a severe deformity), or for cosmetic reasons—in which case the answer is almost always no. The process of





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determining this requires a history and physical exam, submitting photos and waiting for an answer. In the case of blepharoplasty a simple visual field test will determine if the extra upper eyelid skin is causing any visual impairment. Lower eyelid procedures, except in rare instances, are not a functional issue.

“I have a lot of lines and wrinkles around my eyes and forehead. What’s better, Botox™ or a filler?”

If the lines are primarily caused by muscle movement, like crow’s feet or forehead lines, then Botox™ would be the correct choice initially. Any deep creases that are left after the Botox™ has had a chance to have an effect (7-10 days) might then benefit from a filler. This rule does not work for all areas of the face. For example, lines around the mouth are not the ideal area for Botox™,

although it can be used in certain circumstances. Here, a peel, laser and possibly a filler would be a better choice for most people.

“Do I need liposuction, a tummy tuck, or both?”

In general, if a patient has loose, hanging skin below the belly button, even if there is an excess of fatty tissue over the belly area, a tummy tuck will be necessary. This skin has been stretched beyond the point where it will contract and tighten up ever again. Liposuction alone is inadequate and will not make this excess skin tighten up. Liposuction will be needed in most cases along with the tummy tuck to take care of the fatty deposits on the hips, flanks, etc. Liposuction alone is best for isolated areas of excess fat in people who have good skin quality that can be expected to contract after the liposuction procedure.

These are some very typical questions that people start out with, but every individual is unique. This requires careful thought, discussion between the Doctor and patient, and attention to detail. An experienced, properly trained Cosmetic Surgeon can perform these procedures and many others, safely and successfully in a properly accredited facility as an outpatient.



Dr. Mitchell Kaye is board certified by the American Board of Facial Plastic and Reconstructive Surgery, The American Board of Otolaryngology/Head and Neck Surgery and the American Board of Cosmetic Surgery. He practices at the Advanced Cosmetic Surgery Center of Kentucky in Hopkinsville, Kentucky. This facility is accredited by The Institute for Medical Quality. Please contact us for further information at advancedcosmeticky.com or (270) 881-1525.



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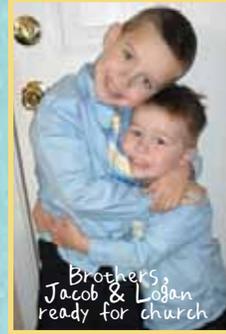
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Dominic enjoying his Subway sandwich!



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Savanna Zoe Chapman taken during Daddy daughter date in April



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The boys & me at Lifeway Christian store to see Bob & Larry from Veggie Tales April 13, 2013 Logan (age 3), Melanie, Jacob (age 6), & Ethan (4 months)



Tripp and big sister Caroline



Email photo to candid@clarksvillefamily.com by May 15th.

TWO FRIENDS AND ONE SOCK

by Brenda Hunley Illustrated by Willie Bailey

Storytime

Dart the bluebird had one thing on his mind: BASEBALL!

This afternoon there was a game scheduled down at the sports complex.

Dart had already gone out and picked what he thought was the best branch with the best view. He could see all three bases, home plate, and best of all—it was close to the snack bar.

“Peanuts, chips, cotton candy, burgers, hotdogs, and French fries,” Dart sang to himself.

“Hey Dart! Are we still on for the game?” asked a voice from the bottom of the tree.

Dart looked down. He could see his best friend, Chester the chipmunk, looking up at him.

Dart waved. “Yes! Are you still coming?”

“You bet! Have you found a spot for us yet?” Chester asked.

Dart fluttered down next to his friend. “I did. It is ready. We have shade, a great view of the game, and access to as many snacks as you can eat!”

The two friends talked for a while then parted, agreeing to meet at the desired spot, at exactly 2 p.m.

Meanwhile on the ball field, the coach and home team



were unloading their gear and preparing to warm up before the game. As Dart flew into his spot, he noticed the team had new uniforms. The jerseys were green and white with

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black letters while the pants and cleats were solid black. Dart found their green socks interesting. They looked very soft, and they would be wonderful to use for a nest.

Chester interrupted that daydream by jiggling the branch as he scooted himself out on it next to his friend.

“What are you thinking about?” Chester asked.

“You did make me jump!” laughed Dart. “I was thinking about those boys’ socks, they look very soft!”

Chester looked toward the boys. He scratched his head a moment, and then looked at Dart with a great deal of excitement on his face. “That would make for a nice blanket, or a wrap, or it could be cut up into a lot of pieces to share.”

[For those of you who are new to our friends in The Woods of Dunbar, Chester the chipmunk loves to collect things. He makes sure to help the Rangers clean up the park, that way he can get the first look just

in case there is something left behind by a human. He has a treasure room under the big oak tree where he stores his treasures. At Christmas time Chester shares his treasures with his friends.]

A horn honked and the friends could see a big yellow bus pulling into the lot. The other team was here! Their uniforms were red and white, with red socks and black shoes. Both friends decided that a red sock would be just as wonderful as a green one.

All sorts of people were filling the bleachers and some were setting up their own chairs along the fence line. As the baseball teams started the game, the beginning of wonderful smells started wafting in the air toward the trees.

Chester sniffed the air. “I smell a grill! That means hot dogs and cheeseburgers!”

Dart inhaled deeply. “I smell popcorn!”

“I’m getting hungry!” laughed Chester.

“Me too!”

“CRACK!” The two friends watched the first baseball fly through the air toward third base. The batter ran as fast as he could toward first base, then on toward second. He paused; and looked to see where the ball was. He felt confident as the ball bounced out of the third baseman’s glove and rolled onto the ground. The runner ran toward third.

Once his foot touched the base, he looked back again. The outfield was a mess; they were all running after the ball. He decided to take one step, then another, then started to run for home.

“I’ve got it!” yelled one of the outfielders. He threw it to third who threw it to home base. But it was too late. “SAFE!!!” yelled the umpire.

The game continued for several more minutes before Dart realized that Chester was not sitting next to him anymore. “Where did you go Chester?” Dart asked himself.

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Dart flew out of the tree, and over the ball field. He looked everywhere and did not find Chester. Heading back to his spot he noticed what looked like a cup sitting up on his branch. Next to it was Chester with a big blue straw in his mouth.

“Chester? What is that? How did you get that up here?” laughed Dart.

“I was thirsty, and Ranger Bill got us a frozen strawberry ice drink. Want some?” Chester asked pushing a second straw toward Dart.

Dart nodded and took a deep drink. “Ohhh!!”

“What’s the matter?” asked Chester.

“Brain freeze!” groaned Dart.

The two friends laughed, and enjoyed the rest of the game together. As the crowds left and the buses pulled away, Chester and Dart started checking out the area. They found all sorts of things. There was a yellow plastic ring, some unopened bubblegum, a ball cap, and a dime.

They were so excited running back and forth that they did not notice Ranger Bill. He watched them for a little while, and then stepped forward.

“You boys need any help?” laughed Ranger Bill.



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Chester jumped and Dart chirped.

"We found a ball cap you might want to put in lost and found," Dart said, handing it to Ranger Bill.

"Look what I found!" exclaimed Ranger Bill. He reached under the bench and pulled out a green sock. Both friends looked at each other.

"It is ripped," Ranger Bill said, looking the sock over. "I don't imagine anyone would want this back."

Chester smiled at his friend and said, "Dart, you can have it. I have found lots of other things I can use."

"Can we share it?" asked Dart.

Ranger Bill smiled, "Sure thing, let's start by putting all your treasures in it. Here, I will tie a knot in the bottom of it." The two friends were excited about the sock, even if it was just one. They walked through the parking area and found a few more treasures before calling it a day and going home.

When Dart and Chester finished dragging the sock back to Chester's house they found a second sock folded neatly by the door with a note from Ranger Bill.

Chester,

The hat that you and Dart found belonged to the boy whose green sock I found under the bench. He was so thankful his hat was still here; that he left his other green sock for you as a thank you! So now you both have one! Thank you boys for a great day.

Ranger Bill

"Two socks!" exclaimed Dart.



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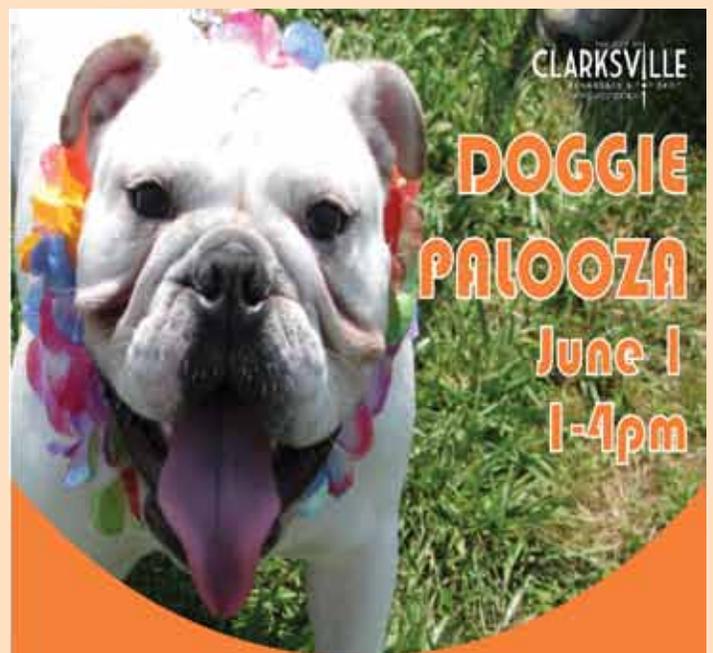
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Chester nodded, "But one best friend. Thank you for offering to share with me when we had just one."

"That's what friends are for," Dart said, slugging his buddy in his arm.

"Yep! That's what best buds are for!" laughed Chester, slugging his friend back.

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Make safety a vital part of your day.
Join The National Center for Missing & Exploited Children (NCMEC) as we promote safety throughout the month of May.

Created in honor of **National Missing Children's Day**, annually recognized on May 25th, the Take 25 campaign provides free resources and child safety information to parents, educators, law enforcement and local communities.

To get started go to www.Take25.org to register your event and receive free materials.
For more information please contact NCMEC at Take25@ncmec.org.



FREE!

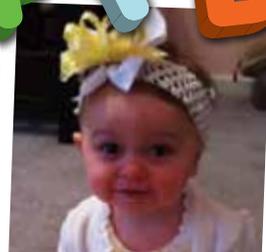
Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by May 15th.

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

HAPPY BIRTHDAY!



Happy 1st Birthday Carson!!!
Love, Mommy and Daddy



Happy 1st Birthday Christaly!
We Love You Baby Girl!
Popi & Gigi



Lexi turns 1!



Happy 1st birthday Maleah.
Love always, Mommy



Happy Birthday Savannah Banana
Love Mommy and Daddy



Happy 2nd Birthday, Christian!
We love you! Love, Mommy & Daddy!



Happy 2nd Birthday Khloe!!
Love Mommy and TJ!



Happy 2nd Birthday!
Henley Klaire! We love you!



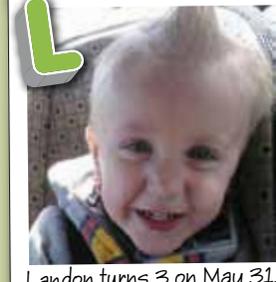
Happy 3rd Birthday Chase!
We love our little soldier
Love, Mommy & Daddy



Happy Birthday Monkey!
We love you!



Happy 3rd Birthday to our Princess!
Mommy and Daddy love you so much!



Landon turns 3 on May 31.
Happy Birthday,
Love Mommy & Daddy!



Happy 3rd Birthday Laney!!!
We love you Mommy, Daddy, & Brantly



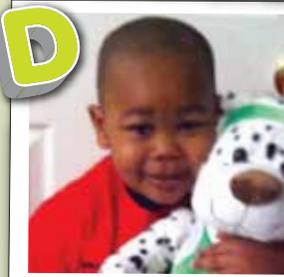
Happy 3rd Birthday Mason!
We love you SO much!
Daddy, Mommy & Parker



Happy 3rd Birthday Michael!
We love you so much!!!
Love, Daddy, Mommy, and Patti



Happy 4th Birthday Ava & Aaron King
Love Mommy and Daddy



Happy 4th Birthday DaiQuan!!!
We Love You SO Much!!!
Love, Mommy, Daddy, and Family!!!



Happy 4th Birthday Maggie Anne!
Love, Mommy, Daddy, and Emma



Happy 4th Birthday TT!
Nana, Papa and Nunu love you bunches!



Happy 5th birthday Aramael!
Love, Daddy, Mommy, Ava,
Magnus, & LaLa

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

HAPPY BIRTHDAY!



Happy 6th birthday Chloe!
Mommy, Daddy & Little Sis
love you!!!



Happy 6th Birthday Jacob!
Love, Dad, Mommy,
Logan & Ethan



Happy 7th Birthday Ethan!
Love Mom, Dad, Alli & Kinley



Happy 7th birthday Magnus!
Love, Daddy, Mommy, Ava,
Aramae, & LaLa



Happy 7th Birthday!!
Love, Mommy, Daddy, Cole & Chloe



Happy 8th Birthday Cannon!!!



Happy 8th Birthday Christina.
Love, Mom and Dad



Happy 8th Birthday!!!
We love you D-Nice.



Happy 9th Birthday, Victor!
Love Mom & Dad



Happy 9th Birthday Alexia!
Love, Daddy, Mommy, & Teagan



Happy 9th Birthday Cole!!
Love, Mommy, Daddy, Tristan, & Chloe!



Happy 9th Birthday
to my baby girl, Skyler.
Love Momma



Happy 10th Birthday!
We love you Love, The Boone Family



Happy Sweet 16 princess
love Mom, Dad, Devin & Seth!



HAPPY 18TH BIRTHDAY
NAYA WILLIAMS
LOVE, YOUR AUNTIE SHAUNA & FAMILY



Happy Birthday Tee-Tee
from Your Favorite Niece Crysta



Happy Birthday Handsome!
Love, The Boone Family.



Wishing my sister Janel Happy
Birthday & Happy Mother's Day...
Love Big Sister 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

CLARKSVILLE DOWNTOWN MARKET

Saturdays, opening May 18 through October 19 from 8:00 a.m. to 1:00 p.m. Fresh produce, baked goods, home decor, crafts, local artists, musicians and more. See ad on page 31.

Downtown Clarksville
Public Square
clarksvilledowntownmarket.com

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

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

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

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

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
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 Gratton Road. Ride each Sunday at 11:00 a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

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

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

SPECIAL EVENTS

May 17-18
SPECIAL OLYMPICS SUMMER GAMES 2013
At Lipscomb University in Nashville

May 9 5:00 p.m. to 7:00 p.m.
MOTHER'S DAY CRAFT EVENT

May 30
UNDER THE BIG TOP FAMILY NIGHT

SEE AD ON PAGE 26

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 Groppe
(931) 561-5530

May

1 WEDNESDAY ARTS & CRAFTS CLASS

11:00 a.m.
Kids-N-Play
525-B Alfred Thun Road
(931) 896-1328
kidsnplay.com
facebook.com/kidsnplay

Maxxx'D OUT
COLLISION & TOWING

- 24 Hour Towing
- Full Collision Repair Shop
- Custom Paint & Graphics
- Free Estimates
- Insurance Certified
- Rental Cars available

931.431.6096
2631 Ft. Campbell Blvd

Aquino Pediatrics Featured Employee for May
Laura Rogers, LPN
Photographed with her husband and their two children, Levi & Callie. She has been employed with Aquino Pediatrics for 6 months as a LPN.

Call today for a school or sports physical.

www.aquinopediatrics.com
931-645-4685

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

2 THURSDAY

CLARKSVILLE TENNIS ASSOCIATION ADVANCED LEAGUE DRAFT

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

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

STORYTIME & PUPPET SHOW
11:00 a.m.

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

3 FRIDAY

MUSIC & MOVEMENT ENRICHMENT ACTIVITY

11:00 a.m.

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

FIELDSTONE PLACE "PARTY ON THE PATIO" WITH FRANK SINATRA IMPERSONATOR CHRIS KRAMER
6:00 p.m. to 8:00 p.m., rain or shine.

Fieldstone Place
51 Patel Way
(931) 245-1000

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

MOVIES IN THE PARK—BRAVE
Free movie, beginning at dusk. See ad on page 32.

Heritage Park
1241 Peachers Mill Road
cityofclarksville.com/moviesinthepark

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.

6 MONDAY

CLARKSVILLE TENNIS ASSOCIATION START OF BEGINNER TENNIS LEAGUE

Through Tuesday, May 7.

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

ARTS & CRAFTS CLASS

11:00 a.m.

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

7 TUESDAY

CLARKSVILLE TENNIS ASSOCIATION START OF SUMMER LADIES LEAGUE

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

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

8 WEDNESDAY

CLARKSVILLE TENNIS ASSOCIATION START OF INTERMEDIATE TENNIS LEAGUE

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

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

9 THURSDAY

CLARKSVILLE TENNIS ASSOCIATION START OF ADVANCED TENNIS LEAGUE

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

ARTS & CRAFTS CLASS

11:00 a.m.

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

10 FRIDAY

CARE CAMP WEEKEND

Come Camp with us. Stay Friday night and get Saturday night free. Ice Cream Social on Saturday with all proceeds and donations going to the KOA CareCamp program that gives kids with cancer a chance to camp and have fun.

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

LITTLE KIDS SCIENCE LAB

11:00 a.m.

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

FIELDSTONE PLACE "PARTY ON THE PATIO" WITH FIDDLER TRAVIS WETZEL

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

Fieldstone Place
51 Patel Way
(931) 245-1000

TIRED OF YOUR BANK?

You **MAY** want to switch to **GCU!**

Open to all of Montgomery County!

GATEWAY
CREDIT UNION

931-551-8271
100 OTIS SMITH DR. (OFF TED CROZIER BLVD)
WWW.GATEWAYCREDITUNION.COM

NCUA
LENDER

Teresa's
perfect fit
Bra & Wig Boutique

Find that maternity bra you've been searching for.

FASHION CUSTOM-FIT BRAS FROM SIZE 32A TO 50M

We have a **great** selection of fashion & maternity bras & high **quality** fashion wigs.

Mastectomy Products Now Available!
Call now to schedule your personalized fitting appointment.

Certified Fitter

Like us on Facebook and stay informed!
3375 Hwy 41-A South • 931-358-0030

Wigs by
John Renam

Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

Spirit Nights

Thursday, May 2 from 5:00 p.m. to 7:00 p.m.
CARMEL ELEMENTARY

Tuesday, May 7 from 4:00 p.m. to 8:00 p.m.
SANGO ELEMENTARY

Thursday, May 9 from 5:00 p.m. to 8:00 p.m.
NORMAN SMITH ELEMENTARY

Tuesday, May 14 from 4:00 p.m. to 8:00 p.m.
MOORE MAGNET

Thursday, May 16
BARKSDALE ELEMENTARY

Tuesday, May 21
EAST MONTGOMERY ELEMENTARY

11 SATURDAY

BABY & KIDS EXPO

10:00 a.m. to 6:00 p.m.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
(931) 552-0289

MOVIES IN THE PARK— WRECK IT RALPH

Free movie, beginning at dusk. See ad on page 32.

Heritage Park
1241 Peachers Mill Road
cityofclarksville.com/moviesinthepark

12 SUNDAY

MOTHER'S DAY

MOTHER'S DAY WEEKEND

Moms eat free with family on Sunday. Special gift for all mothers at registration.

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

13 MONDAY

STORYTIME & PUPPET SHOW

11:00 a.m.

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

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

15 WEDNESDAY 17 FRIDAY

ARTS & CRAFTS CLASS

11:00 a.m.

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

MUSIC & MOVEMENT

ENRICHMENT ACTIVITY
11:00 a.m.

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

16 THURSDAY

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

HEALTHY WOMEN EXPO

5:00 p.m. Wellness Expo, 6:15 p.m. dinner and speaker, Elizabeth Dixon. Wellness expert, who heads Chick-fil-A's wellness program in Atlanta, will share how you CAN gain more energy and use it to improve the relationships that are most important to you. \$15 for Healthy Woman Members; \$20 for Non-Members*. Register online at TodaysGateway.com/HealthyWoman or call (931) 502-1111. First 200 women to register will receive a gift! Registration deadline is Friday, May 10.

*To join Healthy Woman for free, visit TodaysGateway.com/HealthyWoman.

Hilldale Baptist Church
Family Life Center
250 Old Farmers Road

FIELDSTONE PLACE "PARTY ON THE PATIO" KARAOKE WITH KINGS ENTERTAINMENT

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

Fieldstone Place
51 Patel Way
(931) 245-1000

18 SATURDAY

ARMED FORCES DAY

In appreciation for our military active and retired. Show your military ID and receive a day pass to enjoy our many amenities.

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

EASTWOOD PARK YARD SALE

7:00 a.m. to 2:00 p.m. Throughout the whole neighborhood, rain or shine. Homes participating will have a balloon attached to their mailbox.

Eastwood Park Subdivision
Intersection of Rossvie Road and Silverleaf Drive

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

Earth-Friendly Covers
BUTZIE COVERS
Diaper Service Cloth Diapers

Now with TWO Locations to serve you!

10% off COVERS
Valid only at Riverside Drive location
Expires 5-31-13

One Size Fits All Diapers!

Cloth Curious?
Using cloth diapers is easier & more stylish than ever!

Covering baby bottoms with style!

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

CLARKSVILLE DOWNTOWN MARKET OPENING DAY

8:00 a.m. to 1:00 p.m. Fresh produce, baked goods, home decor, crafts, local artists, musicians and more. See ad on page 31.

Downtown Clarksville
Public Square
clarksvilledowntownmarket.com

FREE WELLNESS EXPO

9:00 a.m. to 12:00 p.m. The Montgomery County Health Council in partnership with the Clarksville area YMCA will be hosting a free Wellness Expo in conjunction with the mobile mammography coach visit to Clarksville. The goal of the Expo will be to connect people to a variety of resources in our area.

Clarksville YMCA
260 Hillcrest Drive

H&S STRAWBERRY JAM

11:00 a.m. to 3:00 p.m. Inflatables, food, live music, farm animals, vendors, games and strawberries! Crafters welcome. See ad on page 31.

400 Seven Mile Ferry Road
(931) 387-4000

SPRING FLING

11:00 a.m. to 3:00 p.m. FREE! There will be inflatables (giant slide, obstacle course, large bouncy), face painting, games, cotton candy, snow cones, popcorn, hot dogs, desserts, drinks, etc. We are also having a basket auction to raise funds for our missions trip to Jamaica. There will be a variety of baskets to bid on, such as: restaurant gift cards/coupons, fishing, sports themes, toys, gardening, camouflaged items, auto detailing, Nashville Zoo, Ripley's Aquarium, Wilderness Lodge and Waterpark, Venture River Water Park, Holiday World, Beach Bend, thirty-one bags, and so much more. The bidding will end at 2:00 p.m. and

then the baskets will be awarded to the winners. Come on out and enjoy a fun filled day. Lots to do for the whole family.

Pardue Memorial Free Will Baptist Church
1895 Memorial Drive
Pastor, Len Scott
(931) 648-0459 Church
(931) 249-1027 Pastor Cell

SANGO PHARMACY FAMILY FUN DAY

12:00 p.m. to 2:00 p.m. Family Fun Day at Sango Pharmacy. Come meet Mickey & Minnie Mouse Characters, free bounce house inflatable, and free food! Meet your local pharmacist, Catherine Shevlin-Meeks, at the brand new locally-owned Sango Pharmacy. Find us on Facebook! See ad on page 50.

Sango Pharmacy
2197 Madison Street Suite 109
(931) 919-2491

ANNUAL FOSTER CARE AWARENESS EVENT

12:00 p.m. to 4:00 p.m. Hosted by the Montgomery County Community Partnership. There will be fun, food, games and prizes.

Barksdale Elementary School
1920 Madison Street

MISS AND TEEN TENNESSEE LATINA PAGEANT

4:00 p.m. Tickets \$15 at the door or \$10 in advance.

Customs House Museum Auditorium
200 S. Second Street
MissLatin@hotm.com
EVafreshstartlifecoach@gmail.com

20 MONDAY LITTLE KIDS SCIENCE LAB

11:00 a.m.

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

23 THURSDAY STORYTIME & PUPPET SHOW

11:00 a.m.

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

21 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

24 FRIDAY 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

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
(931) 245-1000

22 WEDNESDAY

MUSIC & MOVEMENT ENRICHMENT ACTIVITY

11:00 a.m.

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

25 SATURDAY OAK GROVE TOURISM'S SPRING INTO SUMMER FESTIVAL

12:00 p.m. to 9:00 p.m. and Sunday, May 26 from 12:00 p.m. to 6:00 p.m. Free Joe Nichols concert Saturday, May 25 at 7:00 p.m.

Carnival rides, variety show, food and craft vendors, fireworks after the concert Saturday night. See ad on page 30.

War Memorial Walking Trail Park
101 Walter Garrett Lane
Oak Grove, Kentucky
www.springintosummerfest.com

Licensed, Insured & Locally Owned.



SPACE WALK™

Here Comes Fun

Spacewalk is the leader in inflatable entertainment business: space walks, water slides, concessions, and interactive!

CONGRATS CLASS OF 2013

- Pickup or Delivery Options Available
- \$100 Space Walk Pickups
- Largest inventory selection in the US!

Order Online Now

www.spacewalkclarksville.com or call 931-905-1116



2013 grad party special coupon code `grads2013`
Rent any inflatable and keep it over night for FREE
Plus with any inflatable rental get 10% off tables and chairs.

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

Sylvan Learning of Clarksville
220 Forbes Ave.
Clarksville, TN 37040
931-647-5811
sylvan1011@sylvanclarksville.com

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

27 MONDAY MEMORIAL DAY

28 TUESDAY DAR CHAPTER MEETING

1:30 p.m. The program will be presented by C.A.R. 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.

Clarksville-Montgomery County
Public Library
350 Pageant Lane
CaptWilliamEdmiston@tndar.org

C.A.R. SOCIETY MEETING

2:00 p.m. to 3:00 p.m. Clarksville's Sevier Station Society of the Children of the American Revolution (C.A.R.) will join the Daughters of the American Revolution at their regular meeting to present a special patriotic program. 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

29 WEDNESDAY ARTS & CRAFTS CLASS

11:00 a.m.

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

30 THURSDAY STORYTIME & PUPPET SHOW

11:00 a.m.

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

June

1 SATURDAY FAMILY EDUCATION WORKSHOPS—CARING FOR AN AGING PARENT WITH ALZHEIMER'S OR OTHER DEMENTIA

10:00 a.m. to 4:00 p.m. Hosted by Fieldstone Place, Walking Horse Meadows, and Home Instead Senior Care. Lunch provided, RSVP required.

Fieldstone Place
51 Patel Way
(931) 245-1000

DOGGIE PALOOZA

1:00 p.m. to 4:00 p.m. Bring your four-legged family members for an afternoon of contests, demonstrations, prizes and more. See ad on page 63.

Heritage Park
1241 Peachers Mill Road
(931) 645-7476
cityofclarksville.com/events

EVOKE SALON ONE YEAR ANNIVERSARY GUEST APPRECIATION BASH

2:00 p.m. to 5:00 p.m. There will be drawings and giveaways for free products. RSVP for services ahead of time or walk in for first come/first serve with the featured services only \$25. Light snacks & drinks will be provided. See ad on page 20.

Evoke Spa Salon
210 Needmore Lane
(931) 896-1889

MOVIES IN THE PARK—LES MISERABLES

Free movie, beginning at dusk. See ad on page 32.

Heritage Park
1241 Peachers Mill Road
cityofclarksville.com/moviesinthepark

**Submit your event to
events@clarksvillefamily.com
by the 15th of the month to
be included in the
next issue.**

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • www.customshousemuseum.org

EXHIBITS:

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 20th.

TN Waterways & the Amazing Maze

The Amazing Maze is back! Explore the waterways of Tennessee while finding

your way through the life-size maze. Opens May 16th.

Only the Shadows Know: Darkroom Junkies

This group of photographers produce work that relies solely on darkroom techniques.

Mike Andrews: Carvings, Castings & Constructions

Work by sculptor Mike Andrews, APSU graduate, opens May 17th.

Traditions: TN Lives & Legacies

This exhibit highlights folk artists from around the state in photographs by Dean Dixon of Nashville. A companion book by the same title features 25 essays by Dr. Robert Cogswell that testify to the strength and diversity of Tennessee's grassroots cultural life. Exhibit produced by the Tennessee

Arts Commission Folklife Program. Opens May 22nd.

Archetypes: The Art of Diane Shaw

Opens May 1st

Celebrating 100 Years of the Foust Family Foundry

Opens May 3rd.

ACTIVITIES:

Let's Find: Flowers

May 15th & 16th, 10:30 a.m. 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 flowers. We will also read a story and make a craft. If you would like, bring a picture of a flower to plant in our picture garden. Your picture can be a photograph, drawing, or one cut from a magazine. This activity is free to museum members. Non-members pay the regular

adult admission of \$7, plus \$1 per child 3 years and older. Siblings are always welcome.

Sunday Family Fun:

Construction Art

May 19th, 1:00 p.m. to 5:00 p.m. Nuts and bolts and washers and screws, put them together, create something new. Or paper and tubes, they also will do. Come visit this Sunday, and discover the art by Mr. Andrews. This activity is free with your paid admission or museum membership. For more information contact Sue Lewis at (931) 648-5780.

The museum will be closed Sunday, May 12th for Mother's Day and Monday, May 27th for Memorial Day.

The museum is open Tuesday through Sunday unless otherwise noted.

The Roxy Regional Theatre

100 Franklin Street • (931) 645-7699 • www.roxyregionaltheatre.org

THE LITTLE MERMAID JR.

MUSIC BY Alan Menken
LYRICS BY Howard Ashman
AND Glenn Slater
BOOK BY Doug Wright
BASED ON THE HANS
CHRISTIAN ANDERSEN
STORY AND THE DISNEY
FILM
MUSIC ADAPTED AND

ARRANGED BY David
Weinstein
In a magical kingdom
beneath the sea, the
beautiful young mermaid
Ariel longs to leave her
ocean home to live in the
world above. But first, she'll
have to defy her father King
Triton, make a deal with
the evil sea witch Ursula,

and convince Prince Eric
that she's the girl with
the enchanting voice.
Adapted from Disney's
2008 Broadway production,
Disney's The Little Mermaid
Jr. features the hit songs
"Part of Your World," "She's
in Love," and the Oscar-
winning "Under the Sea."

Presented by the Roxy
Regional School of the Arts.

6:00 p.m. May 17, 18, 20, 21,
22, 23, 24, 25, 27, 28, 29, 30,
31 and June 1

2:00 p.m. May 18, 25 and
June 1

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

Clarksville-Montgomery County Public Library

350 Pageant Lane • (931) 648-8826 • 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.

News • Business • Events • Arts & Leisure

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www.clarksvilleonline.com

The Golden Rose Pageantry presents:

Golden Rose State Pageant

\$500 cash to the winner!

Come and compete to be Miss Golden Rose 2013.
Play bingo during scoring for other cash & prizes.
• Beauty Event
• Beach Wear
• Wild Wear Events

June 22, 2013

Paris Landing Inn State Resort
Free golf for dad if you stay 2 nights!

Andra Kimberly: 931-627-3795 | goldenrosepageantry.com

or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

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.

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.

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.

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.

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.

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, or visit our website at 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, if you would like more information regarding who we are and what we do,

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.

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, or visit 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 or 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 for all who are interested. Visit 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 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 call (352) 262-0627 or e-mail 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.

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.

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.

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 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 fortcampbelldoulas.webs.com or find us on Facebook at 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. If you have breastfeeding questions please contact one of our local group's leaders at 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, CAPPALactation Educator Trainer at (931) 451-3223 or 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.

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.

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/

www.tennessee.gov/humanserv/childcare/63/37042/

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.

PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or 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.

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.middletnalanon.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.

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.

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.

BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or 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.

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or www.gsmidtn.org. Girl Scouts build girls of courage, confidence and character

who make the world a better place. Email 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, 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.

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 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 or 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 or 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. 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.

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 for more information and sign up for email updates at 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. Or visit 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.reachingkidsforjesus.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. 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.

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.

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.

HUMANES 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 or 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.

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 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.

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. You can also visit our website at 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) 425-2666

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.

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.

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.pastoralcounselingctr.org.

THE PATH LIFE COACHING

Through The Path Life Coaching (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 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.

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.

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.

Why not take the opportunity to bring the world to the Clarksville area and give your family, community and school insights into new cultures?

Go online and see details at www.afsusa.org/hosting and fill out a preliminary application. Your best choice of gender, interests, talents, native country, etc. is to choose a student early when more are available. This will also insure that there is a place in your local high school. CMCSS high schools will only allow four (4) in each high school. Students may also attend private schools and families who homeschool may host, but the AFSers must attend public or private school.

Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and AFSPR@mistennky.org or Sandy Rich at srich@afs.org and (865) 617-0665 and the local web site Miss Tennky Area AFS Volunteer Leadership Team at www.afsusa.org/mistennky.

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



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

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! [ClarkvilleMommies.Com](#) is part of TheMommiesNetwork, a 501-C(3). Register to be part of [ClarkvilleMommies!](#)

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS 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](#) or e-mail [clarkvillechara@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](#). 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/](#)

HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit [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](#). If you have breastfeeding questions please contact one of our local group's leaders at [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.momsclubofclarkvilletn.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](#) for East Clarksville or [clarksvillemomsclub@yahoo.com](#) for West Clarksville.

MOPS AT FIRST BAPTIST CHURCH

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](#). 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](#) 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](#), visit [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 [ashleighgoss@yahoo.com](#). Find us on Facebook at [Spring Creek MOPS](#).

PARENTS OF MULTIPLE

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](#) 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/](#)

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](#) 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](#).

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@cdeilightband.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](#) or [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](#).

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. Visit 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, Jennifer Allen

at (615) 854-2165 or Jallen@tnvoices.org; or Felicia Johnson at (615) 852-9728 or 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

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.

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 or call the chaplain's office at (270) 798-8777.

PARKINSON AWARENESS AND FELLOWSHIP GROUP

Interested in knowing more about Parkinson? Do you need the support of those who have Parkinson? You are welcome to all meetings on the second Tuesday of each month at 5:00 p.m. This lively group of people meet at Christ Presbyterian Church, 1230 Rossview Road, across the road from Rossview schools. Wayne King, (931) 645-8174, Coordinator.

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.

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.



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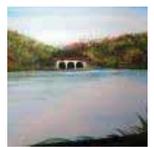
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			1	2  Dogwood	3  Roly Daisy	4  Folk Art Tree
5 2pm - KIDS  Flip-Flop	View the Swirlz Art Calendar & book your class online at www.swirlzart.com			8  Windy Night	9  Twittering	10  Jasmine Jade
12	13	14	15	16  Midnight Moon	17  County Line	18 Couples  First Date
19	20	21	22	23  Funky Fleur de Lis	24  Sunset Silhouette	25  Dunbar Cave
26	27	28	29 	30  That Cat	31  Spring Cross	1  3 Drink Minimum

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