

September 2013



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Portrait by Lisa Authier.



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Publisher's Message

Like most of you, Labor Day arriving usually signals the unofficial end of summer for me. As it begins to wind down and fall is about to begin, the 26th annual Riverfest celebration returns—and we cannot wait. Please check out page 7 for a list of the activities as well as the calendar on page 59 for a little more detail. Clarksville Family will be sponsoring Toddler Town for the 6th year in a row; so if you have any little bitty ones (5 & under) who are too small for the other activities, bring them on over! There is also a place for parents to take a break with stroller parking and a private diaper change area. But as always with Riverfest, there will be fun for ALL ages so come out and enjoy the last days of summer!



We have a jammed packed issue this month, and I hope you have the chance to read it all. Pamela Magrans' touching story about Emily Jean Mills (from the cover) will be with you long after you read it. Taylor Leiberstein's interview with a Pinterest project guru give insight on how you can take your pinning to the next level. (page 16) And of course MANY, many more!

Now that school has been in for almost a month, I hope you (and your kiddos) are into the swing of things and can take the time to relax a little. *(Hey, before you know it, fall break will be here... ha!)*

As always, thank you for picking us up, we wouldn't be here without you!

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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TABLE OF CONTENTS

- FEATURE • 6**
Local Girl Illustrates Hope and Courage
- FEATURE • 16**
Pinterest Projects Done Right
- HEALTH • 20**
Recipe: Eggplant Caponata
- HEALTH • 22**
Be Aware of Potential Drug Interactions
- COMMUNITY • 24**
Celebrate Constitution Week!
- GIVING BACK • 28**
Bikers Who Care's Annual Toy Run
- COMMUNITY • 32**
Get Up and Go Commando
- FEATURE • 34**
Carl's Perfect Pig Bar-B-Que & Grill
- HEALTH • 36**
Obstructive Sleep Apnea
- COMMUNITY • 38**
Skylar Cain
- HEALTH • 40**
Helping Your Kids Form Healthy Eating Habits
- GIVING BACK • 42**
Remembering 9/11 Through Acts of Service
- BEAUTY • 44**
What Can a Facelift Do for Me?
- HEALTH • 46**
Heart Stent Controversy
- CANDID CLARKSVILLE & FORT CAMPBELL FAMILIES • 50**
- STORYTIME • 52**
Missing Home
- THE FRIDGE • 56**
- CALENDAR • 58**
- FAMILY RESOURCE NETWORK • 64**



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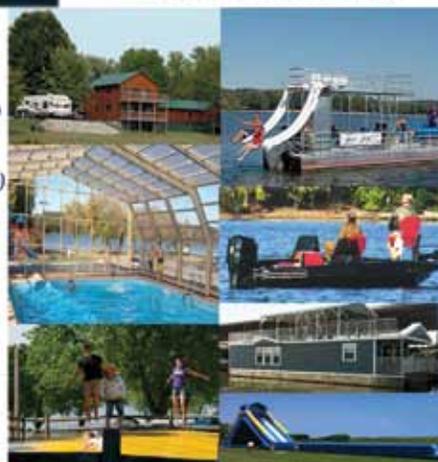
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SPIRITED 8-YEAR OLD LOCAL GIRL ILLUSTRATES HOPE AND COURAGE OVER TRAGEDY

by Pamela Magrans

Helen Keller once said, "All the world is full of suffering. It is also full of overcoming." There lies a lesson and a calling for the rest of us.

Emily Jean Mills was only five years old, a kindergarten student at Glenellen Elementary, when she was riding in her aunt's car traveling down Warfield Boulevard, as they returned from a trip to Nashville. Emily was asleep in her car seat that evening in February 2011 when the Chevrolet pickup truck crossed the middle line and the head on collision occurred. The driver of the other vehicle was



two times over the legal limit for alcohol consumption. Beer cans were visible on the road amidst the wreckage of the crash.

Many lives were changed that night. Emily was left with a

spinal cord injury resulting in paralysis from the chest down. Her aunt was fortunate to escape with only minor injuries. The 24-year old man who was driving drunk that night is spending eight years in prison for his crime. As Helen Keller said, "All the world is full of suffering." However, as Emily, her family and her community demonstrate, "it is also full of overcoming."

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She is swift and playful, like a monkey. Her strong arms take her where she must go, for now. Her smile is crafty; her feistiness is apparent. She is sharp and clever, smart and tenacious. She makes friends easily; she is unforgettable, radiant and brave.

The back of her turquoise tee shirt reads, "You don't have to walk to leave footprints." We stand in awe of Miss Emily, of her sweet optimism and jaunty resolve.

A hope to walk again

Despite the doctor's current diagnosis of paralysis, Emily and her family continue to be



progressive in her recovery. Doctors say she only has a 2% chance of walking again, but Emily wants to try anyway.

New technologies and discoveries are hopeful, and

there is an experimental stem cell procedure that might help Emily walk again.

Emily's mother, Stephanie Rutherford, hopes her daughter can travel to Texas soon for an experimental procedure. The procedure would consist of extracting stem cells from Emily's thigh and transplanting them into her spinal cord, in hopes that the transplant would spark spinal cord rejuvenation.

There are no guarantees and no insurance coverage, but it is a chance that Emily and her family must take.

The procedure will take three different visits to the hospital in Texas and will cost

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at least \$15,000, perhaps more. Local fundraisers are helping the family raise money for that procedure, but more financial help is needed.

Emily's family wants to give her every chance possible of walking again. That means being progressive to open doors for her future, rather than being content with the present situation. It is hard work, but Emily continues to persevere in hopes that she will walk again someday.

Emily has been going to therapy at Beyond Therapy weekly in Franklin, Tennessee where she uses a body weight



supported treadmill and a functional electronic stimulation (FES) stationary bike designed for individuals with paralysis. The therapy is designed to keep her legs moving and hopefully stimulate muscle growth and possible recovery. The cost of that therapy is \$300 a day. She has been going twice a

week. In September, Beyond Therapy is closing its doors and Emily's mother's, Stephanie, wants to get a stationary bike and treadmill for her to use locally. Currently, there is no such therapy bike or treadmill for public use in Clarksville.

Stephanie is working with Clarksville Athletic Club to hopefully obtain the stationary bike and treadmill to be housed at that local business. It is Stephanie's wish that those resources would be available for other local residents like Emily. There are many Clarksville residents who would benefit from those

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- Tues. 9/17: East Montgomery Elementary 5-8
- Thur. 9/19: Norman Smith Elementary 5-8 pm
- Thur. 9/26: Barksdale Elementary

therapy options, both children and adults. The estimated cost of the stationary bike is \$15,000. The treadmill would be approximately \$30,000.

The financial bottom line can be overwhelming. Overall, it is estimated that Emily's

family will need approximately \$100,000 over the next year to obtain the stem cell procedure, obtain the FES bike, body weight supported treadmill, get Emily a new wheelchair for her growing body, and keep

up with the ongoing therapy to help Emily live the life she deserves.

Our Clarksville community can help her overcome these challenges.

The fundraising campaign to help Emily has become

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known as “Team Emily Jean.” They are selling apparel and hosting local fundraisers so Emily can get the stem cell procedure and the much needed therapy equipment.

A dream to make a difference

Team Emily Jean’s main purpose is to raise funds to help finance Emily’s medical and rehabilitation needs. However, there is an equally important purpose—to combat drunk driving. The car crash that left Emily paralyzed was the result of drunk driving. Team Emily Jean wants to raise awareness about drunk driving, to lessen the reoccurrence of crashes like the one that



left Emily in a wheelchair. As awareness increases, perhaps the incidences of drunk driving crashes in our community will lessen.

Emily’s experience motivated her mother to establish

Clarksville’s first chapter of Mothers Against Drunk Driving (MADD). Stephanie is currently the President of our local chapter of MADD. Likewise, Emily’s older sister, Abby Hurst is establishing a Students Against Drunk Driving (SADD) at her school, Northeast Middle School. Abby has already started a group called “Preps for Steps” where a group of girls are making and selling hair bows to raise money for Team Emily Jean.

According to the MADD website and the National Highway Traffic Administration, one in three people will be affected by a drunk driving

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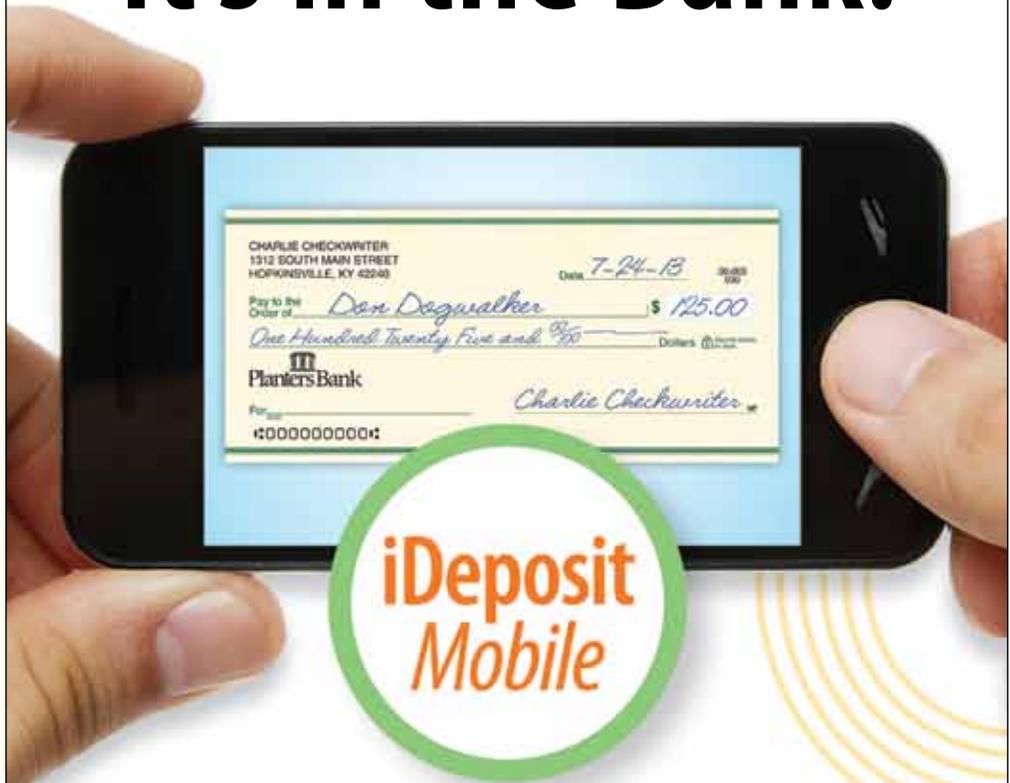
accident in their lifetime. Likewise, about every 90 seconds someone in the U.S. is injured in a drunk driving crash. On average, 27 people die daily as a result of drunk driving (www.madd.org). The drunk driving problem impacts everyone, even the person who never drinks alcohol. By talking about the dangers of drunk driving, by designating a driver, and by observing sensible alcohol consumption, drunk-driving crashes can be avoided.

How you can help Emily

We can all help each other by being supportive of MADD programs, ideals and initiatives in order to avoid future crashes like the one that injured Emily. We can talk to our teens about the dangers of underage drinking and how excessive alcohol use impairs judgment. We can honor legal and sensible limits in alcohol use, be a designated driver when needed, and set a positive example for our children. We can also help Emily by buying some Team Emily Jean merchandise or by attending a local fundraiser.

Many local businesses have hosted fundraisers for Emily Jean over the past couple of years. The Potato Bowl off Trenton Road recently hosted a

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fundraiser where the sisters decorated the Potato Bowl Chalkboard. Chick-fil-A, the Clarksville Athletic Club and the Clarksville Police Department also held recent fundraisers. A benefit concert was also held at West Creek Elementary School last winter. Through these and future efforts, our community can help offset the financial obligations of making Emily's dream of walking come true and spread awareness of the dangers of drunk driving.



If you are interested in purchasing Team Emily Jean merchandise, such as a car magnet or a shirt, visit Prayers for Emily Jean on Facebook, where an order form is downloadable.

Emily also has a trust fund at Bank of America. Donations can be made at any local Bank of America under the Emily Jean Mills Special Needs Trust Fund. Any local business or organization interested in hosting a fundraiser can contact Emily's mother, Stephanie, at svoller1@gmail.com.

Emily's journey has been hard. Her rehabilitation from the injuries from the crash required perseverance and strength, both mental and physical. Her sisters, Abby



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and Jordan, have been a pivotal force in her recovery. Her mother has become her nurse, advocate and powerful public speaker. Her school and community continue to motivate and support her. Emily's determination and her hope remind us that while the world may be full of sadness and suffering, it is also full of overcoming. May we all, in whatever way we are able, help Emily make footprints.

Emily (8) and her sisters, Jordan (14) and Abby



(12), are featured on the cover photo this month, photographed at the Clarksville Marina by local photographer Lisa Authier.

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PINTEREST PROJECTS DONE RIGHT

by Taylor Lieberstein

Are you familiar with the term “Pinterest fails”? If you aren’t, a quick Google image search will catch you up to speed. For the purpose of this article I will explain.

Pinterest fail *verb*; 1. Seeing something cute on Pinterest that looks easy to D-I-Y. Thinking

that you only need a few household items and limited skills to construct one of your own. Spending an entire Saturday afternoon making something that looks like it was made in first grade art class, obviously not the look you were going for.

This month we found someone who can create those awesome pieces that people will not stop pinning.

Casey Buttrey, corporate man turned craftsman, is out to make your biggest Pinterest project dreams a reality. As a skilled contractor, he can build a house from the ground up and on the other hand he can make a coffee table out of old wood pallets for you. He has a degree from the University of Tennessee in speech communication. Before his recent As Seen on Pinterest business venture he had been working in instructional technology sales. He has completely given up the nine to five and is now an entrepreneur out to make a living in a less traditional way—doing something he has a passion for, all while enjoying a more flexible schedule that allows him to spend plenty of time with his four-year-old son, Henry.

“I was looking for something productive to do that combined my background in construction and my want to make things from repurposed and recycled materials. That, combined with my experience in online marketing, is really how this all came together as an actual business idea,” said Buttrey.

A well-rounded skillset made up of contracting + superior research methods + a love for all things technology = the ability to create things as they are seen on Pinterest without fail.

There are thousands of people accessing images of content, content being things pictured on Pinterest boards such as a vintage headboard made of repurposed wood. However, the majority of people cannot

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create them due to a restricted skill set. Buttrey is making these unique, sometimes custom, pieces that we see in pictures, but are not otherwise able to obtain. With only a digital image he can construct something that could be the center of attention in your living room in the near future.

“There is a generation of people who use Pinterest everyday and there is a whole generation of people who can make things. In between those two I feel there is a gap. There are only a handful of people who can do both,” said

Buttrey. He being able to do both is what will hopefully make this a successful business venture.

He can recreate any Pinterest image that he is able to access the tools and instructions for. Rarely there may be a material he cannot get ahold of—rarely. The next time you see something that you want made and all you have is a digital image, email it to asopinterest@gmail.com, or call him at 615-934-4045 and Buttrey can likely help you out. Most orders can be completed within the week (depending on the order) and he will ship or deliver the order to you upon completion.

In addition he has pre-made pieces that are ready for sale: wood pallet coffee tables, wine racks, book shelves, spool tables and custom photo transfers onto up-cycled wood...and the list goes on. He can customize any order with a phrase, last name, initials or a photograph.

Buttrey has several of his designs on display in a newly opened booth at Briar Rose Antique Mall in downtown



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Dickson. This month he is set to open a booth at Miss Lucille's Marketplace in Clarksville. Check out his Facebook page: Facebook.com/AsSeenonPinterest, to see a preview of his completed projects. The wood pallet coffee tables are easily the most awesome tables you will ever see. One of his most popular items right now is

the family wall chart, (pictured on facing page) which is a ruler that you mark your children's growth progress on. No more marking it on the back of the bathroom door. Best of all, you can move the ruler and the memories when you move. See below for detailed instructions on how he makes this piece.

On a side note, while I was in White Bluff visiting his workshop and doing our interview, Buttrey suggested we take a break and grab lunch at one of Emeril Lagasse's must eats when in Tennessee, Carl's Perfect Pig Bar-B-Que and Grill. Check out the details of that experience on page 36.

TOOLS AND SUPPLIES NEEDED

- Tape measure
- Saw
- Hammer
- Sandpaper & Sanding block (optional)
- Paintbrush
- Paint
- Stain
- Pencil
- Sharpie



INSTRUCTIONS

1. Find a piece of wood at least 6 feet long. For this project, we are using a 1" x 4" from a large repurposed pallet found on a local farm.
2. Remove any nails or unwanted pieces.



3. Using 60 or 80 grit sandpaper, sand down any major flaws or areas you don't like. Be sure to get the corners and edges.



4. Measure and cut your board to 72" or 78", depending on whether or not your children are giants.



5. Paint or stain your board (allow to dry overnight).



6. Using tape measure and Sharpie, mark 1" increments

on your board with a longer line for every foot. Your first mark at the bottom of the board is the 6" measurement. This way, you will mount the board 6" above the floor so that your baseboard won't be in the way and you will still get accurate measurements. For the 6th mark (and every 12th afterwards) make that line about 50% longer to distinguish each foot mark.



7. Paint (using stencils or by hand) each foot marker at the appropriate marking.



8. Place a hanger of your choice on the back and you're done! Make sure to find a stud in your wall to hang it to and have the bottom set 6" from the floor.

THIS MONTH'S HEALTHY RECIPE: EGGPLANT CAPONATA

Brought to you by Gateway Medical Center



An easy appetizer recipe, eggplant caponata pairs nicely with whole wheat crostini or crackers. A Mediterranean recipe classic, caponata may be served as a warm, cold or room temperature appetizer.

Ingredients

- 2 Tbsp olive oil
- 1 medium yellow onion, cut into 1/2-inch cubes
- 2 medium red bell peppers, cut into 1/2-inch cubes
- 1-1/2 lb eggplant or zucchini, unpeeled, cut into 1/2-inch cubes

4 large garlic cloves, crushed

1/4 cup Champagne or red wine vinegar

1/4 cup honey

1/4 cup golden raisins

2 Tbsp capers, drained

1/8 tsp herbes de Provence

Black pepper to taste

Preparation

In a large skillet, heat olive oil over medium heat until hot.

"Two children.
Two wonderful experiences."

Wendi Austin
Maternity Patient

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Add onion, bell peppers, eggplant and garlic and sauté until onion is softened.

Reduce heat to low and cook for 20 minutes, or until vegetables are tender. Push vegetables to one side of skillet. On the other side of the skillet, add vinegar, honey and raisins and stir liquid and raisins together. Mix vegetables and liquid together and add capers and herbes de Provence. Cook for 10 to 15 minutes more, or until heated through. Season with black pepper.

Caponata may be served warm, cold or at room temperature. To make ahead, spread caponata in a single layer on a rimmed baking sheet and cool in refrigerator. Store in an airtight container for up to one week.

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Nutrition Facts

Recipe Yield: 6 servings

Amount Per Serving

Calories 147

Total Fat 5 g

Saturated Fat 1 g

Cholesterol 0 mg

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LET'S CELEBRATE CONSTITUTION WEEK!

by Mary Kidd, DAR Constitution Week Chairman



Every year, the week of September 17th through 23rd

commemorates the signing of the Constitution of the United States of America. You might have even heard the phrase, "That's unconstitutional" or "That's my constitutional right!" As Americans we enjoy many freedoms and rights. But how did we gain them?

The year was 1786. The place was Philadelphia, Pennsylvania. The event was the Constitutional Convention. The weather was hot, humid, and downright stifling. Fifty-five men, who were later called "the Framers of the Constitution," met to revise the Articles of Confederation, which was the basic agreement among the 13 founding states that established the United States of America. On September 17, 1787, after much discussion, even passionately heated arguments, the proposal of the new Constitution was approved by this convention.

The United States Constitution has endured longer than any other constitution in the world and has been used by many other countries as a model for drafting their own constitutions.

The observance of Constitution Week is the perfect time to urge all citizens to study the Constitution, and reflect on the privilege of being an American with all the rights and responsibilities that privilege involves. Let's also consider those who helped create this important document. Have you ever wondered about any of the men who shaped our nation's Constitution? Let's look at just five of these men: Washington, Madison, Franklin, Dayton, and Morris.

George Washington, the "Father of our Country," quietly served as the president of the Constitutional Convention, intervening only when

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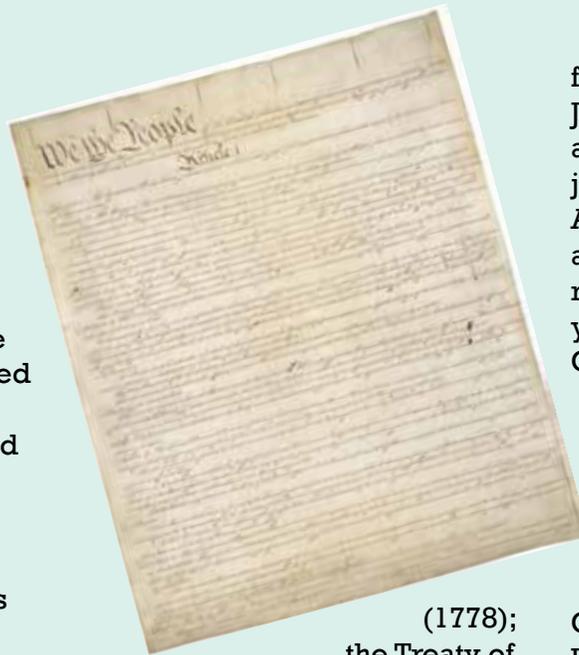
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necessary, took a very active role in promoting the Constitution until it was ultimately ratified.

James Madison, a lifelong public servant who became our nation's fourth president, is the "Father of the Constitution" for having drafted this important document and then later authoring the United States Bill of Rights.

Benjamin Franklin, at age 81, was the oldest signer of our Constitution, and he holds the distinction of being the only Founding Father to sign all four major United States documents—the Declaration of Independence (1776); the Treaty of Alliance with France



(1778); the Treaty of Paris (1782); and the United States Constitution (1787).

Jonathan Dayton, a New Jersey delegate, having graduated

from the College of New Jersey (now Princeton) at age 16 and then immediately joining the fight in the American Revolutionary War and earning the commission rank of Captain at 19, was the youngest delegate to sign the Constitution at 26.

Gouverneur Morris, a New York native who represented Pennsylvania during the Constitutional Convention, enrolled in college at the age of 12, graduated Kings College (now Columbia University) at 16; and then received a Master's degree at 19, is credited with writing the preamble to our Constitution.

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2013 is the 58th anniversary of Constitution Week. The tradition of celebrating Constitution Week was started many years ago by the NSDAR. Miss Gertrude S. Carraway, while President General of NSDAR, was responsible for the annual designation of September 17-23 as Constitution Week. In 1955, the NSDAR petitioned Congress to set aside September 17-23 annually for the observance of Constitution Week. The resolution was adopted by the U.S. Congress and signed into Public Law #915, on August 2, 1956, by President Dwight D. Eisenhower.

There are many fascinating facts about our Constitution and its 55 Framers. For more information on our Founding Fathers and the United States Constitution, please visit the Clarksville-Montgomery County Library on Pageant Lane. While you're there, please stop by our special Constitution Week display with an interactive game sponsored by the Children of the American Revolution (C.A.R.), located just outside the Children's Room on the library's first floor. The C.A.R. Constitution Week presentation will be on display the entire month of September.

In addition to visiting the C.A.R. Constitution Week library display, consider these ideas to celebrate the occasion with your family. Host a special dinner to celebrate your favorite Constitutional Delegate. Memorize the preamble to the Constitution. Watch a historic documentary about the American Revolution. Make a family poster depicting the rights you enjoy as Americans. Display the American Flag during this week. Thank a Fort Campbell Soldier and his/her family for their direct support of our Constitution.

The National Society Daughters of the American Revolution is a nonprofit, nonpolitical volunteer women's service organization dedicated to historic preservation, education, and patriotism. Our Clarksville DAR members include mothers, super aunties, career women, Army wives, active-duty Soldiers, and military veterans. Any woman 18 years or older, regardless of race, religion or ethnic background, who can prove lineal, bloodline descent from an ancestor who aided in achieving American Independence is eligible. For membership information, email us at CaptWilliamEdmiston@tndar.org.

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BIKERS WHO CARE HOST ANNUAL TOY RUN TO RAISE FUNDS FOR LOCAL CHARITIES

by Pamela Magrans

The Bikers Who Care (BWC) will host their 32nd Annual Leslie W. Watson Memorial Toy Run on September 20-22, 2013. Bikers Who Care are a group of motorcycle enthusiasts committed to children's charities. The Toy Run is a fundraising event to raise money for Camp

Rainbow and other local charities. Families, both bikers and not, are encouraged to participate in the variety of events that weekend.



Raising money for Camp Rainbow

The BWC have long since been an avid supporter of the Dream Factory's annual Camp Rainbow. Camp Rainbow is a camp dedicated to children with medical problems that would limit their ability to experience the regular summer camp setting for children. Camp Rainbow staffs medical professionals, including doctors and nurses and offers one-on-one counselor attention. The tailored camp experience allows children a chance to enjoy the camp setting without limitations. The highlight of the one-week long camp is the arrival of BWC riders who ride into camp on their Harley Davidsons and treat the children to a vast array of toys, fun and attention!

Toy Run Benefit Party

The annual BWC Toy Run is the largest of BWC's fundraisers, helping to raise money to finance not only Camp Rainbow but also other local charities, such as Buddy Ball, and the Montgomery County Child Advocacy Center.

During the weekend of September 20-22, motorcycle



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enthusiasts will gather at the Clarksville Speedway at 1600 Needmore Road for a weekend full of events. Tickets to the event are \$25 in advance and \$30 at the gate. Ticket-buyers get a wristband that allows them to enter and exit the Benefit Party for the entire weekend. Proceeds from admission help finance the BWC's charitable contributions.

The Benefit Party will include live bands, food, bike shows, vendors selling motorcycle gear and many more entertaining events. The event is held at the Clarksville Speedway. Areas are set aside for camping, for those who want to stay all weekend. Children are welcome to attend, but there is a 9:00 p.m. curfew for children on both nights.

Sunday is Family Day at the Benefit Party and there will be a variety of family friendly events such as an egg toss

and a potato race. Family Day will begin with a church service at the Speedway. Families are welcome to come and join in on the fun, knowing that their admission price goes to a worthy purpose.

The Wall of Death-a new attraction

This year there is a new attraction at the Benefit Party. The American Motor Drome Wall of Death is a gravity defying thrill show. Riders will ride classic Indian and Harley



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Motorcycles along a vertical wall 14 feet off the ground. Anyone with paid admission to the Benefit Party can view that extreme motorcycle show at the Speedway.

The Toy Run Ride

The highlight of the weekend is the Toy Run, a procession of motorcycle riders who depart the Clarksville Speedway, each sporting stuffed animals strapped to their motorcycles. The group rides together in parade format, from the Speedway to Governor's Square Mall. This event is well



known to locals and has become an iconic part of the annual Toy Run.

The Toy Run riders will depart the Speedway at approximately 1:00 p.m. off Needmore Road, turn onto Trenton Road, then progress down 101st Boulevard

to Warfield Boulevard. The riders will turn onto Ted Crozier Boulevard then take Dunlop Road to enter the back of Governor's Square Mall near Belk. Police escorts will be guiding the group and stopping traffic along that route when needed.

Families often park in parking lots alongside the route and watch the motorcade of bikers adorned with teddy bears and other toys. The donated toys are given to the Clarksville Fire Department to disperse to children throughout the year. Anyone is welcome to participate in the Toy Run and no ticket is needed to participate in that part

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of the event. Locals are encouraged to be aware of the route and to be courteous of the motorcycle riders on our local roads that weekend.

To learn more

To view the flyer for this event and to learn more about the attractions or how you can help the BWC, visit bikerswhocare.org or like Bikers Who Care on Facebook.



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GET UP AND GO COMMANDO

by Jessica Goldberg

On October 19, people will hit the streets running for the third annual Go Commando Half Marathon and 5k. Will you be one of the 2,000 people participating? Start training now! The Go Commando Half Marathon and 5k, powered by CDE Lightband, is an event that has doubled in size in three years, and only continues to grow. Whether you're a seasoned runner, or consider yourself more of the "I'll run only if something is chasing me" variety, you'll have a blast at this locally organized road race.

Where To Start

Check out the event website www.gocommandoclarksville.com. Here you can register, see the course maps, and learn more about why the race began. In the past two years, over \$80,000 has gone to support local

community organizations. Race beneficiaries include the Clarksville Area YMCA, Fort Campbell Historical Foundation, Austin Peay, Green Beret Foundation and many more.

How to Train

Several fitness partners offer Go Commando training groups in the area. This is a great way to get motivated for your first race or achieve a new goal. Don't be intimidated; each training group is a great mix of ages, abilities, and speeds.

Bootcamp Challenge offers an eight-week training package that actually includes the price of the race registration! This total body workout focuses more on circuit and cardio training as a way to prepare your whole body.



Clarksville Family's own Carla Lavergne will be joining the Boot Camp family this year as she trains for her first ever Go Commando experience! Read about Carla's journey on the Go Commando blog and be sure to cheer her on at the finish line! For more information on how you can sign up for the Boot Camp Goes Commando series, email courtney@mondaymorningfitness.com.

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The **YMCA Training Program** runs the gamut in terms of true road race training. From couch to 5ks, novice half marathon training, or increasing your speed, certified running coach Donna Pittman knows what it takes to make it to the finish line. You don't have to be a member of the YMCA to join either!

NBalance Yoga has a 10-session Yoga for Runners workshop leading up to race day. Treat yourself to the deep stretches and meditation techniques, especially after the long runs. Check out the studio at www.nbalanceyoga.com.

All Abilities Welcome

The Go Commando event is designed to meet nearly everyone's ability and fitness level. Both the half marathon and 5k have physically impaired and wheelchair divisions. Those wishing to participate through either of these divisions can email Jessica Goldberg, Race Director, for more information at Jessica@clarksville.tn.us.

The Go Commando Half Marathon powered by CDE Lightband can definitely be considered a challenge. But with the right training anyone can conquer the course! For those who may be new to fitness, the Michelob Ultra 5k route is fast, flat, and completely inside Liberty Park. If you have children who want to participate but may not be up to a whole three-miles, be sure to check out the Liberty Fun Run, presented by Premier Medical Group, a great way to get the youngest members of the family involved too.

The two-day Health Expo presented by The Runners Hub and the Finish Fest After Party round out this event into one

awesome weekend. Make 2013 your year! Start training now and we'll see you at the finish line.

For More Information

To learn more about the Go Commando Half Marathon and 5k visit www.gocommandoclarksville.com. The event has an active community on

Facebook and Twitter too. Email Jessica at Jessica@clarksville.tn.us if you're interested in bringing your business to the Health & Wellness Expo.

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CARL'S PERFECT PIG BAR-B-QUE & GRILL

by Taylor Lieberstein

Carl's Perfect Pig Bar-B-Que & Grill on Highway 70E in White Bluff is exactly what you expect from a real old fashioned, open pit barbecue restaurant—perfection. They boast (and rightly so) about their old traditional method of cooking pig, which has been replaced by modern oven style methods at many barbecue restaurants.

Carl Teitloff opened the Perfect Pig after a failed attempt to find an old-fashioned pit barbecue restaurant to dine in. He left the company he was working for to continue the tradition of real old-fashioned pit barbecue. After several months of cooking and plenty of advice they felt they came up with a perfect barbecue recipe. Carl himself was busy



cooking lunch plates during my visit last month. However he came over to talk to us after we ate, sweet man that Carl is. We took some pictures and he gave me a signature bumper sticker that reads *Carl's Perfect Pig Bar-B-Que* "Where a Waist is a Terrible Thing to Mind."

The Perfect Pig is celebrating its 25th year right now. July was their actual anniversary. They opened their doors in 1988 and have been serving barbecue Wednesday through Sunday ever since. They are closed Monday and Tuesday and on the menu it says those days are "my kids' days!"

Serious food experts such as Emeril Lagasse praise Carl's for their barbecue cooking methods and flavor. In



addition *Harper's Bazaar*, *Vanity Fair* and *Southern Living* have given them recognition along with all the local publications.

A journalist from *The Wall Street Journal* stopped at the Perfect Pig on his search for America's best barbecue and wrote "The sleeker, sophisticated places up north may lack the romance of a trip to a shack in rural Alabama or Tennessee, but they also don't threaten the originals, a remarkable number of which show

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few signs of losing spirit or changing their methods. At Carl's Perfect Pig Bar B Que in White Bluff, Tenn., I dined on an artful jumble of shoulder shreds punctuated with browned bits of the outside of the meat."



Of course we ordered barbeque and ribs, the staples when eating at a place named after a pig. Our barbeque and ribs came with plenty of home cooked veggies: okra, squash and cheese, green beans and corncakes. We also saw something on the menu called "Pig Eggs" which we forgot to ask about after we ate ourselves into a food

coma. Please ask about those and let us know.

The menu is extensive but everything on it doesn't come from a pig. Really, there's something for everyone. Definitely go by and see Carl at the Perfect Pig if you find yourself out on Highway 70E in White Bluff.



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OBSTRUCTIVE SLEEP APNEA IN CHILDREN AND ADULTS

by Drs. Montee and Renfroe

What is Obstructive Sleep Apnea (OSA)?

Obstructive Sleep Apnea is a serious, potentially life threatening sleep disorder that affects approximately 18 million Americans. It owes its name to the Greek word apnea (meaning "want of breath") and refers to episodes in which a person stops breathing for 10 seconds or more during sleep. With each episode, the sleeper's brain briefly wakes up in order to resume breathing, resulting in extremely fragmented and poor-quality sleep. "If you or your dentist suspects you suffer from sleep apnea or if you have been diagnosed with sleep apnea, he or she can work closely with your physician to implement and manage a prescribed therapy," says Dr. Stan Montee, D.M.D., F.A.G.D.

Who is at risk for OSA?

OSA is more common in men, although it may be underdiagnosed in women. Sleep apnea tends to run in some families, although no genetic link has been proven. Risk factors associated with sleep apnea include the following:

- Anatomical abnormalities in the nose, throat or other parts of the upper airway
- Obesity
- High blood pressure
- Smoking, which can cause inflammation, swelling and narrowing of the upper airway
- Use of alcohol or sedatives and sleep medications

Can children have OSA?

"Absolutely," says Dr. Derek Renfroe, D.M.D. "If your child

snores and has trouble breathing at night, it may not just mean that she's a noisy sleeper; it could be a sign that she has sleep apnea." Because OSA may disturb sleep patterns, these children may also show continued sleepiness after waking in the morning and tiredness and attention problems throughout the day. In fact, sometimes apnea can affect school performance. One recent study suggests that some kids diagnosed with ADHD actually have attention problems in school because of disrupted sleep patterns caused by obstructive sleep apnea.

Treatment for OSA in children usually involves keeping the throat open to aid air flow, such as with adenotonsillectomy (surgical removal of the tonsils and adenoids) or continuous positive airway pressure (CPAP), which is delivered by having the child wear a nose mask while sleeping.

What are possible symptoms of sleep apnea?

- Morning headaches
- Excessive daytime sleepiness
- Irritability and impaired mental or emotional functioning
- Excessive snoring, choking, or gasping during sleep
- Insomnia
- Awakening with a dry mouth or sore throat

What's the difference between snoring and sleep apnea?

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punctuated by silences and then a snort or choking sound as you resume breathing, this pattern could signal sleep apnea.

Why is sleep apnea a concern?

Studies have shown that people with this potentially life-threatening disorder are so fatigued during the day that, when driving, their performance is similar to that of a drunk driver. If left untreated, sleep apnea can lead to impaired daytime functioning, high blood pressure, heart attack, and even stroke.

How can my dentist help?

If your dentist suspects you suffer from sleep apnea, he or she will refer you to a physician, often a sleep medicine specialist. Diagnosis and treatment is based on your medical history, physical examination, and the results of a polysomnography—an overnight sleep study, which measures heart rate and how many times breathing is interrupted during sleep. If you are diagnosed with sleep apnea, your dentist can work closely with your physician to implement and manage your therapy.

What are the treatment options?

If you have mild obstructive sleep apnea, initial treatment may include avoiding sleeping on your back, losing weight, or cessation of smoking. Dental appliances, such as the Thornton Adjustable Positioner® (TAP®), which reposition the lower jaw and the tongue, have been helpful to some patients with mild sleep apnea. If you have severe sleep apnea, continuous positive airway pressure (CPAP) systems are a commonly prescribed therapy. CPAP delivers air through a small mask that covers the nose, and the constant pressure keeps the airway open, which prevents both snoring and episodes of apnea. For patients who have trouble tolerating CPAP, other treatments, including surgery, can eliminate sleep apnea symptoms.

Dr. Stan Montee is a veteran and a Fellow of the American College of Dentists and a Fellow of the Academy of General Dentistry, and 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 www.clarksvilledentalstb.com or call (931) 645-2469.

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SKYLAR CAIN
by Samantha Getter

Meet Skylar Cain, winner of Clarksville's Aspire to Stardom Talent Competition: Skylar Cain, from Philpot, Kentucky, is a 10-year-old 5th grader at Highland Elementary School.

Since beginning her singing career at the age of 4, Skylar has competed and taken top honors in numerous singing competitions and performed at many charitable events, both locally in her hometown and throughout the region. Some of her most recent



performances include: Texaco Country Showdown, WBKR Denim and Diamonds St. Jude Fundraiser, WBKR Relay for Life Fundraiser, The Susan G. Komen Race for the Cure, the Daviess County Fair Talent Competition, the Heritage Festival Talent Competition, the Hancock County Fair Talent Competition, Hard Rock Café Nashville, Hard Rock Café Atlanta, and Six Flags Atlanta.

She is currently the youngest contestant chosen to participate in the Texaco Country Showdown, which

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is the largest and longest running Country Music talent search in the nation. You can check out Skylar's Showdown profile by visiting www.countryshowdown.com. She has earned a re-occurring spot on The Lanham Brothers Jamboree, performs at The Kentucky Opry Show, "Stars of Tomorrow" and she also performs throughout the year for "The Nashville Spotlight."

Songwriting is another interest of Skylar's and she currently has one original song produced and is

working on two others with Randy Lanham and Jeff "Wildman" Hardesty. Skylar is the youngest contestant to win the Aspire to Stardom Talent Competition, earning over \$5,000 in prizes: 4 ft. trophy (it's bigger than her!), \$1,500 check from Daymar Institute, vocal lessons from The Singing Studio, songwriting lessons from Beau Fuller, and a full day photo shoot with Kristy Belcher Photography, with make-up provided by Lisa Proctor!

When she is not singing she enjoys writing songs,

playing the fiddle, softball, basketball, archery, drawing and spending time with her little sister. Skylar possesses a unique and God given talent that she would love to share with the world.

www.skylarcain.com

www.facebook.com/skylarcainmusic

Twitter: @SkylarCain

www.stardom-entertainment.com

Photo Credit: Kristy Belcher Photography

Make-Up Credit: Lisa Proctor

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HELPING YOUR KIDS FORM HEALTHY EATING HABITS

by Dr. Catherine Meeks

Every day you see another headline about the obesity epidemic in kids. One of the latest studies shows that obese children face not only long-term risks, but also more immediate ones. They're more likely to have problems such as asthma, learning disabilities, and attention deficit/hyperactivity disorder (AD/HD).¹

Yet kids (and adults) are surrounded—on television, on billboards, and online —by messages beckoning them to eat sugary, high-fat, often empty-calorie foods. It can feel like an uphill battle to get kids to make healthier

choices—especially as they're heading back to school, and out of earshot. Sure, you aren't going to win all the battles. But you *can* have a huge impact. Here are a few important reminders:

- 1. Control the flow.** What are you bringing into the house (and what kinds of habits are you modeling)? Remember, you have some control over this until your kid is old enough to shop solo. For now, you have veto power. If you keep the junk out, it can't go in.²
- 2. Look at labels.** Of course, stocking up on healthy foods means you also need to
- 3. Go for staying power.** Go for whole-grain breads, tortillas, pretzels, or cereals. Mix almond butter and celery, apples, or bananas. Try something new once in a while to broaden your kid's tastes. Maybe roasted soy nuts will be a hit. Or, sweet red peppers dipped in hummus. You'll never know unless you give it a try.²

check labels.² You might be surprised at what you find. That tub of nonfat flavored yogurt you think is so healthy might be chockfull of sugar—containing even more than the kids' cereal you long ago shunned.

4. Make it easy. Keep a bowl of fruit on the counter or string cheese or bags of low-sugar, whole-grain cereal within reach. Just don't make eating too easy. In other words, restrict it to the kitchen or dining area. That can go a long way toward limiting mindless snacking in front of the TV or computer screen.²

5. Watch the sugar. Oh, yes, I know. That's a tough one. Maybe even *your* sweet tooth gets its way more often than not. But sugar may do more than add extra pounds or cause tooth decay. New evidence links large amounts of

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sugar—separate from other factors—to the diabetes epidemic.³

If you do nothing else, nix the sweetened drinks. That includes sodas as well as fruit, energy, and sports drinks. Children who drink them not only consume more calories, they are also more likely to eat unhealthy foods.⁴ Keep milk and water on hand, instead of fruit juice, sweetened drinks, flavored milk or drinkable yogurt.³

Along with these five healthy habits, don't forget an insurance policy for your kids: vitamins. When you come into the store, I can advise you

about which vitamins are best for your child. Stop by and check out our new healthy-eating items, such as dried fruits, nuts, and gluten-free products. We hope to see you soon!

Catherine Meeks,
Pharmacist
Sango Pharmacy
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REMEMBERING 9/11 THROUGH ACTS OF SERVICE

by Pamela Magrans

This month marks the 12th anniversary of 9/11. In the days that followed the tragic events of 9/11, our country rallied as a nation. Volunteers came from across the country to help those impacted by terrorism. As we remember the tragedy of September 11, 2001, may we do so not in quiet contemplation, but rather in active servitude. In that same spirit of volunteerism that shaped us as a nation, Volunteer Clarksville, a local volunteer network, will sponsor the annual 9/11 Serve to Remember campaign, from September 1-11, 2013. Volunteer Clarksville is partnering with Hands on Nashville, with partial financial

assistance from the Corporation for National and Community Service.

Through those eleven days in September, Volunteer Clarksville hopes to motivate Clarksville residents to volunteer time and labor to local projects.

The Remembering our Heroes Art Project

Between September 1-11, 2013, volunteers are invited to come to one of the two Pottery Room locations (Madison Street or Trenton Road) and paint a tile to donate to the Remembering our Heroes Art Project. Painting a tile in remembrance of 9/11 allows families to creatively express their feelings about 9/11.

This is the second year that tiles have been decorated and donated as a part of the 9/11 Serve to Remember campaign. The tiles, once individually decorated, will be donated to the Pillars of Hope—a community art project to commemorate 9/11. The Pillars of Hope project is a collective local art project that will be displayed permanently in Clarksville. The Pillars of Hope will not only be a memorial for 9/11, but also to those who served our country in the years that followed. The Pillars of Hope will serve as a reminder that if we stand together as a community, we can persevere through any adversity.

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use art to talk to your child about the events of 9/11 visit www.911memorial.org.

Other ways to serve

There are a variety of ways you and your family can Serve to Remember in the month of September. It might be as small as taking flowers or a meal to an elderly neighbor. You might want to volunteer at your church, the local library, or at your child's school. It might mean volunteering at Loaves and Fishes or Manna Café.

If you want to be a part of Volunteer Clarksville's Serve to Remember, there are a variety of projects that need help this month. Volunteers are needed to help clean up at the Salvation

Army Homeless Shelter. The Salvation Army Thrift Store also needs volunteers to help sort, fold and hang clothing for display.

The Wounded Warrior Healing Garden is located behind the Soldier and Family Assistance Building at Ft. Campbell, and was created as part of last year's 9/11 Serve to Remember. Volunteers are needed to help maintain that area.

The Safe House Domestic Violence Shelter is in need of certain products. Families are encouraged to organize their own donation drives by making baskets of needed items.

The Teacher's Warehouse is a free store for teachers in

the Clarksville/Montgomery County School System. The Teacher's Warehouse is in need of volunteers to help staff the store.

For more information

If you are interested in formally volunteering for any of these local projects, contact Rita Arancibia at (931) 551-5450 or volunteerclarksville@gmail.com.

To review a current list of volunteer opportunities and dates needed visit volunteerclarksville.com.



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WHAT CAN A FACELIFT DO FOR ME?

by Mitchell D. Kaye, M.D., FACS

Of all the cosmetic surgery procedures that I do, a face and necklift can produce some of the most profound and positive changes for an individual. The transformation in a person's appearance and their self-image can be truly dramatic. The signs of aging such as jowls, a loose and heavy neck, deep folds and facial creases that took years to develop can be minimized or eliminated in the few weeks required for the procedure and healing process. That person can see herself as she did years ago and her friends and family are often speechless at the change. It is a kind of rebirth for many people and I find it deeply gratifying to see this transformation. I will try to answer

some of the common questions that people ask me about the facelift process.

What can a facelift do for me? The people who benefit the most from a facelift are those who have sagging, extra skin and fat in the lower 2/3 of the face and neck. Deep lines beside the nose and loose, droopy cheeks can be elevated. Have you ever noticed that the jawline and cheeks of a young healthy person form a smooth oval curve? With age, the jawline appears to square off as jowls and neck sag and obscure that curve. The re-creation of this youthful curve is the most obvious change after a facelift.

What other procedures are commonly done at the same time as a facelift? Fat grafting to increase facial volume is

particularly helpful to "fill out" areas of lost volume, such as the cheeks, the peri-oral area (area around the mouth) and brows. These areas deflate and look flat or hollow as the aging process progresses from the 4th decade onwards. Botox and laser/chemical peels are useful additional tools. Other procedures are necessary to improve the eyelids and forehead area.

How is it done? This procedure can be done through a relatively short incision that is hidden in the hairline and around the curves of the ear. The deeper tissues are elevated and the excess skin and fat is removed. Fat can be obtained from the lower belly or hips and transferred into the deeper facial tissues. Lasers or peels can smooth out the skin lines and reverse years of sun damage.

How long does it take? I personally don't "watch the clock," and everyone is somewhat different, but a good estimate is between two to three hours for most people.

Where is it done? This is an ideal procedure for a well equipped, accredited office surgical suite. This saves a lot of money for the patient, streamlines the process greatly for them, and ensures that the proper safety standards are met.

Am I awake during this and does it hurt? People are comfortably sedated and completely numb. General anesthesia is not necessary unless the patient requests this option. Avoiding general anesthesia has many benefits and makes

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recovery easier. Intravenous sedation is an excellent option that avoids many of the problems potentially associated with general anesthesia and preserves the benefits of excellent comfort and relative amnesia for the procedure.

How long is recovery?

Generally speaking, it is best not to work or have social obligations for at least a week. Medications to reduce discomfort are generally used for several days. It is good for people to walk and stay mobile for the first two weeks. After that, cardio exercises such as stair-steppers, elliptical machines, etc. can be resumed. No weight lifting or straining should be done for the first three weeks.

Who does better with a facelift: women or men? Both!

How long do the results last?

Most people look 5 to 10 years younger after a good facelift. They will continue to look younger than they would have otherwise as they age. In other words a 60 year old may look 50 after the procedure and will look 60 years old when they turn 70. Touch-ups may be done when desired as the person continues to age.

Modern facelifts are now a commonplace procedure for a wide range of people in different walks of life. If you don't like what you see in the mirror anymore and you want to do something about it. That might be you!

To schedule an individualized consultation with Dr. Kaye on facelift procedures go to our website, [www](http://www.AdvancedCosmeticKY.com).

AdvancedCosmeticKY.com or call our office toll-free at (866) 234-0470.



Dr. Mitchell D. Kaye performs an array of cosmetic surgery services. He is a fellow of the American College of Surgeons, American Board of Facial Plastic & Reconstructive Surgery, and a member of both the American Academy of Cosmetic Surgery and the American Society of Cosmetic Breast Surgery.

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PRESIDENT GEORGE W. BUSH WAS LIED TO BY MEDICAL DOCTORS

by Dr. Dale Brown

The fact that the former president underwent an unnecessary medical procedure highlights the fact that hospitals/doctors often allow the love of money to dictate the care a patient receives.

It was recently covered by mainstream media that former President George W. Bush underwent a procedure to have a stent placed in an artery surrounding his heart.

According to *Time* magazine, August 6: "During President George W. Bush's annual physical examination at the Cooper

Clinic in Dallas yesterday, a blockage was discovered in an artery in his heart. At the recommendation of his doctors, President Bush agreed to have a stent placed to open the blockage."

The fact that the president was visiting the hospital simply for an annual checkup and not actually suffering a heart attack at the time reveals two major factors that readers and Americans should be aware of. 1. According to a study published in the *Archives of Internal Medicine* on February 27, 2012, individuals such as Bush receive no additional

benefit and no extension in life by undergoing this procedure versus drug therapy alone. 2. The use of drugs or surgery are both a "patch job/duct tape fix" and do not actually address the underlying cause of heart disease. This is why heart disease is continuing to take thousands of lives every year despite the increased use of such procedures or drug therapy.

The corruption goes even deeper than the level of just the hospital. In fact, drug-makers Johnson & Johnson have been issued thousands of lawsuits due to withholding



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evidence that their drug coated stents carried serious side effects such as increased risk of blood clots, arterial blockages, stroke, heart attack, and death. That's right, the stents can actually increase the risk of what patients would otherwise believe that the stent was protecting them from. Lawyers stated that, "profits were placed before patient safety when they failed to fully disclose the serious danger and **actively attempted to downplay the risk.**"

More than one million patients receive stents each

year at a cost of around \$30,000 to \$50,000 each. According to Dr. Brown, a professor of medicine at Stony Brook University, many doctors cannot accept the fact that stents do not benefit a patient any more than drug therapy and yet they still perform the operation despite the research. Instead, he said, the reason, he believes, is financial.

"In many hospitals, the cardiac service line generates 40 percent of the total hospital revenue, so there's incredible pressure to do more procedures," he said.

"When you put in a stent, everyone is happy—the hospital is making more money, the doctor is making more money—everybody is happier except the health care system as a whole, which is paying more money for no better results."

Dr. Harlan Krumholz, a cardiologist and professor of medicine at Yale who was not involved in the study, said that the findings hold a lesson for doctors treating heart patients. "When people are making decisions, it's important to disclose to them that this procedure—**outside of an**



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emergency—is not known to be lifesaving or to prevent heart attacks,” he said. “The vast majority of people who have this procedure have the expectation that it will help them live longer. **That belief is out of alignment with the evidence.**”

With the evidence showing that roughly 10-25% of stented arteries are already blocked again within 6 months reveals that the underlying factors causing heart disease are obviously not addressed with this procedure.

So what does this mean for someone that has already had a stent placed in his arteries? Simple, seek out the care of a doctor or individual who can guide you through a process that seeks to remove the underlying causes of heart disease.

The fact is there are real causes of this disease, none of which include the need for a foreign object (e.g. stent) to be placed in your arteries, or chemical drugs with side-effects. If the actual causes of heart disease were addressed, patients such as former President Bush and thousands of others would

have their lives saved from ever even suffering with this disease each year.

The known primary causes of heart disease include: poor diet, lack of exercise, nervous system stress/spinal damage, toxicity, and emotional stress.

This is why the Maximized Living 5 Essentials can increase a person's overall health and ultimately reduce the risks of diseases such as heart disease.

What are the 5 essentials?



Maximized Mind—

Understanding the true

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Jody Espinoza, Marketing/Admissions
931-647-0269
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www.gracehcclarksville.com

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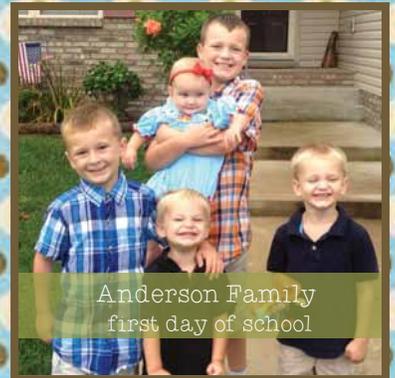
CANDID Clarksville



Big Brother, Waylon, meeting Baby Brother, Eli, for the first time



Amari & Aubrielle showing sisterly love



Anderson Family first day of school



Swimming - Matt, Ethan, & Jacob



Noah and Daniel in Clarksville



Tyler having fun



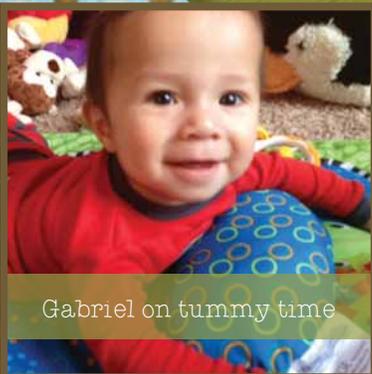
Homecoming



Dameion



Noah in Clarksville



Gabriel on tummy time



Brantley and his sister Campbell

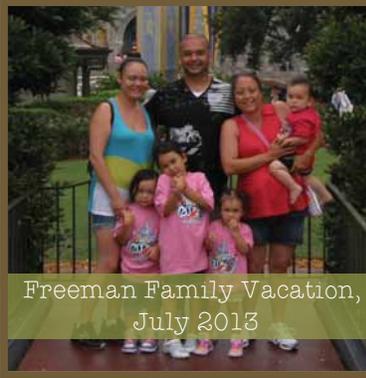


Fun at the park with friends

& Ft. Campbell Families



Elly and Samuel enjoying their dinner



Freeman Family Vacation,
July 2013



Emma Kate playing pirates!



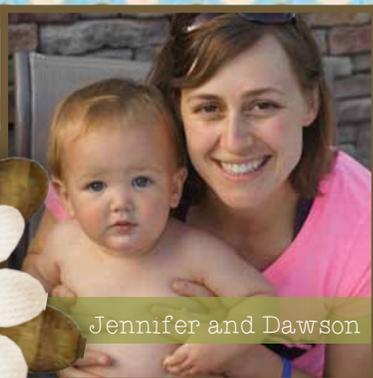
Isa's rain boots



Play Date



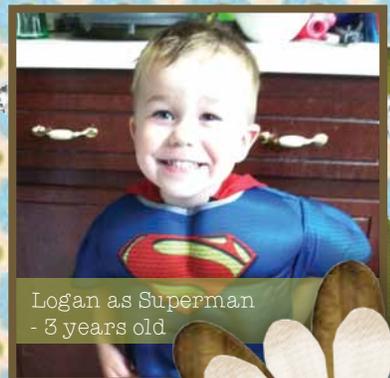
First Ear Piercings



Jennifer and Dawson



Best Friends



Logan as Superman
- 3 years old



Mommy and Lauren



Our sweet Ethan
- 6 months old



Estrada family
at McGregor Park

Email photos to candid@clarksvillefamily.com by September 15th.

MISSING HOME

by Brenda Hunley Illustrated by Willie Bailey

Boomer the Chipmunk rolled over, stretched, and opened one eye. Looking around he tried to focus on his alarm clock. *“Is it time to get up?”*

The numbers were smeared like when you look through a window with rain running down it. No matter how much you rub it doesn't matter until you open the window. Boomer sat up and felt around his nightstand for his glasses. His paws searched by touch until he felt the familiar wire frame. Once his glasses were properly set on his nose he began to focus on the numbers glaring back at him.

“4 a.m.! What? Why am I awake so early?” Laying back down, his thoughts began again.

Boomer the Chipmunk has been spending the last two months in Louisiana on a student exchange

program. He is staying with another chipmunk family while the student he switched with is staying with Boomer's mom and dad.

Boomer has learned that things are different here than they are in the Woods of Dunbar. Everyone says things a little differently; the flavoring and types of food are different than what his family eats; and his day seems to go slower somehow. There were fewer kids in his class here in this new town, and not everyone lived close enough for him to be able to play with on the weekends. At this new home, he had been helping by working in the garden before school and pulling nets full of crawfish after school. He had learned a lot, but he was missing his friends and family.



His host family said tonight they would be going to a party in the swamp. They said there would be music, dancing, food, and fun. Boomer was eager to get the day started so he could see what a party in the swamp was like.

Since it was still early, Boomer got up quietly and got some paper, a pen, a stamp, and an envelope. He wrote a note home to his family about all that he had been doing and how he would be home in less than two weeks. Sealing the envelope he smiled, imagining how Chester would look reading it. He wondered if his twin sisters missed him. He knew his friends back home would be preparing for the big campout weekend before school started. Boomer checked his calendar. He counted the days he had left before he went home. *“YES! I will be home in time!”* Quietly, Boomer danced around the room. He loved to camp and had forgotten all about it when he found out he got to spend the summer away from home.



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Boomer stopped dancing when he heard steps coming closer to his room.

By the time his door opened, Boomer was sitting very still on the edge of his bed.

It was Mr. Chipmunk. He was dressed in his brown bib overalls today and had a red bandanna around his neck.

"What are you doing up so early?" he asked.

"I was just writing a note home," Boomer said, motioning over to the sealed envelope on the desk.

Mr. Chipmunk smiled, and walked toward the desk. "Would you like to drop this off at the post office this morning on the way to school?"

Boomer looked confused. "Sir, we don't pass the post office on the way to school."

Mr. Chipmunk sat down next to Boomer on the bed and ran his fingers through his beard. "I was thinkin' that since you were up, we could have breakfast in town, then go to school. Whatcha think about that, young man?"

Boomer was excited. "Yes, sir! That would be great!"

Mr. Chipmunk got up. "I will meet ya at the truck in a few minutes."

"Okay!" Boomer hopped up and ran over to the closet. He quickly dressed and went outside.

The Chipmunk family had a truck that interested Boomer very much. It had four wheels and two seats up front, and a bench in the back. There was a steering



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wheel, a pedal to go and a pedal to stop. (This reminded Boomer of Ranger Bill's truck.)

In the back there was a key stuck into the truck. This key had to be turned around and around to the right until you heard a click. That click let you know it was ready.

Distance was determined by clicks. For instance, to drive to town it was three clicks away. To drive to church, the movies, or school it was two clicks. To go to the store it was one click.

When Boomer got in he looked at Mr. Chipmunk, "How many clicks to breakfast?"

"Just one!" he answered. "By the way, did you bring your letter?"

"Yes, sir!" Boomer said.

Since the sun still hadn't come up yet, Mr. Chipmunk turned on the flashlight strapped to the hood. "We need this as we don't want to run into any armadillos on the way there," explained Mr. Chipmunk.

Boomer nodded and sat back. As he looked around he could see pink streaks and early morning sun starting to make progress in the sky. It was a great time to be awake.

They pulled up to what looked like a small bush. Turning off the flashlight, it took a minute for Boomer to see where he was. There were tables and benches and a nice squirrel that handed them menus and showed them where to sit.

After a yummy breakfast of waffles and syrup, Boomer was

ready to go. He cranked up the key in the truck until it clicked and they were off to the post office. There was a big blue box outside with the word MAIL on it. Boomer hopped out of the truck and pulled down the little door. He dropped his letter inside and got back in the truck.

"We have one more stop before school," Mr. Chipmunk said.

"Okay!" Boomer said, as he secretly wished there would be a lot more stops. He was enjoying not going straight to school this morning. The truck stopped next to another tree marked with a sign that simply read STORE.

Boomer had never been here before. As he and Mr. Chipmunk walked in, a tall rabbit wearing an apron met them at the counter.

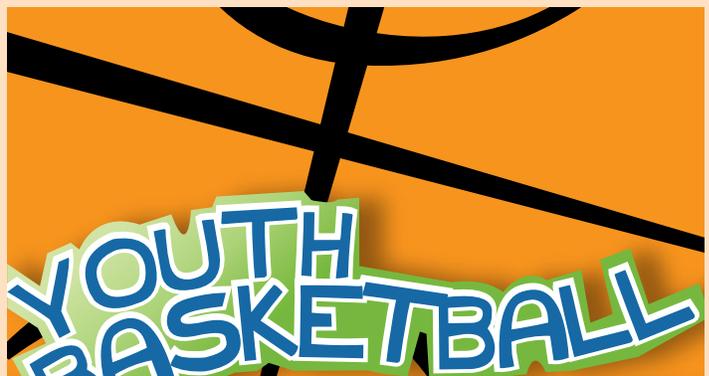
MONEY MANAGEMENT FAIR
Saturday, September 28th - Kleeman Community Center



Promoting financial literacy for children of all ages.
Parents welcome to attend. Food, giveaways, inflatables.

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GAMES BEGIN DECEMBER 7

Youth Basketball is for ages 7-15
Each player will receive a jersey, water bottle & medal.
New players must have birth certificate.
Register at recpro.cityofclarksville.com



COST TO PLAY:
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THE CITY OF
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TENNESSEE'S TOP SPOT
PARKS + RECREATION

He greeted Mr. Chipmunk and passed him a brown package. Mr. Chipmunk put some coins on the counter and walked back to the truck. Boomer was curious, but he stayed quiet.

The ride to school was quick and quiet. Mr. Chipmunk had simply put the package in the back seat and that was all. Pulling into the parking lot, as Boomer prepared to get out Mr. Chipmunk said, "Boomer, would you like to see what is in the package?"

"Yes, sir! I would very much like to see!"

"Well—go ahead!" Mr. Chipmunk handed Boomer the brown package. It felt heavy and a little lumpy to Boomer as he slowly ripped open the paper. Inside was a pair of new, blue bib

overalls with a green bandanna. Boomer held them up. They were his size!

Boomer smiled and laughed. "These look like they would fit me!"

Mr. Chipmunk grinned. "Those are for you. You can't go to the party tonight in those city clothes you wear! It's time for you to look like you belong here, boy."

Boomer nodded. "Thank you."

"No problem. Now git into school before you are late!" Mr. Chipmunk said, hopping out of the truck. He walked around to crank up the key when he suddenly felt two little chipmunk arms wrap around him from behind.

"Thank you, Mr. Chipmunk," Boomer said, again giving him a big hug.

"You are welcome, little dude. Now have a good day!"

Boomer proudly walked into school with his new clothes tucked into his backpack. He could hardly wait to get home and try them on. And even more, he couldn't wait to get to the party!

Want to be a part of Storytime with Chester? Submit your plot ideas to brenda@clarksvillefamily.com.

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

HAPPY BIRTHDAY!



Mommy and daddy are ecstatic 2 announce KOURTNEY J's 1st Bday! Happy Birthday KJ!



Happy 1st Birthday Lauren



Happy 2nd birthday Piper Joy! Love, Daddy, Mommy, Knox & Blaise



Happy 2nd Birthday Hunter! Mommy, Daddy & Ella love you!!



Happy 3rd Birthday Aspen! Love, Mom, Dad & Londy



Happy 3rd Birthday Super Hero Jackson!! We love you so much! Mama and Daddy



Happy 3rd Birthday Khloe We love you to the moon & back!!



Happy 3rd Birthday, Levi! Mommy love you!



Happy Birthday, Babygirl! Love mommy, daddy, and sissy



Natalie Gonzalez, Three years old



Christopher Gonzalez, Four years old



Everybody get up & roar for Gavin's turning FOUR!



Happy birthday, Leah!



Happy 4th Birthday Zia Lin We all Love You, Gms, Gpa, Daddy, Mommy, Skyla, Lolita & Xavier



Happy 5th Birthday Ava Maree We Love you to the Moon & back! Dad, Mom & Abby!!



Happy 5th Birthday Brooklyn!! Love, Mommy & Daddy



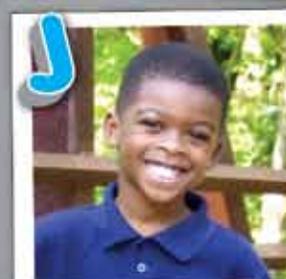
Happy 5th Birthday Carl! Love, Mama, Daddy, Lani & Teo



Happy 5th Birthday Elly! We love you!



Happy 5th B-day Jasmine! We love you!!



Happy 5th Birthday Joshua We love you! Mom, Dad, Justin & Arnis

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

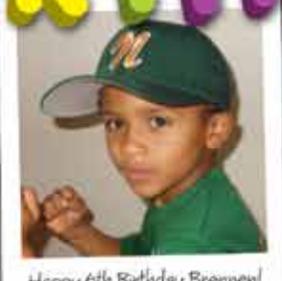
HAPPY BIRTHDAY!



Happy Birthday Kaleb!
We love you so much!
We are proud of you!



Happy 5th Birthday Mason!
We love you so much!
Mom & Dad



Happy 6th Birthday Brennan!
Love Mommy, Daddy, and Blane



Happy 6th Birthday Lauren!
We love you!
Mommy, Daddy, and Emma Kate



Happy Birthday Tyrease



Happy 7th Birthday Macey Mool
We love you tons,
Mommy, Daddy and Zach



Happy 7th Birthday Presley!
We all love you!



Happy Birthday Skyjarboo
We love you
Mommy, Daddy, and sissy



Happy 8th birthday Connor!
From, Dad, Mom and Carter



Happy 8th Birthday Jared!
Love you Mom and Dad



Happy Birthday, Chelsey
Love you mommy, Nany & LeAnn



Happy 10th birthday, Lauren!
All our love, Mom, Dad, & Megan



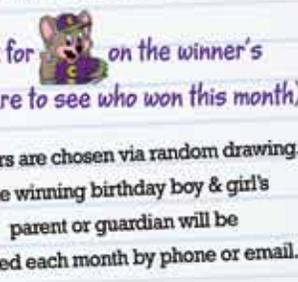
Happy 10th Birthday, Tyler



Happy 11th Birthday Karal
Mom, Dad, Devon & Katelynn



Happy 13th Birthday Beccaboo
We love you, mom, dad & Noah



Happy birthday, Jerrianna
We love you, mommy, Chels & LeAnn



Happy Birthday Nana



Happy Birthday To Brad & Carson
we love u
Momma, Meagen, Fiona and Hank



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 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 article on page 30.

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

CONSTITUTION WEEK

September 17 through 23 commemorates the signing of the Constitution of the United States of America. You might have even heard the phrase, "That's unconstitutional" or "That's my constitutional right!" Many times Americans believe that sayings and phrases are in our Constitution, but they really aren't. Let's celebrate Constitution Week September 17-23 by resolving to be better-informed and responsible citizens. Read the Constitution! Email us for membership information at CaptWilliamEdmiston@tndar.org. See article on page 24.

CONSTITUTION WEEK LIBRARY DISPLAY

September 1 through 30. Is the following statement true or false? It took 100 days to create our nation's Constitution. September 17 through 23 commemorates the signing of the Constitution of the United States of America. Celebrate Constitution Week by visiting a special Constitution Week display with an interactive game sponsored by the Children of the American Revolution at the Clarksville-Montgomery County Library during the entire month of September, where you can learn the answer to our question.

Clarksville-Montgomery County
Public Library
350 Pageant Lane
sevierstation@yahoo.com

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

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

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

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

Chick-fil-A Wilma

Rudolph

3096 Wilma Rudolph
Boulevard
(931) 552-5511

SPECIAL EVENTS

Thursday, September 12
4:30 p.m. to 7:30 p.m.
MOTHER & SON NIGHT

SPIRIT NIGHT

Tuesday, September 17
4:00 p.m. to 7:00 p.m.
ROSSVIEW ELEMENTARY

September

2 MONDAY
LABOR DAY

3 TUESDAY
COLORS & SHAPES
BINGO FOR
PRESCHOOLERS
11:00 a.m.

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

SPECIAL NEEDS NIGHT
4:00 p.m. to 8:00 p.m.

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

MOVIE NIGHT
6:00 p.m. Free popcorn and buy one get one free yogurts (equal or greater value)

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purchased). Kids cup size now available. *Surf's Up* (Wilma Rudolph), *Looney Tunes Shorts* (Sango).

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2341 Madison Street
or
2257 Wilma Rudolph Boulevard
www.berrybearfrozenyogurt.com

4 WEDNESDAY MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

Kids-N-Play
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(931) 896-1328
www.kidsnplay.com

5 THURSDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

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

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

6 FRIDAY STORYTIME & PUPPETSHOW

11:00 a.m.

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

RIVERFEST

5:00 p.m. to 11:00 p.m. See ad on page 7. Visit www.cityofclarksville.com/riverfest for full details.

GRANDPARENTS WEEKEND

Through Sunday, September 8. Bring the grandkids or come by yourself. Stay with us Friday and Saturday, and Sunday night is on us.

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

7 SATURDAY RIVERFEST

10:00 a.m. to 11:00 p.m. See ad on page 7. Visit www.cityofclarksville.com/riverfest for full details.

CLARKVILLE RUN/RUCK TO REMEMBER

10:00 a.m. To raise funds for The Station Foundation programs designed to benefit the families of our fallen Special Operations Soldiers. Teams of two will participate in a 5K partner ruck (minimum 10 pounds) and a 5K run. Military uniform is optional. This event is open to anyone and everyone who would like to support The Station Foundation.

Tax deductible donations for The Station Foundation may be donated at the Run/Ruck event or submitted online at: www.thestationfoundation.org or www.crowdrise.com/crossfitconversion/fundraiser/crossfitconversion.

Crossfit Conversion
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www.crossfitconversion.com

STEWART COUNTY BAZAAR

10:00 a.m. to 3:00 p.m.

Visitors Center
117 Visitors Center Lane
Dover, Tennessee
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(931) 232-7706

FUNRUN

By water or land, makes no difference. Visit all the marinas on the lakes and receive gifts and prizes all while having a great time.

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(270) 522-3762
www.prizerpoint.com

8 SUNDAY PROJECT LINUS

1:00 p.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. We meet the second Sunday of every month.

Our quilted, crocheted, knitted and fleece blankets are lovingly made by adults and children from all walks of life. Come, join us and receive the good feeling of giving.

For more information please contact: JoAnn Ballard at (931) 647-1827 or Carol Ballard at (931) 645-8896.

Cumberland Presbyterian Church
1410 Golf Club Lane

9 MONDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County
Public Library
350 Pageant Lane

10 TUESDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

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

PRESCHOOL CRAFT DAYS

12:00 p.m. Free craft days and buy one get one free yogurts (equal or greater value purchased). Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt
2341 Madison Street
www.berrybearfrozenyogurt.com

MOVIE NIGHT

6:00 p.m. Free popcorn and buy one get one free yogurts (equal or greater value purchased). Kids cup size now available. *Tale of Despereaux* (Wilma Rudolph), *Horton Hears a Who!* (Sango).

Berry Bear Frozen Yogurt
2341 Madison Street
or
2257 Wilma Rudolph Boulevard
www.berrybearfrozenyogurt.com

11 WEDNESDAY STORYTIME & PUPPETSHOW

11:00 a.m.

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

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.

Certified Fitter

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

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

Wigs by
Jon Renau

Stop time. Capture memories you will cherish for a lifetime, with a classic family portrait.

Book your session before September 30 to receive 25 Free Personalized Christmas Cards!

DAPHNE'S
PORTRAIT DESIGN

931.647.0860
www.daphnesportraitdesign.com

Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

Spirit Nights

Tuesday, September 3 from
5:00 p.m. to 8:00 p.m.

SANGO ELEMENTARY

Thursday, September 5 from
5:00 p.m. to 7:00 p.m.

CARMEL ELEMENTARY

Friday, September 6 from 5:00
p.m. to 8:00 p.m.

**CLARKSVILLE FAMILY ADOPTION
ASSOCIATION**

Tuesday, September 10 from
5:00 p.m. to 8:00 p.m.

MOORE MAGNET ELEMENTARY

Tuesday, September 17 from
5:00 p.m. to 8:00 p.m.

**EAST MONTGOMERY
ELEMENTARY**

Thursday, September 19 from
5:00 p.m. to 8:00 p.m.

NORMAN SMITH ELEMENTARY

Thursday, September 26
BARKSDALE ELEMENTARY

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

13 FRIDAY MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

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

ALZHEIMER'S AWARENESS HEALTH AND WELLNESS EXPO AND SILENT AUCTION

5:00 p.m. to 7:00 p.m. Free food, music,
guest speakers, vendors and silent
auction. ALL proceeds of event go to the
Alzheimer's Association.

Grace Healthcare
111 Ussery Road
(931) 647-0269
www.gracehclarksville.com

PREMIER EVENT HOSTED BY BELLA MEDICAL SPA

5:00 p.m. Join us for a night to learn
more about our services, meet our staff,
and take advantage of the best pricing
all year. Specials on laser services,
water assisted liposuction, injections,
massages and more. Chances to win
door prizes. Bring someone new to Bella
and when you and your friend make a
purchase you will both receive a \$25 gift
card. Spend \$500 or more and receive a
Bella Swag Bag. The first 25 guests
to make a purchase will receive a Bella
gift card valued between \$25 and \$200.
RSVP at the number below.

400 Franklin Street
(931) 245-0500
bellamedspa.com

PIRATE WEEKEND

Through Saturday, September 14. There
is a little pirate in each of us. Games
and fun for everyone who joins us this
weekend.

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

14 SATURDAY CRAFT FAIR & FLEA MARKET

8:00 a.m. to 3:30 p.m. Presented by
the Raindrops Cheer Squad. Free to
the public. Over 50 vendors. First 100
customers get a goodie bag. Raffles all
day and a silent auction.

APSU Red Barn
320 Drane Street

RED TENT EVENT

4:00 p.m. to 8:00 p.m. A Red Tent is a
safe, woman-only space and supportive
community. Within the Red Tent, there
will be food, music, belly dance, and
henna. Women may talk about taboo
topics, laugh, cry, sing, dance, tell
stories, eat, drink, sleep, meditate,
journal, create artwork, and so much
more! A \$10 donation is requested but
not required. All proceeds will go to
our Clarksville International Cesarean
Awareness Network (ICAN) Chapter.
Sponsored by Ariel Anderson of Keller
Williams Realty. For questions or more
information call (931) 436-6765 or email
ArielAndersonRealtor@gmail.com.

16 MONDAY STORYTIME & PUPPETSHOW

11:00 a.m.

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

17 TUESDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

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

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

MOVIE NIGHT

6:00 p.m. Free popcorn and buy one
get one free yogurts (equal or greater value
purchased). Kids cup size now available.
Looney Tunes Shorts (Wilma Rudolph),
Surf's Up (Sango).

Berry Bear Frozen Yogurt
2341 Madison Street
or
2257 Wilma Rudolph Boulevard
www.berrybear yogurt.com

18 WEDNESDAY MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

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

PRESCHOOL CRAFT DAYS

12:00 p.m. Free craft days and buy one
get one free yogurts (equal or greater
value purchased). Feel free to bring a
bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt
2257 Wilma Rudolph Boulevard
www.berrybear yogurt.com

12 THURSDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.



Bring your Newborn to size 14 Children's Clothing
Infant Equipment, Toys & Maternity Clothing to the

17th Annual Fall/Winter Consignment Sale

RECEIVING DATES: September 5-7
(by appointment only)

Call or go on-line to schedule your drop-off time!

SALE DATES:	OPEN TO THE PUBLIC:
PRE-SALES: (Sorry, NO CHILDREN ALLOWED at pre-sales)	Wednesday September 11th 7:00 AM - 6:00 PM (REGULAR PRICE)
Tuesday September 10th 5:00 - 7:00 PM CONSIGNORS ONLY 7:00 - 9:00 PM CONSIGNORS, GUESTS, & NEW MOMS WITH PASSES	Thursday September 12th 7:00 AM - 6:00 PM (25% discount, unless marked "No Discount")
Thursday September 12th 6:00-8:00 PM **50% DISCOUNT PRESALE FOR CONSIGNORS ONLY (NO GUESTS)	Friday September 13th 7:00 AM - 6:00 PM (50% discount, unless marked "No Discount")
find us on Facebook!	Saturday September 14th 7:00 AM - NOON (50% discount, unless marked "No Discount")

Sale Location:
121 Union Hall Road
Clarksville, TN

CONTACT: Jeannette Smith, Phone 931-358-2979,
Please no calls after 9pm or email
littlelambsandivy@gmail.com

For complete details & instructions go to: www.tnconsign.com

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BUTZIE COVERS

Diaper Service Cloth Diapers

TWO Locations to serve you!



Hey Mom,
Kids gone back to school?
Catch your breath, then come by
to see what we have for
YOU!!



113 N. Riverside Dr. 16496 Fort Campbell Blvd
Clarksville, TN OaK Grove, KY (across from Gate 4)
931-338-6222 931-771-2465 www.butziecovers.com

19 THURSDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

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

20 FRIDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

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

JAMMIN' IN THE ALLEY: LAST TRAIN

7:00 p.m. to 10:00 p.m. A free summer concert series at Strawberry Alley in downtown Clarksville. See ad on page 33.

23 MONDAY MUSIC & MOVEMENT FOR PRESCHOOLERS

11:00 a.m.

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

24 TUESDAY STORYTIME & PUPPETSHOW

11:00 a.m.

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

PRESCHOOL CRAFT DAYS

12:00 p.m. Free craft days and buy one get one free yogurts (equal or greater value purchased). Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt
2341 Madison Street
www.berrybear yogurt.com

MOVIE NIGHT

6:00 p.m. Free popcorn and buy one get one free yogurts (equal or greater value purchased). Kids cup size now available. *Horton Hears a Who!* (Wilma Rudolph), *Tale of Despereaux* (Sango).

25 WEDNESDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

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

PRESCHOOL CRAFT DAYS

12:00 p.m. Free craft days and buy one get one free yogurts (equal or greater value purchased). Feel free to bring a bag lunch. Kids cup size now available.

Berry Bear Frozen Yogurt
2257 Wilma Rudolph Boulevard
www.berrybear yogurt.com

26 THURSDAY STORYTIME & PUPPETSHOW

11:00 a.m.

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

DAR CHAPTER MEETING

1:30 p.m. refreshments, with program and business meeting starting at 2:00 p.m. The program will be "Everything You Ever Wanted to Know about DAR." 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

27 FRIDAY COLORS & SHAPES BINGO FOR PRESCHOOLERS

11:00 a.m.

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

MARDI GRAS WEEKEND

Through Saturday, September 28. Who says it only happens in February? Collect your beads with our games and activities for all ages.

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

KELLY MINTER EVENT

6:00 p.m. to 9:00 p.m. The Women's Ministry at First Baptist Church, Clarksville is thrilled to welcome Christian author Kelly Minter.

Kelly Minter travels around the country encouraging women through her speaking, writing and singing as she helps women learn more about Jesus Christ through scriptures. She has a passion for helping women connect with Him during the events of everyday life. Her newest bible study, *Nehemiah*, helps women focus on what God has called them to do. Kelly relates many of *Nehemiah's* struggles to overcome evil with the daily struggles that still take place today in many people's lives.

The event is open to all women and tickets are \$15. There are limited child care slots, so register soon if you have

children who will be attending. Tickets go on sale September 8 at www.fbct.org/womensministry.

First Baptist Church
435 Madison Street

28 SATURDAY KELLY MINTER EVENT

9:00 a.m. to 12:00 p.m. Brunch begins at 9:00 a.m. The Women's Ministry at First Baptist Church, Clarksville is thrilled to welcome Christian author Kelly Minter.

Kelly Minter travels around the country encouraging women through her speaking, writing and singing as she helps women learn more about Jesus Christ through scriptures. She has a passion for helping women connect with Him during the events of everyday life. Her newest bible study, *Nehemiah*, helps women focus on what God has called them to do. Kelly relates many of *Nehemiah's* struggles to overcome evil with the daily struggles that still take place today in many people's lives.

The event is open to all women and tickets are \$15. There are limited child care slots, so register soon if you have children who will be attending. Tickets go on sale September 8 at www.fbct.org/womensministry.

First Baptist Church
435 Madison Street

BUTTERFLY FESTIVAL

11:00 a.m. to 5:00 p.m. Free to the public. Come interact with live butterflies in their habitat inside our butterfly house or let the master gardeners take you on a tour of our beautiful butterfly garden. See ad on page 24.

War Memorial Walking Trail
101 Walter Garrett Lane
Oak Grove, Kentucky
(270) 439-5675
oakgrovebutterflyfest.com

2ND ANNUAL MONEY MANAGEMENT FAIR

12:00 p.m. to 4:00 p.m. In partnership with Fun Accounting for Preschoolers, this year's theme is Royalty and how



**Hey Moms...
Have you checked us out?
We offer great classes
for kids & adults.**

**Kick F.I.T.
Fitness Kickboxing
Ages 16 & Up.**

**Call Miss Grace today!!
931.472.1008**

2690 Madison Street, Suite 190
www.kriegischmartialarts.com



*Clarksville Cumberland
Presbyterian Church*

<i>Sunday</i>	
Fellowship	9:00 a.m.
Sunday School	9:30 a.m.
Worship	10:30 a.m.
<i>Wednesday</i>	
Dinner	5:15 p.m.
Programs for All	6:00 p.m.
Adult Choir	7:00 p.m.

Steve Louder, Pastor

1410 Golf Club Lane • 931.648.0817 • www.clarksvillecpc.com

saving money can make you a king or queen. We are hoping you will join us this year to help Clarksville Families save their way to a better future. We are looking for volunteers, sponsors, food, games, inflatable, prizes, etc. We have limited space please contact us to reserve your place in the royal kingdom!

Kleeman Community Center
166 Cunningham Lane
Maria Jimenez
(931) 217-4817
maria@accountingforpreschoolers.com

CAR SOCIETY MEETING

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

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

GOV RUN

Around dusk. The APSU Alumni Relations Office will host its inaugural Gov Run—a one-mile run around campus where participants in bright clothing are splashed with non-toxic colored starch. "This run is all about having fun," Rylan Kean, APSU special events coordinator, said. "Color stations and surprises will be set up along the way to keep the party going."

The race will make use of the campus' new GOV Trails—a Tennessee Department of Health-funded project that promotes physical activity at APSU—and it will conclude at the Morgan University Center plaza with a large party, featuring music and a chance to socialize.

Tickets to the event are \$20 for members of the public and free for the

first 500 APSU students to preregister. Registration is available online at thegovrun2013.eventbrite.com. Participants are encouraged to dress up in monacles, top hats, fake mustaches and prim suits with tails, honoring the APSU mascot, the Governor.

For more information, contact Kean at (931) 221-7979 or keanr@apsu.edu.

30 MONDAY ARTS & CRAFTS FOR PRESCHOOLERS

11:00 a.m.

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

**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:

Tom Malone: Art from Influence
September 5 through October 20.

Captured Color: The Pastels of Mikki Dillion
Through September 30.

The Photography of Tony Cantonze
Through October 28.

Art of the Staff
Through September 30.

ACTIVITIES:

Art & Lunch: Gustav Klimt: The Post-Impressionists
12:05 p.m. on September 17. Gustav Klimt (1862-1918)

was an Austrian Symbolist painter and one of the most prominent members of the Vienna Art Nouveau movement. His deeply sensual portraits of Viennese women still make a powerful impression upon modern viewers. Free admission to film; bagged lunches welcome.

Sunday Family Fun: Puzzling Art

1:00 p.m. to 5:00 p.m. on September 29. What you do with old puzzles that are missing some pieces? Join us this Sunday to discover the fun of transforming puzzle

pieces into masterpieces! This activity is in conjunction with the exhibit *Art of the Staff*, featuring "Five Easy Pieces," a mixed media work by Ms. Sue. Free with your museum membership or paid admission. Your old puzzles, with pieces of any size, are welcome but not required. For more information contact Sue Lewis at (931) 648-5780.

Let's Find: Cars & Trucks

10:30 a.m. to 1130 a.m. on September 18 and 19. 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 trucks, cars, and some of their parts. You may bring a car, truck, or other toy vehicle if you would like. We will also read a story and make a craft. This activity is free to museum members. Non-members pay the regular adult admission of \$7, plus \$1 per child. Siblings are always welcome. For more information contact Sue Lewis at (931) 648-5780.

The museum will be closed Monday, September 2 for Labor Day.

Become a MEMBER and be part of the WINNING team!

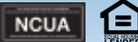
Open to all of Montgomery County.
We are ready to serve you!





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www.gatewaycreditunion.com



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Here Comes Fun

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



Try our new SPLASH BLASTER.
Perfect for all your fall festivals and fund raisers.

THE DUNK TANK ALTERNATIVE,
Surrounds it's "Splash Victim" from the floor up in a curtain of water!

Traditional **SOFTBALL** activated soaking or incorporate another playful trigger such as:
NERF GUNS, WATER BALLOONS, OR BEAN BAGS!!



Order Online Now
www.spacewalkclarksville.com or call 931-905-1116

The Roxy Regional Theatre

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

SPAMALOT

Lovingly ripped off from Monty Python's classic film comedy, this Tony Award-winning musical retells the legend of King Arthur and his Knights of the Round Table as they

embark on their quest for the Holy Grail. But before they can find the grail, they're taking a little side-trip to the Queen City—complete with a bevy of beautiful show girls, flying

cars, killer rabbits, and French people!

8:00 p.m. September 13, 14*, 20, 21, 27 & 28

October 4, 5, 11, 12, 18 & 19
7:00 p.m. September 19 & 26

October 2, 3, 9, 10, 16 & 17

2:00 p.m. September 21

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

*31st Anniversary Roxy Gala at 6:00 p.m. Tickets \$125.

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

10:30 a.m. Tuesdays, September 10 through October 1. 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

9:30 a.m. Mondays, September 9 through September 30. 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

9:30 a.m. Thursdays,

September 12 through October 3. 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

9:30 a.m., Tuesdays, September 10 through October 1. 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

2:00 p.m. to 3:30 p.m., Saturday, September 14. 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.

Tween Program

5:00 p.m. to 6:00 p.m., Thursdays, September 5 and October 3. Program for tweens in the fourth, fifth and sixth grades. Science wonders and other good stuff.

Princess Party

2:00 p.m. to 3:00 p.m., Saturday, September 21. A princess party for all little princesses. Dress in your best princess outfit and come join the fun at the library featuring crafts and other princess fun.

Protect your family and loved ones,
CALL FOR YOUR CHILD'S FLU SHOT TODAY!



**Aquino
Pediatrics**
Where we
treat your
children
like family.

Check us out on Facebook.

www.aquinopediatrics.com
931-645-4685

Pediatrician
Dr. Barbara Aquino

881 Professional Park Dr.
Off Dunlop Lane by Gateway Medical Ctr.

**We are
YOUR
Dance Diva's
Domain!**

\$10 off any purchase
of \$50 or more
\$5 off any purchase
of \$25 or more
Please use by Sept. 30th, 2013
must have coupon



Ballet, Tap, Jazz,
Active Wear & Praise
Apparel for all ages!



149 Kender Rhea Ct.
Next to Appleton's Harley
Davidson on the bypass

931.647.5301

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

A private nonprofit organization dedicated to helping emotionally and behaviorally troubled children and their families live successfully through innovative, research-based programs. 651 Stowe Court; contact Jennifer Kessler at (931) 552-5260, jennifer.kessler@youthvillages.org or visit 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, or contact Pam Ross at (931) 368-1583 or Sharon Baggett at (931) 249-2355.

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

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) 851-8777.

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, CAPPA Lactation 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

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

Burkhart

Lawn Care

landscaping, mowing, & more

931.980.3939

Licensed & Insured burkhartlawncare.com

Commercial & Residential Services

Free Estimates

- Landscape Design
- Shrub Trimming
- Flower Beds
- Mulching
- Seeding
- Fertilizing
- Mowing
- Edging
- Weed Control
- Leaf Removal
- Pressure Washing




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. Fall Semester classes begin in September. Online Courses are offered year-round. Visit www.studythescrptures.net or call (931) 648-8844 for more information 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.

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa.

You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church.

Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit www.daganfoundation.org. Like as on Facebook at [Facebook.com/DaganFoundation](https://www.facebook.com/DaganFoundation). Our main partner in Togo is Action Bethesda, www.actionbethesda.org.

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](https://www.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, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

THE BIBLE in the public schools? Yes! Many children do not get to go to church in America today, but most children do go to the public schools. We have a great opportunity to take the Gospel to them through an after-school Bible club called the Good News Club. Teams are forming now for existing and new clubs. No experience necessary; we will train you and provide ongoing support. For more info visit www.ReachingKidsForJesus.com or contact (931) 241-8202 or reachingkidsforjesus@yahoo.com.

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.

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, humanesociety@clarksville.com 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.traeyc.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-FIRST CHURCH OF THE NAZARENE

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.

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene, 3135 Trenton Road. The 12 steps are based on the 8 principles of recovery taken from the Beatitudes in Matthew 5 of the Bible. Celebrate Recovery is a safe place where anonymity and confidentiality are critical elements for recovery. The evening begins at 6:15 p.m. with refreshments served and the meeting starts at 7:00 p.m. Child care is provided and we also offer Celebration Station, which is an organized teaching outreach to the children (ages 5 through 12) of Recovery attendees. Come check us out. If you have any questions you may call the church office at (931) 647-7768 or call Jo Ann Waikel at (931) 216-6644.

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.

HEALTH CONNECT AMERICA

At 1820 Memorial Drive, Suite 203. Offers programs that assist at-risk youth and their families facing issues such as depression, anxiety, grief, abandonment, anger management, substance abuse and family conflict. For more details on our programs please call (931) 933-7200 or visit www.healthconnectamerica.com.

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 juleeSpoolerPHD@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 afsbarb58@gmail.com or Sandy Rich at srich@afs.org and (865) 617-0665 and the local web site Miss Tenny Area AFS Volunteer Leadership Team at www.afsusa.org/misstennky.

PARENT GROUPS CLARKSVILLEMOMMIES.COM

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

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 clarksvillechara@gmail.com.

CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing groups through a common virtual meeting place in order to encourage discussions, dialogue, and face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, please visit www.chn.proboards.com. 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.momsclubofclarksvilletn.com for more information.

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

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Liz Coop, Membership Coordinator, at (615) 686-8008 or clarksvillemops@gmail.com. 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 Michelle Clayton or Hannah Conway, Co-ordinators, via email mops@hilldale.org, 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 ashleighgoss7@yahoo.com. Find us on Facebook at [Spring Creek MOPS](http://SpringCreekMOPS).

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCorley77@aol.com 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@cdeightband.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 cvoiland-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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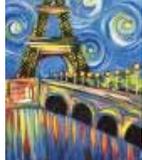
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September at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5  50 Shades	6  Blue Hues	7  Midnight Mischief
<p>Most classes are 7pm-9pm* unless otherwise noted online Check-in begins 30 minutes before class starts *some classes may run past 9pm</p>				8	9	10
<p>View the Swirlz Art Calendar & book your class online at www.swirlzart.com</p>				11	12  Leaves of Fire	13  Barnstormer
			18	19  A Walk in the Rain	20  Halloween Cat	21  Wine Time
2pm - KIDS 22  Stripes	23	24	25	26  Chevron Mount	27  Stacking Pumpkins	COUPLES 28  Whimsical Night
<p>No painting experience necessary! Grab a friend, a brush, and even some wine if you'd like and unleash the inner artist in you!</p>				2 October	3 October	4 October
	29	30		3  Red Reflections	4  Sunset Silhouette	5  Bonjour



Join our Facebook page to stay plugged into our latest news, giveaways and more!



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