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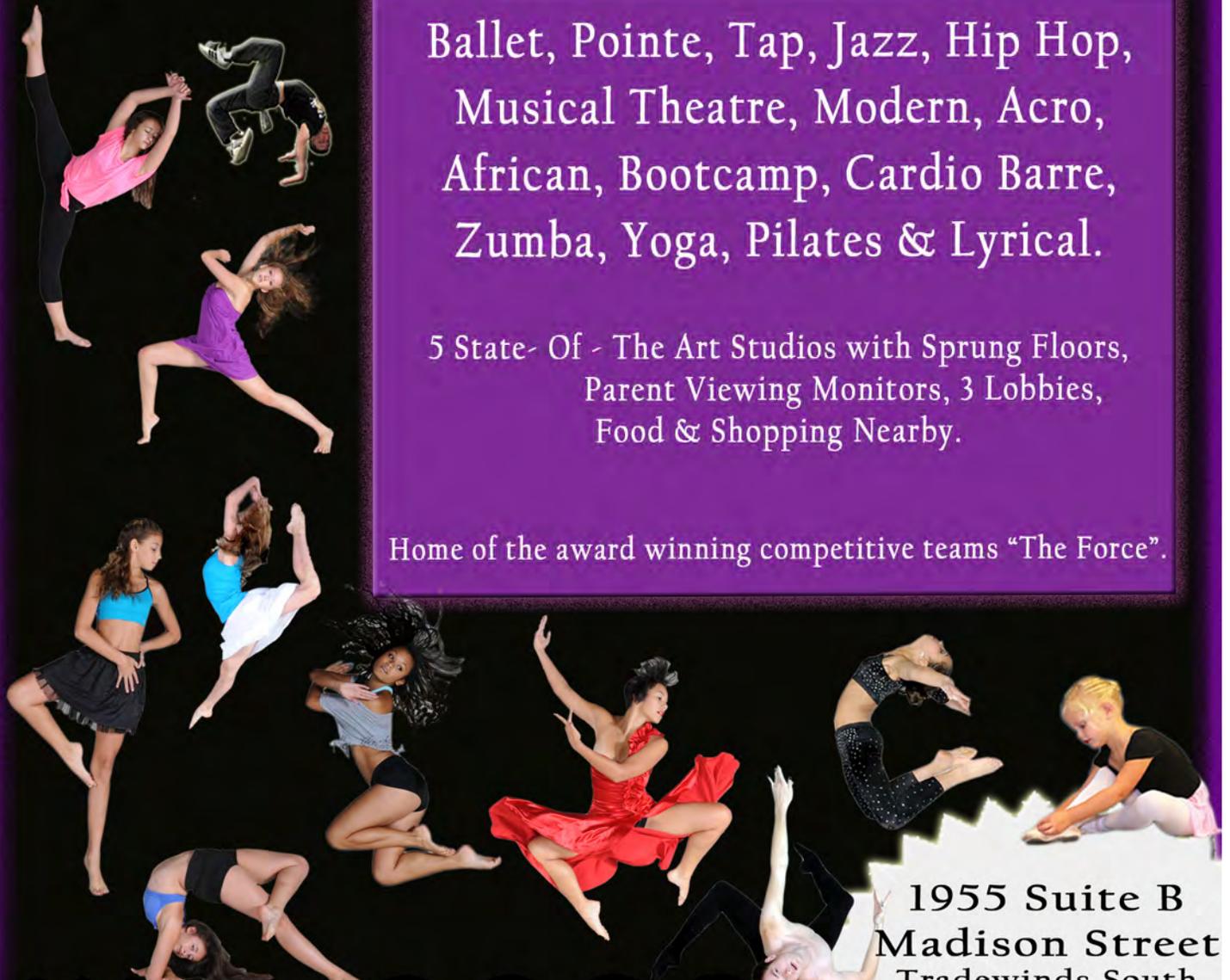
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Publisher's Message

Winter seemed to begin in fall this year, and fall never seemed to be able to even get started. We have since had days with temperatures in the single digits all the way to the 60s. We kept getting threats and hopes of snowfall, but we never got much more than a dusting.

I fear that this month (maybe next) is our last chance for a beautiful snowy backdrop cover. But with this crazy Tennessee weather and the *Polar Vortex* who knows?! Let's ALL hope that whatever happens, the kiddos won't be going to school in June.

When it comes to local fun, Taylor Lieberstein has a great article on page 22 with some fun *Staycation* ideas you may not have thought of on how to spend your Spring Break right here in Clarksville and the surrounding areas.

On page 26, read about Hope Pregnancy Center celebrating its 10th year in holding their Father/Daughter Purity Ball, which is now expanded to five nights!

There are many other super articles, so I'll let you get on to reading them. As always, thank you for picking us up and for your continued support. Have a wonderful Valentine's Day and a great February.

Sincerely,
Carla Lavergne



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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Special Thanks

Paul and Paula

TABLE OF CONTENTS

- FEATURE • 6
A Chocolate Affair
- HEALTH • 14
Feeding Therapy
- HEALTH • 18
Recipe: Baked Plantains with Creamy Cilantro-Lime Dip
- HEALTH • 20
Charge Up with Electrolytes
- ADVICE • 22
Spring Break Staycation
- COMMUNITY • 26
Father Daughter Purity Ball
- BEAUTY • 30
It's Bathing Suit Time
- HEALTH • 34
Stress and Heart Disease
- ADVICE • 36
Spring Cleaning
- HEALTH • 38
Hypothyroid Causes
- BEAUTY • 40
Laser Tattoo Removal
- CANDID CLARKSVILLE & FORT CAMPBELL FAMILIES • 43
- STORYTIME • 44
A Coach for Chester
- THE FRIDGE • 48
- CALENDAR • 50
- FAMILY RESOURCE NETWORK • 56



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A CHOCOLATE AFFAIR A SWEET TREAT FOR VALENTINE'S DAY

by Pamela Roddy Magrans

She consumed the last decadent Lindt truffle with a cup of coffee at breakfast three days ago. Already, she is craving another. At the checkout lane yesterday the Dark Chocolate Milky Way tempted her discreetly, but she resisted. This morning she tossed some of her son's leftover stocking stuffer M&Ms into the Special K Cereal. Resistance is futile, and with Valentine's Day just a few weeks away, she buys herself a bag of Dove Dark Chocolate Almond Promises, vowing to eat only one a day.



We've learned a thing or two from Charlie and the Chocolate Factory, and we know that the best things come in small packages. The benefits of chocolate have long been theorized, and research finally supports that, in limited quantity, indulging

in chocolate might not be so bad after all. A Chocolate Affair gives local chocolate lovers a sampling of this decadent Valentine favorite.

Why love chocolate?

Chocolate is addictive, as all chocolate lovers know, but research has yet to prove that! Chocolate is a highly researched field of study—we must justify our cravings! What is pretty much agreed on by researchers in the field is that chocolate stimulates the senses, sends a rush of antioxidants soaring through



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our body, and a gush of blood to our brain. We crave what is good for us, right?

Chocolate has long been associated with passion, desire and love. Chocolate, like all things Valentine-themed, symbolizes love

and romance. It is a highly marketed product of the Valentine's Day holiday, equal to that of roses and those tiny folded cards professing childhood love. There's little

doubt that chocolate makes an extraordinary Valentine's gift for many reasons.

For starters, it tells your beloved that you don't care if she puts on a few pounds. If your wife told you last year "Don't give me chocolate. I'm

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on a diet.” Return with the best comeback possible—a large heart shaped container of ornate, delicate, assorted chocolates to remind her that even if she gains a few pounds you will love her anyway!

Research speculates that chocolate, despite popular beliefs that it widens the waistline, when consumed in small servings can actually curtail hunger and aid in digestion.

Modern studies suggest that dark chocolate is



packed full of antioxidants, helping to protect against aging and disease. In small dosages, chocolate can curtail food cravings and slow down digestion. Chocolate increases blood

flow to the brain and has sometimes been suggested to reduce the risk of Alzheimer’s. Compounds in chocolate have also been proven to ward off the harmful rays of the sun, by providing a natural UV protection, when consumed prior to being in the sun. Chocolate is high in amino acids, iron, magnesium and calcium. Research studies suggest that, in moderation, chocolate can increase good cholesterol and lower blood pressure.

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The Aztecs (and other cultures) believed it to have aphrodisiac impact, and many today still attempt to claim that benefit, hence the esteemed position of all things chocolate on the Valentine's Day. Chocolate has become the candy of love; however, research has yet to prove that chocolate increases libido.

It is speculated that chocolate, in moderation, has many health benefits. The key word there is moderation! Health studies suggest that the darker the chocolate, the better the health benefits. Dark chocolate contains twice the antioxidants and half the calories as milk chocolate. White chocolate does not possess the same benefits as dark chocolate.

Too much of anything can be bad for us, so quantity must be watched. The size should be snack size, never the KING size bar! To maximize the health benefits, review serving sizes and ingredients lists and pick the chocolates with fewer added ingredients. If consumed in the right quantities, chocolate can be good for us, and buying it can help the



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The cacao tree produces colorful football shaped pods that contain 50-60 seeds. Farmers collect the seedpods by hand and cut them open to harvest the seeds, which are normally referred to

as "beans." Those beans are dried in the sun and collected in burlap sacks until they are exported to other nations. Eventually, they are made into a variety of sweet treats to be consumed year round across the globe.

It is estimated that 40-50 million people worldwide depend on the cacao plant for their livelihood. That's good business considering that it is estimated that 36 million

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heart shaped boxes of chocolates will be sold for Valentine's Day alone.

If your chocolate cravings are in full swing this February, and you want to indulge in a sweet that might actually be good for you, and support local businesses, there's a local event for chocolate tasting.

2nd Annual Chocolate Affair

The 2nd Annual Chocolate Affair, sponsored by Planters Bank and hosted by the City of Clarksville Parks and Recreation Department, will be held this February 8 at the Wilma Rudolph Events Center at Liberty Park.

Tickets are \$15 each and allow ticket holders admission to a chocolate sampling event. Available times are February 8 from 2:00 p.m. to 4:00 p.m. or 6:00 p.m. to 8:00 p.m. Tickets are available for purchase at the city's website www.cityofclarkville.com or at the local Parks and Recreation office at 102 Public Square in Clarksville.

The Chocolate Affair features beloved chocolate. At the 2013 event, 300 tickets were sold. There will be 600



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tickets available this year. Last year over 24 vendors were present, and more are expected at the 2014 event.

Jennifer Byard, Events Planning Coordinator for the City of Clarksville, says, "This event not only allows the chocolate lover to enjoy a night full of sweet treats but also allows the vendors the chance to advertise their products to the public in a hands-on tasting event."

"An assortment of local and regional vendors, all who specialize in different chocolates and chocolate themed foods, are on hand



and each have 600 samples of their best food available to guests," says Ms. Byard.

"The profits from the event go back into the fund for the 2015 Chocolate Affair event."

Assorted Chocolate Treats

Various vendors will be at the Chocolate Affair on February 8, and will be distributing chocolate samples to ticket holders. Chartwell's Catering will have some homemade biscuits with chocolate gravy and hand dipped cherries. If truffles are your favorite, Grandma's Apron will have a sampling of Oreo truffles and chocolate peanut butter balls. Local favorite, The

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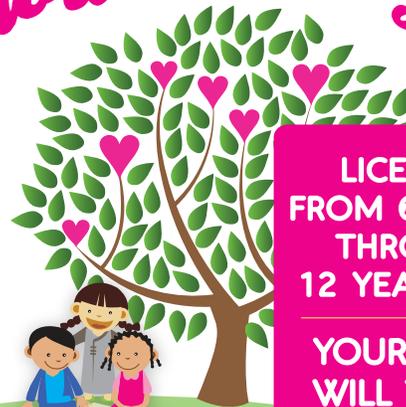
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Choppin Block, will showcase their lovely Snow Flurries. Natural Choices Botanica will be serving samples of Chocolate Tea and Chick-fil-A will have some timeless classic chocolate chunk cookies! GFS Marketplace will offer chocolate cups, Roman chocolate gelato and chocolate mousse. Many other vendors will be offering unique chocolate products.

If Valentine's Day marks your chocolate cravings, join in for the Chocolate Affair



and enjoy a sampling of local chocolate products without the guilt! If you are pining for love or for chocolate this Valentine's Day—it's a good time to indulge! Grab the

kids, the hubby, or a girlfriend, and have a Chocolate Affair!

To read more about recent studies related to the health benefits of chocolate, visit www.calacademy.org/exhibits/chocolate/chocolate_health.php. To learn more about the Chocolate Affair being hosted

here in Clarksville visit www.cityofclarksville.com.



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FEEDING THERAPY WHY, WHEN, HOW, AND WHO

by Sarah Sanford, Ed.S. CCC-SLP

Feeding difficulties in children are becoming more and more common. Sensory processing disorders, autism, premies or babies who were on feeding tubes are just some of the reasons children don't eat or have extreme difficulty eating. There are many reasons children develop difficulty with eating. Before we get into some of those reasons, here are some common myths about eating:

Eating is instinctive

This is not true. Eating is only instinctive during the first month after a baby is born. After that a set of primitive motor reflexes

kick in (rooting, sucking, and swallowing) and work while the baby's brain develops pathways for voluntary motor control to use while eating. Around five or six months of age, the primitive reflexes fade away and eating becomes solely a learned behavior.

Eating is easy

This is not true. Eating is actually very complex. It uses every single one of the body's organ systems and requires them all to work correctly and together. Every muscle in the body is involved in eating,

and it requires simultaneous coordination of all eight sensory systems.

If he/she is hungry, then he/she will eat

This is true for approximately 94-96% of children. For the other 4-6% of children, those who have feeding problems, they will inadvertently starve themselves. This inadvertent starvation happens because feeding doesn't work for them for some reason. Maybe it hurts. Their brain didn't develop all the voluntary motor pathways correctly for some reason, so they can't chew and swallow

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the right way. Maybe they have sensory problems and they just can't handle certain textures.

Kids are simple—if something hurts, they won't do it. If something doesn't work, they give up. This applies to eating as well. They may be starving, but if it hurts or doesn't work, they won't do it.

It's not okay to touch or play with your food

This is false. Kids learn with all of their senses. Playing with food and getting it all over them are normal parts to learning how to eat. Believe it or not, it is perfectly okay for your child to get messy while eating. They're learning about it and they are learning that it's not threatening. Constantly wiping faces, scraping chins with spoons, and wiping hands can create sensory defensiveness.

Research has shown that we learn about food in two main ways. One is when we make a connection between a natural event, behavior, or object and another neutral stimulus. We know that feeling sick to our stomach makes us not want to eat. So if a child always feels nauseous with a food, then that food becomes associated with feeling



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sick. Eventually just being around that food will cause a mental reaction that makes the body feel nauseous.

The other way we learn about food is through reinforcement and punishment. Positive

reinforcement (praise) can work in two ways: The child eats, adults give lots of praise, and the child eats more. Or: The child refuses to eat, the adults give lots of positive attention and interaction

and the child refuses more in order to gain more of that attention.

On the flip side we have negative reinforcement. The child eats, it hurts or they choke, so they eat less. Or they eat (or try to eat) and get yelled at or fussed at, their faces get scraped and wiped if they get messy and they eat less as a result.

If you have concerns about your child's eating habits there is help available. Talk to your pediatrician and get a referral for a feeding evaluation. Speech-language pathologists and occupational therapists work with feeding issues. It is important to make sure you find a therapist who has had training in feeding therapy. Not all speech pathology graduate programs focus on pediatric feeding therapy. Many have a class in dysphagia (swallowing problems) that focuses mainly on the adult population and touches briefly on pediatrics.

Additional training outside of graduate school is necessary for a therapist to truly understand the intricacies of feeding problems and the therapies used to treat these problems. Always ask if your therapist has been trained in feeding therapy before beginning



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Feeding therapy is a multi-step process. First the therapist has to figure out how they learned not to eat, which will determine what sort of treatment is necessary. If a child has sensory issues or has come to fear food, the therapist has to break down those barriers step by step. If the child never learned how to chew or if their tongue isn't moving food in the mouth like it needs to for effective and safe feeding then the clinician has to teach the child how to chew and to move food in the mouth correctly with their tongue.

Feeding difficulties are tough, but there is hope and there is help. Don't hesitate to mention any concerns you have to your doctor or a speech-language pathologist.

Sarah Sanford, Ed.S.,
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4 yellow plantains

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1/2 teaspoon salt

1 container plain Greek yogurt (6 oz.)

2 Tablespoons olive oil

Cooking spray

Yogurt Dip Preparation

In blender or food processor blend cilantro, garlic, olive oil, lime juice and salt.

Two young boys are standing in front of a brick wall. The boy on the left is wearing a blue and black striped shirt and blue jeans, holding a tablet. The boy on the right is wearing a grey and green striped sweater and tan pants. A blue and white Under Armour backpack is on the ground in front of them.

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Electrolyte-replenishing sports drinks were originally developed for professional athletes during sustained, high-intensity activity—such as professional football games and long-distance runs. These sugary, high-calorie drinks may not be the best source for the average exerciser and can lead to unwanted weight gain.

Go Bananas

Fortunately, you can replenish lost electrolytes through a healthy diet. Common electrolytes include calcium, sodium, magnesium and potassium and can be found in everyday foods such as bananas.

A 2012 study conducted by researchers at Appalachian State University found that cyclists who replenished electrolytes with bananas during a 75-kilometer race performed as well as cyclists who drank sports drinks. However, bananas offer additional nutritional benefits that sports drinks do not, including fiber and vitamin B6. Next time you exercise, grab a banana and a bottle of water instead of a sports drink.

You can also keep balanced throughout the day with these other electrolyte-rich foods:

- almonds
- beans
- broccoli

- cashews
- oranges
- plain Greek yogurt
- spinach
- Swiss chard
- yams

Discover more health tips and healthy recipes by following us on Twitter @TodaysGateway.com.

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

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SPRING BREAK STAYCATION RESOLVED

by Taylor Lieberstein

Traveling to the beach isn't your only vacation option for a break away with the family. This year try a staycation.

By definition a staycation is a time period where a family stays close to home and participates in leisurely

activities within driving distance, eats out often, and sleeps in their own beds at night. A series of little trips all week long can be just as enjoyable, less hassle and better for your finances. We have compiled a list of some

worthwhile things to do in and around Clarksville to keep the kids busy for the week.

Schedule a little something special every day, even if it is just a short trip. You don't want to bore the kids to tears by making them sit in the house all week on their deserved break. Since I have no children, and probably more time to plan things than most parents, I have made your staycation plans for the week of March 24-28, the 2014 spring break week in Montgomery County. You're welcome.

Monday, Adventure Science Center

Just a short trip to Nashville can make for an eventful day. During CMCSS spring break week they will be showing their Tinkering Garage exhibit, Nashville's first DIY maker-space for families, school children and science enthusiasts of all ages. In this temporary space, you can take apart a small appliance, see how it worked, and then invent something new using its parts. Or you might build a robot, solder a circuit, be part of a collaborative group project, experiment with different textures, patterns and fabrics—the possibilities are endless! Also enjoy one of their planetarium shows anytime while you are visiting. Toddlers under two are free.

Tuesday, Land Between the Lakes

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While you are at the recreation area visit the Homeplace, a rural Tennessee farm resembling how it would have appeared in the mid-19th century. Take a leisurely stroll through the grounds and farm buildings, and visit with LBL interpreters. Ages four and under get free admission and most other ages pay \$5 or less.

Wednesday, Customs House Museum

After lunch, head downtown to the Customs House Museum and Cultural Center. It is



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the state's second largest general museum. Visit the Explorer's Gallery. Spend time "shopping" in McGregor's Market (a kid-sized grocery store), playing with toy trains, and exploring the physics of the golf ball raceways. Learn

about the science of bubbles and caves in the famous Bubble Cave where you can encase yourself in life-size bubbles as you figure out how they work and why they pop. For children's programs and events specific to spring

break week contact Sue Lewis at (931) 648-5780. Free for Children six and under.

Thursday, the Frist Center for the Visual Arts

Head back to Nashville to Visit the Martin Artquest Gallery (located inside The Frist). ArtQuest's thirty incredible hands-on stations inspire visitors to become artists as they learn about art. Visitors of all ages are invited and encouraged to create prints and collages, sketch and paint, or explore the essentials of art, including color, pattern, texture, and perspective. Activities at the stations change as the Frist Center's exhibitions change. Pay no admission fee for any person 18 or younger.

Friday, Roxy Regional Theatre

Tonight head downtown to the Roxy to catch a live performance of *Les Miserables*, an adaption of the international smash hit. The show goes on at 8:00 p.m. Enjoy a day of resting the family before dinner and a show.

Some Additional Destinations worth Visiting

Don F. Pratt Memorial Museum

Located within Fort Campbell, the museum traces the history of the "Screaming Eagles" from World War II engagements, to Vietnam, to current operations in Iraq and Afghanistan. The museum contains many artifacts from

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the historic parachute drop into Normandy prior to D-Day and the evolution of today's only "Air Assault Division." Outside the museum, various aircraft, military equipment and monuments are on display. These massive machines are sure to capture the imagination of every child and child-at-heart. Admission is always free.

Clarksville Public Library

Visit the children's library and one of the library's greatest assets. The space is a large, inviting, childproof space on the first floor. It houses thousands of books at all children's reading levels, from board books to juvenile fiction and non-fiction. It also features an outstanding collection of Caldecott and Newberry Medal award-winning books as well as audio books to check out. Admission is always free.



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FATHER DAUGHTER BALL MARKS ITS TENTH YEAR

by Martha Evans

Ten years ago a few local parents had a vision. They wanted to create a special evening for fathers and daughters to share, a time that would build their relationship and help young women and girls grow in

confidence. Working with Hope Pregnancy Center, they created the Father Daughter Purity Ball.

That first year, about 100 fathers and daughters of all ages gathered for an evening of dancing, dessert, and

encouragement. It was truly a wonderful evening. Right away, those who planned it realized they had something really unique going. Hope Pregnancy Center has continued to offer the Ball since then, and we've seen it grow by leaps and bounds each year. In fact, in 2013, the ninth year for the event, we had nearly 1,200 guests. This year, we are planning for 1,500. Amazing!

The anticipation surrounding this event is high. For many families, the Ball has become a tradition. Several parents tell us their girls start looking forward to the next year within a few weeks of the event! Registration opens in November, dress shopping begins, and plans are made for the evening. Many couples go out to eat together on the way to the Ball, often with a group of friends.

One year, I was shopping in a local shoe store a few months before the Ball. In the next aisle, I heard a mother telling the store clerk she and her daughter were shopping for shoes for her very first Father Daughter Ball. She was finally in Kindergarten and old enough to attend. The excitement in their voices made me smile. It also made me realize what a big deal this is to so many families.

There is a wide range of attire—Dad might be in a shirt and tie, a suit, or military

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dress uniform. Daughters wear dresses of all lengths and styles—party dresses, holiday dresses, even pageant-style gowns. But what they're wearing isn't really that important. It's that expression of wonder, eyes lit with excitement, which reveals the true princess within each and every beautiful young girl that attends. And each escort—whether her father,

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daughters in grades K-5

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grandfather, uncle, older brother, pastor or family friend—is her knight in shining armor. It’s priceless, and a wonder to behold.

I love the hush in the ballroom just before the guests start to arrive. Tables are decorated, volunteers are in place, programs wait to be handed out. A basket or table holds a special gift for each girl who will come through the door. This memento will be handed to each father as the couple enters. Later in the evening,



he’ll present it to his date as part of a special promise to be her hero and protector.

The air of expectancy is sweet, and the excitement is palpable. In just a few moments, the music will

start, the lights will dim, and couples will arrive, ready to start dancing the night away. But in that moment, all is still and filled with promise. It all lies ahead of them, and it promises to be magical in some way for each couple that makes their way to the event.

This year’s Father Daughter Ball is growing to five nights and will be held at Valor Hall in Oak Grove, Kentucky. Girls in grades K through 5 and their dates will have three nights to choose from,

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February 20, 21, and 22. Girls in grades 6 through 12, and college-age young women, will have two nights to choose from on the following weekend, February 28 and March 1. Each night will include dancing, dessert, door prizes, a brief message of encouragement, and a special gift for each young lady.

Registration is required for this event. Please visit Hope Pregnancy Center's website for details and to reserve



your place at the Ball. Go to SpeakingHope.com and click on the link for the Ball, or scan the QR code in our ad. We can't wait!

Martha Evans serves as Executive Director at Hope Pregnancy Center. This medical pregnancy help center provides accurate information and quality services to those facing an unexpected pregnancy, as well as anyone struggling with a past abortion experience. Visit them online at SpeakingHope.com, or call (931) 645-2273 for more information.

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IT'S BATHING SUIT TIME

by Dr. Mitchell D. Kaye

We are all looking forward to the end of winter and its gray, cold weather. Soon the sun will shine and the warm weather will bring bathing suit season with it. Nothing tops beautiful breasts in a bikini or sleek one-piece bathing suit.

What can breast augmentation do for me and am I a good candidate?

A breast augmentation can improve the shape of your breasts and enhance their volume. Women commonly want to restore the fullness and shape of their breasts after the changes of childbearing. In particular,

the upper part of the breast can look flat or concave after children. Of course, many women just want to enlarge their breasts to a size that they never had. This should be a decision that you make carefully over time and not a "snap decision." You should be in good health with no medical problems that are not under good control.

The selections for breast augmentation allow you to have a large choice in size, shape and type of implant (saline or silicone). In general, if you have smallish breasts, with little or no droop, a simple augmentation is the

answer. However, if droop or excess skin is an issue for you, the augmentation will look best if it is combined with a breast lift. In the case of mild droop, sometimes a fuller implant without a lift may be a good compromise.

The size of an implant will depend on your measurements. A basic rule is that the implant must fit the woman and not the other way around. Once the measurements are obtained, there will be a number of different sizes that will typically work for you. We take quite a bit of time sizing the implant to fit

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your body. This allows you to “try them on” before the procedure and see your new shape. This is usually a fun experience and the advice of a good friend or significant other who is a “second set of eyes” is often invaluable. We give you the benefit of our extensive experience and we will share our advice freely. We have found that this system has produced an extremely high level of satisfaction in implant choice for our patients, since it is really *your* choice with expert assistance.

Implant shape can be of two basic types; moderate or high profile. Let’s say that we determine by measurement

that a particular woman needs a 13 cm diameter implant to fit her breast properly. She can choose a moderate profile implant with a height (also known as projection) of 4.5 cm or a high profile implant style that will have a height of 6.4 cm. The high profile implant will have an inch or so more “up front” in this particular example. This might meet the goals of some women and not be the choice of others.

The decision to use saline-filled or silicone-filled implants is a matter of personal preference. Both are silicone shells on the outside and look very much alike but the difference is

what is used to fill them. Saline implants will be filled after placement in the patient and can be placed through a slightly smaller incision than silicone. These also can be filled or slightly overfilled to different degrees for each side to make up for the small differences in breast volume that are so common. Saline implants are significantly less expensive and do not require any special long-term surveillance for leakage since they are filled with salt water. Some women prefer silicone implants because of their “feel.” The FDA recommends a MRI every three years to look for any leakage, which is more



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difficult to detect in silicone implants due to the thicker quality of the filler material. Both implant types have a wide range of size and projections to fit almost any woman. Both types of implants have FDA approval.

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Dr. Mitchell D. Kaye performs an array of cosmetic surgery and non-surgical services. His office is located in Hopkinsville, Kentucky. He has practiced for over 25 years and was trained at the Johns Hopkins Hospital. He is board certified by the American Board of Cosmetic Surgery, the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology.

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STRESS AND HEART DISEASE

by Catherine Meeks

If managing stress is a challenge for you, take heed: More and more research is pointing to stress as a contributor to heart attack and other forms of heart disease. From natural disasters¹ to the death of a sibling² to the daily grind of modern-day life, stress can have a big impact on your heart. In fact, some studies show it harms your heart as much as smoking at least five cigarettes a day.³

Adding insult to injury?

If you do have a heart attack, the prognosis may be poorer with chronic stress.⁴ Heart patients with high anxiety can double their risk of dying. Throw depression into the mix—and it's a triple whammy.⁵

Why does stress have such a big impact?

Stress produces lots of physiological changes affecting your

heart. For example, you pump out more adrenaline, which can make your blood pressure rise and your heart race. If these changes keep up over time, they can damage your heart's arteries.⁶

Of course there's also some good news. Although you can't control all the stressors in your life, you can take steps to better manage your responses to stress. Cultivating a positive, optimistic frame of mind has even been linked to better levels of cholesterol and other markers of heart health.⁷

So where do you start? Find methods for managing stress that work well for you. Here's just a sample. You might have other ideas to add to this list.

Practice positive self-talk at least once a day. This can work wonders at turning around a negative frame of mind. An example of negative

self-talk is this:

"I hate when this happens."

An example of positive self-talk is this: "I can handle this. I've done it before."

Do something pleasurable JUST FOR YOU at least 15 minutes a day. Maybe it's taking a bubble bath, strolling in the park, or listening to your favorite music. You might be amazed at how much this can turn around a day that feels like it's gone all wrong.

Use emergency stress stoppers. These are great for those situations where

you feel like you're going to burst! Try methods like these: Count to 10 before you speak. Take a few deep breaths. Go for a walk. Give someone a hug. Smile at a stranger. Give yourself extra time to get ready in the morning so you won't be running late.

Practice a daily relaxation method such as deep breathing. And when I say relaxation, I don't mean just sitting and watching TV. You need to actively calm the tension in your mind and body. Other great methods of relaxation are yoga, tai chi, and meditation. Try out a variety of methods, but give yourself time to practice and learn.⁸

Cultivate healthy habits. Get enough sleep, don't forget to laugh, exercise, slow down, accept what you can't change. Taking steps like these will make a big difference in how well you manage stress.⁹

Good luck with your changes. When you're in the store, stop by and see how your blood pressure is responding!

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

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SPRING CLEANING

by Taylor Lieberstein

Since spring is officially “cleaning season” in most people’s book I am going to get us all ahead of the game by starting to plan right now. What will we clean first? When will we make time to clean? What can be thrown out?

Lucky for me I actually like to clean. I do not mind it at all. Starting to think about spring cleaning is an exciting thought for me. As far as I can tell people think that is weird. Here are some reasons why scrubbing the bathtub and putting away the laundry can produce a sense of contentment in you, too.

Sense of Accomplishment

With cleaning there is an end result, a physical reward to enjoy for your hard work. You begin with a messy kitchen; you finish with shiny countertops and sparkling floors. It’s not just the fact that you have cleaned the kitchen that is positive but now you feel accomplished and motivated to take on your next project. There is a spillover effect into other areas of your life. You have accomplished cleaning the kitchen, who knows what else you can achieve?

Clean Up Your Mind

When I am writing my articles I have to think about what you can relate to and how to convey it in an easy to read format. When I am cleaning my bathroom I think of nothing except the lyrics to the song playing in the background and where I last put the glass cleaner. Cleaning up our external environment can make us feel like we’re cleaning up our psyche.

To start a week off with a clean house is to start a week off fresh.

A Way to Keep the Control

Living in a messy space can make us feel out of control of our own environment. Cleaning the mess up can make people feel more control over their environment, especially when they feel a lack of control in other areas of their lives. There’s no way to force our bosses to love our work performance last week, but we can make our home a clean and inviting space that brings on happiness. There is an evolutionary need for that control; we love to be in charge of what is going on around us. We gravitate toward uncluttered spaces that are easy to relax in.

Chores Can Reduce Stress

People may clean as a form of distraction, doing something mindless will more times than not rest your brain. There are no deadlines when you are cleaning, no certain order to get it done. Back in control, you are your own boss and it feels freeing. If you hate cleaning maybe you aren’t approaching it right. Get around to chores in the order that you desire. You are in charge.

It Is a Mood Lifting Workout

Not only can cleaning house burn calories and be good for our bodies, but it also increases endorphins (which are the feel-good chemicals in our brain). We get a sense of reduced stress and anxiety, and

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an improvement of mood. A 2008 study in the British Journal of Sports Medicine found that “even 20 minutes a week of household cleaning reduces feelings of stress and reduces the risk of psychological difficulties.” It not only improves mood, but it is also a preventative exercise, making you less likely to become stressed.

It Is a Form of Relaxation

In fact, in our fast-paced, work-centered lives, the mindlessness of cleaning may be one of its biggest allures. When my boyfriend is watching television and playing Xbox I know that he is trying to relax. When I am mopping the

kitchen and bleaching the sink he knows that I am trying to relax. The physical components of housework are meditative; because they are simple, repetitive tasks you perform with your own body. I never go a full day without cleaning something. It's like turning the TV on for others; it's an everyday thing.

Change Your Attitude Towards Yourself

The state of your head is the state of your bed. If you feel like your living space is a disaster it is easy to internalize that feeling and turn it toward yourself. A messy home can also be an indicator of how you're feeling inside. People

are less likely to take care of their environment when they don't feel good about themselves. The more chaotic our environment becomes, the worse we might feel about ourselves. Keep those negative feelings at bay by keeping your home in order.

When the time comes to open the windows and scrub down the baseboards think about it in a positive light with this list in mind. Maybe it won't feel like a weight on your shoulders this year but more of an exciting time to relax, gain control, workout, and clear your mind.

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HYPOTHYROID?

COULD'VE BEEN CAUSED BY A NECK INJURY

by Dale Brown, DC

More and more research is pointing out that one of the potential causes of hypothyroidism in many people may be injuries, like whiplash, to the cervical spine (neck).

The Journal of Surgical Neurology showed that in lab animals hypothyroidism could be induced by compression of the cervical spinal cord and nerves. The Journal of Manipulative Physiological Therapeutics found that whiplash injuries often would leave the individual to soon develop hypothyroidism.

After a whiplash injury, or even the result of poor posture, the cervical spine can be shifted out of alignment. The improper alignment of the spine can then cause pressure, tension, or irritation to the nerves that carry signals from the brain to the thyroid, reducing its proper function.

There are many signs that a person may have indicating their neck is out of alignment.

Do you suffer from or have:

1. Chronic tension is the muscles on the backside of the neck and upper back?

2. Frequent tension headaches?
3. Carpal tunnel?
4. Neck pain or discomfort?
5. Frequently hear grinding or crackling sounds in your neck upon movement?
6. Upper back pain?
7. Slight puffiness and rounded "hump" on the back of your neck?
8. Hair and skin changes?
9. Digestive issues like constipation or irritable bowel syndrome?
10. Menstrual issues and or fertility issues?
11. Inability to lose weight and weight gain without changing your lifestyle?
12. Unexplained depression or anxiety?
13. Fatigue and/or poor sleep?
14. Degenerative disc disease, hernia ions, bulging discs, or arthritis in your neck?
15. Reactive to spouse or loved ones for thing that would normally not irritate you?

To understand further how the alignment and injuries to the neck will often cause these issues is fairly simple.

By misaligning the spine, pressure and tension will be placed on the spinal nerves, joints, and tissues. This stress on the joints and discs will cause degenerative and arthritic changes to occur.

With tension and pressure on the spinal nerves, a stress response is activated in the nervous system that will cause our digestion to shut down or slow, sex hormones to decrease; while increasing stress hormones like cortisol that will lead to further weight gain, increase blood pressure, aches and pains in the joints due to a pro-inflammatory response of the immune system, and a plethora of other health issues.

Direct pressure on the nerves can reduce nerve supply. A simple explanation is that if you cut the nerves to the thyroid the organ would shut down, so if you put pressure on those same nerves the function of the organ will be altered/decreased.

If you are suffering from hypothyroidism what could this mean to you? It could mean that through proper correction of the cervical spine the normal function of the thyroid could very well be restored. Many patients

can even eliminate the use of thyroid medications as their blood tests improve.

Through specific structural corrective chiropractic care a significant number of people, women especially, are finding that they can see their thyroid return to normal function. Within my clinic, a Maximized Living Health Center, we focus not simply on manipulating the spine to relieve pain or increase mobility, we utilize exercises before and after the adjustments to improve blood flow to tissues around the spine and increase postural muscle strength to hold the spine in place after the adjustment. We not only use adjustment techniques by hand but also instrumentation that can achieve a greater amount of specificity than by hand alone.

If you would like to watch a testimonial of a woman who restores her thyroid function, search on [YouTube.com](https://www.youtube.com) for **“HYPOTHYROIDISM GONE! Off her medications! Diabetes gone!”**

One thing that must be stated is that chiropractic

is not a treatment for hypothyroidism, but it can treat a known underlying cause of this condition. Chiropractic, especially Maximized Living doctors, focus on correcting the spine and enhancing the function of the nervous system to allow for normal function of the internal organs like the thyroid to be restored.

If you have suffered a past whiplash injury, even though you may have felt okay after the accident, and have seen a downturn in your health and quality of life and are now starting to suffer from any or all of the above mentioned symptoms, I highly recommend having your spine looked at to see if a healthier future and better quality of life can be restored to you!

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WHEN FOREVER ISN'T ANYMORE, LASER TATTOO REMOVAL IS ALWAYS THERE!

by Jennifer Kerr

Tattoos continue to be a popular mode for expression on our bodies. With forty five million Americans having at least one tattoo, it is a booming business. Whether the reason to get inked is to identify a significant aspect of your life, honor a loved one, or make a fashion statement, it is a personal decision and permanent decision, or so we thought!

The tattoo you got at age 18 may no longer reflect your life, or love, now at age 30. Or, maybe you have had your eye on a special piece of artwork that you want tattooed but have run out of "real estate." The reasons to consider tattoo removal are as unique as the tattoo itself.

In 2012, *The Patient Guide* reported that there has been a 32% increase in the demand of tattoo removal from 2011. The report found that the drive behind this explosion in tattoo removal was career advancement or employment reasons. Other reasons that led a client to initiate the decision for a tattoo removal treatment included "Name of Ex-Partner/Spouse, Change of Beliefs, and Unhappy/Don't Like It."

Removing a tattoo is not as easy as changing your mind. There are several options available, but not all are effective, safe, or without significant risk. Before knowing which removal

technique is right for you, you have to understand how the tattoo is embedded within your skin.

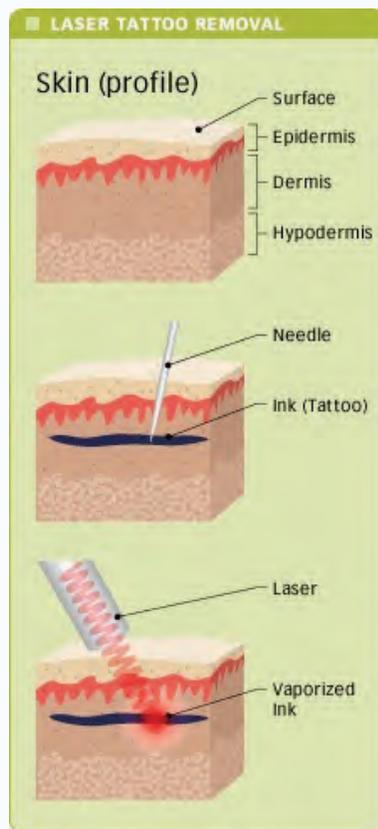
First and foremost, a professional tattoo artist uses an electrically powered machine that moves an injection needle up and down into the skin. This needle penetrates the outer layer of the skin, the epidermis, and deposits ink into the second layer of skin, the dermis. The ink is permanent because the makeup of the dermis is more stable than the epidermis. Any method used to remove a tattoo must be able to target the ink by going below the surface of the skin.

There are creams and ointments advertised to

remove a tattoo. Many are comprised of bleach, irritants, and caustic ingredients that can burn the skin and lead to scarring. The scarring can camouflage the remaining tattoo. The cream may lighten the tattoo, but because it cannot target the deeper layers that house the ink, creams are not a permanent removal solution. The Food and Drug Administration has not approved these creams and ointments. Besides scarring, they may cause rashes, allergic reactions, changes in skin pigmentation, and other unexpected reactions.

Cryosurgery is a technique where liquid nitrogen is used to freeze and destroy the tattoo. This is commonly used to remove warts and other skin lesions. Because there is not a way with cryosurgery to target only the ink, the surrounding skin is damaged through the freezing process. Unfortunately, it can result in scarring.

Dermabrasion is another method advertised to remove a tattoo. This technique involves sanding or scraping the skin down with a wire brush or sanding disk to remove the tattoo. As with creams, dermabrasion does not always reach deep enough to treat the ink in the dermis. It is a painful option and it too results in scarring after healing.



A tattoo can also be surgically removed, which is a viable option for a small tattoo. The tattoo is removed in its entirety and the defect closed with sutures. As with most surgical procedures, a scar will be present. However, this option is much more invasive for a large tattoo. If the defect created from surgically removing the tattoo is too large to be closed, a graft would have to be taken from another area of the body. This would result in scars at both sites as well as a significant risk for infection.



The best way to remove a tattoo is with laser technology, specifically a Q-switched laser. These lasers are able to target the tattoo ink and have the highest chance of success with minimal risk of side effects when operated by knowledgeable

laser technicians and physicians. Lasers have been used to remove tattoos for over 20 years.

The science behind laser tattoo removal is quite impressive. Pulses of high-intensity energy move through the epidermis and are absorbed by the pigment of the tattoo ink. This is a selective process, so the surrounding skin is not damaged. The energy from the laser breaks up the pigment into smaller particles. Because of the small size of the particles, the

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body is able to process and excrete them naturally with a healthy immune system.

The smaller and older a tattoo is the easier it is to treat. The ink in these tattoos is easier to break down. Tattoos located in areas closest to the heart fade the quickest due to increased blood flow. While tattoos on the extremities, such as an ankle or foot can be treated, they just take more sessions.

The choice of laser used to treat a tattoo depends on the ink in the tattoo. Each color of ink absorbs a different wavelength of light. For example, a multi-colored tattoo may require the use of several lasers whereas a black tattoo can be treated with a single laser wavelength. Blue and black are the easiest colors to treat. The lighter the color the more difficult it is to treat. The greater the contrast between the skin color and the ink the easier the removal will be since the lasers are attracted to pigment.

As with any medical procedure, there are possible risks associated with laser tattoo removal. Selecting a well-trained professional laser technician or physician can mitigate most of these risks. The risks are also dependent on the client's skin type, health status, and compliance of the after care instructions. Darker

skin types may experience transient hypo or hyper pigmentation and very rarely permanent scarring results. While there may be skin changes during the treatment, these are transient and resolve quickly. Most cases of blisters or infection are related to non-compliance of after care instructions. Your laser professional should provide you with detailed after care instructions and be available any time you have a question regarding your treatment.

There are many factors that influence the number of treatments required to clear a tattoo. As discussed already, ink color, size, and age of the tattoo affect the treatment plan. Also, scarring along the tattoo, the client's skin type, the area the tattoo is located, the amount of ink, and any layering all impact the number of sessions required for clearance of a tattoo. The number of sessions can range anywhere from 5 to 15 that are scheduled 6-8 weeks apart.

There is a treatment protocol for certain cases that allow for rapid clearance of the tattoo. This method, known as the R20 protocol, results in a much more effective outcome in a shorter amount of time with no increase in side effects. This can be an excellent option for clients requiring expedited removal of their tattoo. It

is important to seek out a practitioner knowledgeable of this protocol and its limitations.

If you are looking for just lightening or partial clearance of a tattoo, lasers work great for this as well. Because the laser is precise in targeting the ink, a trained laser technician or physician can treat only a specific area of a tattoo and treat it until a certain level of fading is accomplished allowing for another tattoo to be applied if desired.

So when seeking out an option for tattoo removal the best bet for your buck, and for effective results, is by far laser tattoo removal services. By doing your research and finding a professional who has experience with laser tattoo removal you are setting yourself up for a successful experience.



Jennifer Kerr is a Licensed Aesthetician and serves as the Client Coordinator at

Cumberland Aesthetic Laser Center. You can learn more about their options for Laser Tattoo Removal at cumberlandlaser.com or call (931) 552-3292.

**Graphic Source: physicianscenterforbeauty.com/clinical-services/tattoo-removal/*

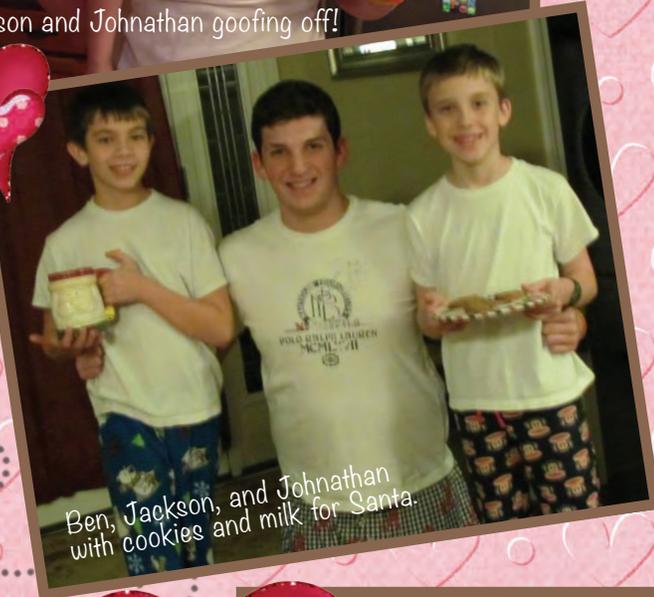
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Hayden Warren enjoying his glasses he won at Rainbow Skating Center in Clarksville Tennessee

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A COACH FOR CHESTER

by Brenda Hunley Illustrated by Willie Bailey

In January, Chester the Chipmunk made a list of goals for himself just like many of us did. One of his goals was to be a faster runner. He told his family he wanted to be able to run all the way around Swan Lake, from one side to the other, without stopping.

His Mom said, "That's nice dear, stay warm!"

His Dad said, "That's quite a distance son. What made you think of that?"

Chester told his parents about the humans and their pets that jogged or ran the trails in the Woods of Dunbar. He told them how he often watched them, and how he thought it looked like fun.

When Chester told his brother Boomer what his plan was, Boomer decided it was now one of his goals also. "I can run! I can run fast! I want to run with you."

Every morning as the sun started casting shadows and rays of sunlight spread deeper and deeper into the woods, Chester was out trying to see how far he could go without stopping.

Some mornings Boomer would go with him, others he would choose to go back to sleep. One morning when Chester was out running he heard a familiar voice overhead. Looking up, Chester saw his best friend Dart the bluebird flying.



"Where are you going in such a rush?" asked Dart.

"I decided that this year I want to run all the way around the lake without stopping," Chester said.

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Dart's black eyes twinkled. "Need some help?"

Chester stopped, and leaned up against a broken branch. "Do you want to run with me?"

Dart fluttered and landed on the ground next to Chester. "Sort of. I want to be your coach."

"My coach?"

"Yes! I can fly around the lake while you run, that way if something is in the way I can warn you. If a storm comes in, I can see that and get you home so you will be safe instead of wet and cold."

Dart the bluebird is Chester's best friend. Dart's family built their nest in the same tree that the Chipmunk family called home. Dart was the reason Chester learned to climb trees. Dart learned to fly and Chester was right there encouraging him along the way. They had grown up together, gone to school together, and now had adventures together. Chester could think of no one else he would like to work with on his goal than Dart.

"Okay, let's get to it!" Chester said, as he started to run again. Dart flapped his wings and rose into the treetops so he could watch and guide Chester. When Chester stopped to take a break, Dart took a break.



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This went on for days, which turned into weeks. The animals in the Woods of Dunbar started noticing that Chester was serious about this goal. He was sticking to it.

Ranger Bill noticed too. Every morning at about the same time he would look out from his window at the Ranger station and see Dart flying slowly around the lake. He would smile to himself and then go back to his work.

Ranger Bill was curious so he put his coat, hat and gloves on and went for a walk around the lake. He looked up in the sky and saw Dart, but then Dart would disappear. Ranger Bill kept walking and looking, but

then before he could catch up to him, Dart would start flying again. Ranger Bill made it all the way around the lake and back to his office and still never spoke to Dart.

When it was lunchtime, Ranger Bill went to his truck to get his lunch box. Looking around, he noticed that Dart was in a nearby tree. Ranger Bill waved his arms in the air. "Hey Dart!" he called.

This time Dart saw him and landed on the truck's hood. Dart cocked his head, fluffed his wings and looked at Ranger Bill.

"What's up, Ranger?"

"Dart, every morning for the last several weeks I have seen you slowly fly around the lake. Today I couldn't take it anymore and went for a walk myself around the lake just to make sure that everything was okay. I didn't see anything, but figured if you were doing this every morning there must be a reason."

Dart nodded his head. "Yes, Ranger Bill, there is. See, Chester has set a goal for the year. He is practicing and I am helping."

Ranger Bill looked confused. "Practicing what? I did not see Chester, just you."

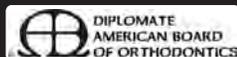
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“He is wanting to learn how to run all the way around the lake without stopping,” Dart answered.

“Oh, I see,” Ranger Bill said, rubbing his beard. “That is a big goal.”

“I am his coach,” Dart added, puffing up his chest.

Ranger Bill’s eyebrows raced to the top of his face. “Really?”

Dart flapped his wings, and landed on the Ranger’s lunch box. “Yes, and I am good at it too.”

“I bet you are,” Ranger Bill said. “Do you think Chester would want to run in the Color Vibe Race? It’s a race in March where as you run you

get blasted with a different color at each station, and then at the end it’s a big colorful celebration of everyone’s hard work.”

Dart looked at Ranger Bill for a long time. He did this because he thought that surely Ranger Bill was joking. But Ranger Bill was not laughing.

“I will tell Chester about it,” Dart said, as he flew away.

When Dart told Chester what the Ranger had said, Chester laughed. “Humans are funny. I am not ready for a big colorful race. Will you find someone who wants to run with me?”

Dart nodded in agreement. “That would be a good way

to measure your speed and endurance. Good idea. I’ve got a lot to think about. See you in the morning.”

Whenever Dart was not helping Chester train, he would talk to other animals and see if anyone wanted to run with Chester. No one wanted to come out of his or her warm house, let alone run around the very cold lake.

Maybe once it warms up a little someone will help, Dart thought to himself.

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



A Valentine’s Day experience
you’re sure to love

Gift cards make a beautiful gift.
Have questions? Just ask.



Eden Day Spa & Salon
150 Hillcrest Dr. Clarksville, TN
www.edendayspas.com • 931-552-2313



TITLE BOXING CLUB
1719 WILMA RUDOLPH BLVD
931.245.2820
TITLEBOXINGCLUBCLARKVILLE

Clarksville

TRY SOMETHING FUN & NEW
IT’S FITNESS NOT FIGHTING!

- Burn up to **1,000 calories** an hour!
- Raises metabolism and fat-burning capabilities
- New Member’s Orientation includes 20-minute educational training workout and one-on-one with a nutritionist!
- Transform your body with our Power Hour program...*Only needs to be done 3 times a week!*

Receive 1 mo. supply of nutrition to enhance workouts, with annual membership.

FEBRUARY SPECIAL



4-DAY FREE PASS
PLUS: GET A **FREE** PERSONAL TRAINING SESSION WITH ANY ENROLLMENT!

MUST HAVE COUPON. EXPIRES 2-28-14

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

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

HAPPY BIRTHDAY!



Happy 1st Birthday Charlotte
Love, Mommy, Daddy & Jack



Happy Birthday Lily!
We love you!
Dad, Mom, & Dom



Happy 1st Birthday Matéo!
Love, Mama, Dada, Carli & Lani



Happy 1st Birthday Toby!!!
Feb. 26th!



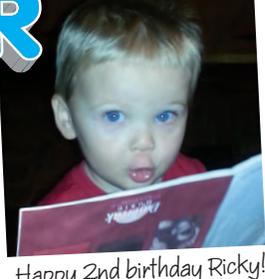
Happy 2nd Birthday Colt!
We love you



Happy 2nd Birthday Mason!
Love Mommy, Daddy, and Bubba!



Happy 2nd birthday Punky!!
We love you!
Love Mommy, Daddy & Amari



Happy 2nd birthday Ricky!
Love Mommy, Daddy, Drew, & James



Happy 2nd Birthday
Xavier, Freeman,
We all Love You



Happy Birthday!
Love you Very much!!
Daddy, Mommy, baby J



Happy Birthday, Sophia!



Happy 3rd bday TT
dominique loves you
with everything in me



Happy 4th Birthday Mya!!!
Love, Daddy, Mommy, & Gabriel



Happy 5th birthday Amy!



Happy 5th Birthday Campbell!
Mommy, Daddy, Brantley & Beckett



Happy birthday Dameion
mommy luvs you..



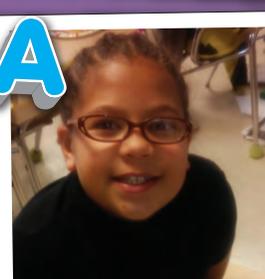
Happy 5th Birthday Hayden!!!
Mommy, Daddy, Aaron & Katelynn



Happy 5th Birthday, Kai!
Love you, Mommy and Daddy



Happy 5th Birthday
Handsome!



Happy birthday!

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

HAPPY BIRTHDAY!



Happy 6th Birthday Kaleb!
Love Daddy, Brandy, & Malkolm



Happy 7th Birthday, Emily!!!
Love Daddy, Mommy & Alexis



Happy 7th Birthday Micah!
From Mom, Dad, Jay, & Jeremiah



Happy 7th Birthday Paizleigh
We love you, Daddy, Jo & E



Happy 8th Birthday Carolina!
We love you MOST!!



Happy 8 birthday Ethan Winn
Love Mommy & Daddy



Happy birthday Lucri!!!
We love you....



Happy 9th Birthday Edward!!
We love you MOST!



Happy 9th Birthday Tanner!
Love the other 4 T's



Happy 9th Birthday Tyler!
Love the other 4 T's



Happy Birthday!



Happy 10th Birthday to Caden!
Dad, Mom, More Sissy & Sissy!



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.



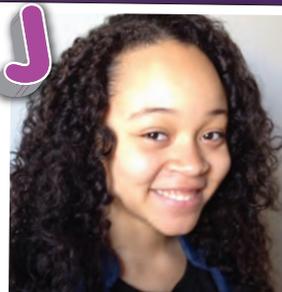
Happy 10th Birthday, Megan!
Love, Mom, Dad, Madison, & Logan



Happy 10th Birthday!!
From Mom, Dad, Micah, & Jeremiah



Happy 12 th birthday!!!
We love you both.....



Happy 13th Birthday Justice!
Love, Dad, Mom, and Yasmin



Happy 16th Birthday Erik!
We love you!



Happy 31st Birthday Daddy X!
Love, Rosalee, Carli, Lani, & Teo

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 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

CLARKSVILLE WINTER MARKET

Fridays through May 9, 2014 from 9:30 a.m. to 1:00 p.m. Fresh produce, baked goods, handmade jewelry, quilts, domestic goods, eggs, jams, honey, plants, and art.

Smith Trahern Mansion
101 McClure Street
smithtrahernmansion.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
(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

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

SPIRIT NIGHTS

Tuesday, February 4
4:00 p.m. to 7:00 p.m.

GLENELLEN ELEMENTARY

Tuesday, February 11
4:00 p.m. to 7:00 p.m.

ROSSVIEW ELEMENTARY

Wednesday, February 26
5:00 p.m. to 8:00 p.m.

CLARKSVILLE ACADEMY

SPECIAL EVENT

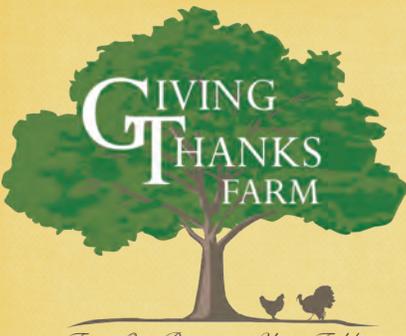
Monday, February 10
5:00 p.m. to 7:00 p.m.

FAMILY NIGHT

SEE AD ON PAGE 28

a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

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



GIVING THANKS FARM

We are a local farm specializing in poultry, pork, beef & eggs raised on chemical-free pastures.

Visit our Farm Store or shop with us online.

From Our Pasture to Your Table

NO ANTIBIOTICS OR ADDED GROWTH HORMONES EVER.

Courtesy of Giving Thanks Farm

\$10 OFF

Valid for purchases of \$85 or more. Mention this ad to receive discount. Expires 2-28-14.

CSA Available
Call or visit us online for details!

4837 Mickle Lane, Clarksville, TN 37043 • 615-975-FARM (3276)
Facebook/GivingThanksFarm • GivingThanksFarm.com



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Fast. Fair. Accurate.

www.cpaxpresstax.com phone: 931-576-1040 fax: 931-576-1041

Join Our Referral Card Program* - Call For Details

- Free EZ until 2/15/2014 (For Qualified Taxpayers)*
- Competitive Pricing - We honor all competitors' coupons.*

\$25 Off Tax Preparation*

Avoid Long Lines - Call to Schedule Your Appointment

* May not be combined with any other offers, coupons or discounts. Valid for paid returns only. Must be presented at time of checkout.

7 days a week: **M-F: 9AM - 8PM • SAT: 9AM - 6PM • SUN: 1PM - 5PM**

3021 Fort Campbell Blvd. • Clarksville, TN 37042

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

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

February

1 SATURDAY

KIDS BLITZ! LIVE

3:30 p.m. America's premier Christian event for kids. Watch the video at kidsblitz.com.

First Baptist Clarksville
Faith Worship Center
435 Madison Street
fbct.org

6 THURSDAY

NEW YEAR NEW YOU—OPEN HOUSE

4:00 p.m. to 7:00 p.m. Join us this evening and get all of your questions answered on cosmetic surgery, health and beauty. Let us help create a New You in 2014! Door prizes, raffles, food & fun! Please RSVP.

Advanced Cosmetic Surgery Center
1011 South Main Street
Hopkinsville, Kentucky
(866) 234-0470

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

7 FRIDAY

WINTER AUTO DEALER SHOWCASE

Through Monday, February 10. Visit the Auto Dealer Showcase to check out the latest vehicle models from local dealerships.

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

8 SATURDAY

MAXIMIZED LIVING MAKEOVER:

RESOLVE: THE NEW YEARS WEIGHT LOSS CHALLENGE

10:00 a.m. Join us for the weight loss challenge of the year! Call for tickets.

Marathon Chiropractic
1715 Wilma Rudolph Boulevard
(931) 591-2010

WINTER AUTO DEALER SHOWCASE

Through Sunday, February 9. Visit the Be My Valentine Showcase for unique gift ideas! If your business is interested in participating in this show, please contact the marketing department at marketing@governorssquare.net.

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

2ND ANNUAL CHOCOLATE AFFAIR

2:00 p.m. to 4:00 p.m. or 6:00 p.m. to 8:00 p.m.
Tickets are available for purchase at the city's website cityofclarksville.com or at the local Parks and Recreation office at 102 Public Square in Clarksville. See article on page 6.

Wilma Rudolph Events Center
Liberty Park
1188 Cumberland Drive

9 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: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church
1410 Golf Club Lane

10 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Looking To Improve Your Child's Grades?

TRY BELTING THEM!

Earning a Martial Arts Belt can be one of the most rewarding experiences for a child...

They Learn the value of setting and achieving goals as well as the power of focus and concentration.

Our professional instructors are Experts in bringing out the best in children. These skills are then transferred to academics.

- Focus
- Concentration
- Courtesy
- Respect
- Fitness
- Self Defense



KRIEGISCH MARTIAL ARTS

931.472.1008
2690 Madison Street, Suite 190
www.kriegischmartialarts.com



RHYTHM RAGS & MORE

\$10 off any purchase of \$50 or more

\$5 off any purchase of \$25 or more

Please use by February 28, 2014
Not valid with any other discounts or sale items



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

149 Kender Rhea Ct., Suite A1
Clarksville, TN 37043
Next to Appleton's Harley Davidson on the bypass

(931) 896-2025

Clarksville-Montgomery
County Public Library
350 Pageant Lane

**12 WEDNESDAY
ALZHEIMER'S
CAREGIVERS SUPPORT
GROUP MEETING**

11:00 a.m. For information,
call Patsy Shell, (931) 648-
1884.

Cumberland Presbyterian
Church
1410 Golf Club Lane

**14 FRIDAY
VALENTINE'S DAY**

**16 SUNDAY
WORKSHOP:
PLANNING FOR
CHILDBIRTH INFO
SESSION**

4:30 p.m. to 5:30 p.m.
Learn about choosing a
birth place; what a doula
is, and what the benefits of
having one are; choosing a
childbirth class; what types
of classes are available
in the area; and gather
many more valuable
resources for pregnancy,
birth, postpartum and
breastfeeding. This event is
FREE to the public.

Marathon Chiropractic
1715 Wilma Rudolph
Boulevard
(931) 591-2010

**17 MONDAY
PRESIDENTS' DAY**

**CNLL SOFTBALL SIGN
UPS**

5:00 p.m. to 7:00 p.m.
Cost \$80 per player. We
will accept sign up forms
at Mericourt fields on
February 22 from 10:00 a.m.
to 2:00 p.m. and February
23 from 1:00 p.m. to 4:00
p.m. Forms can be found
on our website cngsl.org.

Clarksville Sporting
Goods
1015 Riverside Drive

**CNLL BASEBALL SIGN
UPS**

5:00 p.m. to 7:00 p.m.
Cost \$80 per player. We
will accept sign up forms
at Barksdale fields on
February 22 from 10:00
a.m. to 2:00 p.m. and
February 23 from 1:00 p.m.
to 4:00 p.m. Forms can
be found on our website
clarksvillernational.org.

Clarksville Sporting
Goods
1015 Riverside Drive

**18 TUESDAY
CNLL SOFTBALL SIGN
UPS**

5:00 p.m. to 7:00 p.m.
Cost \$80 per player. We
will accept sign up forms
at Mericourt fields on
February 22 from 10:00 a.m.
to 2:00 p.m. and February
23 from 1:00 p.m. to 4:00
p.m. Forms can be found
on our website cngsl.org.

Clarksville Sporting
Goods
1015 Riverside Drive

**CNLL BASEBALL SIGN
UPS**

5:00 p.m. to 7:00 p.m.
Cost \$80 per player. We
will accept sign up forms
at Barksdale fields on
February 22 from 10:00
a.m. to 2:00 p.m. and
February 23 from 1:00 p.m.
to 4:00 p.m. Forms can
be found on our website
clarksvillernational.org.

Clarksville Sporting
Goods
1015 Riverside Drive

**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

**20 THURSDAY
FATHER DAUGHTER
PURITY BALL**

Through Saturday, February
22. Girls grades K-5. See
article on page 26.

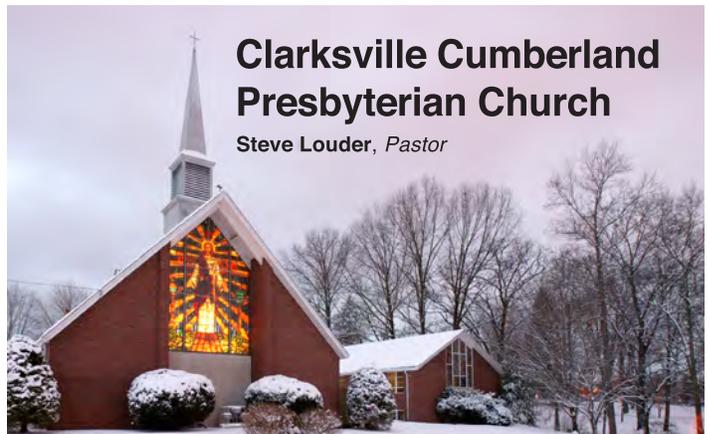
Valor Hall
105 Walter Garrett Lane
Oak Grove, Kentucky
www.speakinghope.com

**21 FRIDAY
WORKSHOP SERIES:
EMBRACE CHILDBIRTH
PREPARATION CLASS
SERIES**

7:00 p.m. to 9:00 p.m.
Begins the 4 week class
series on pregnancy,
birth, breastfeeding and
newborn care. Meets for 4
Fridays in a row. Cost \$75.
Taught by Tiffany Dixon,
CAPP certified childbirth
educator and doula. To



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.



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

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

register contact her at (419) 346-0035 or tiffanydixon@gmail.com.

Marathon Chiropractic
1715 Wilma Rudolph
Boulevard
(931) 591-2010

22 SATURDAY

CLARKSVILLE GIRLS SOFTBALL ASSOCIATION FAST PITCH SIGN UPS

10:00 a.m. to 2:00 p.m.
Ages 5-18. Contact Coach
David Baggett, (931) 801-
0865.

Swan Lake Sports
Complex
2002 Sanders Road
clarksvillegirlssoftball.com

3RD ANNUAL PROM- O-RAMA

10:00 a.m. to 2:00 p.m.
This is your one-stop-shop
for this year's prom. Save
time and money and ROCK
YOUR PROM! Browse
through racks of gorgeous
pre-owned gowns at
amazing prices! Register
to win door prizes! If you
have a fabulous gown
that you would like to sell
please contact Maria Scott
at (931) 553-0071 or Maria.

Scott@miller-motte.edu.
Gowns can be registered
for sale starting February
17th at 9:00 a.m. The
deadline to register your
gown for sale is February
20th at 6:00 p.m.

Miller-Motte Technical
College
1820 Business Park Drive

PROM & SPRING FASHION SHOW

12:00 p.m. to 4:00 p.m.
Fashion show begins at 2:00
p.m. in Center Court. If you
are interested in modeling
in the Prom & Spring
Fashion show, email your
information to marketing@governorssquare.net.

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

23 SUNDAY

CLARKSVILLE GIRLS SOFTBALL ASSOCIATION FAST PITCH SIGN UPS

12:00 p.m. to 3:00 p.m.
Ages 5-18. Contact Coach
David Baggett, (931) 801-
0865.

Swan Lake Sports
Complex
2002 Sanders Road
clarksvillegirlssoftball.com

24 MONDAY

RECIPE NIGHT

7:00 p.m. This is a
wonderful opportunity to
try a new recipe or spice up
some favorites! This event
is free to the public.

Marathon Chiropractic
1715 Wilma Rudolph
Boulevard
(931) 591-2010

28 FRIDAY

FATHER DAUGHTER PURITY BALL

Through Saturday, March
1. Girls grades 6-12 and
college age. See article on
page 26.

Valor Hall
105 Walter Garrett Lane
Oak Grove, Kentucky
www.speakinghope.com

around the Montgomery
County Business Park
and end up at Beachaven
Winery for the after party.
Since this is a non-timed
event runners of all ages
and experience levels
are invited to participate.
Children 7 and under may
participate free of charge.

Proceeds benefit the
Montgomery County
Friends of the Shelter,
which rescues dogs from
the Montgomery County
Animal Control and houses
them until loving homes
can be found. They also
serve the community by
providing pet food and
low and no cost spay and
neuter surgeries to low
income families.

For more information
visit www.thecolorvibe.com or email support@thecolorvibe.com.

CLARKSVILLE GIRLS SOFTBALL ASSOCIATION FAST PITCH SIGN UPS

10:00 a.m. to 2:00 p.m.
Ages 5-18. Contact Coach
David Baggett, (931) 801-
0865.

March

1 SATURDAY

COLOR VIBE 5K FUN RUN

Race begins at 9:00 a.m.
Arriving early is advised.
Runners will follow a course



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

18th Annual Spring/Summer Consignment Sale

RECEIVING DATES: March 6-8
(by appointment only)

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

SALE DATES:

PRE-SALES:
(Sorry, NO CHILDREN ALLOWED at pre-sales)

Tuesday
March 11th 5:00 - 7:00 PM
CONSIGNORS ONLY
7:00 - 9:00 PM
CONSIGNORS AND GUESTS WITH PASSES

Thursday
March 13th 6:00-8:00 PM
**50% DISCOUNT PRESALE FOR
CONSIGNORS ONLY (NO GUESTS)

[Find us on Facebook!](#)

OPEN TO THE PUBLIC:

Wednesday
March 12th
7:00 AM - 6:00 PM
(REGULAR PRICE)

Thursday
March 13th 7:00 AM - 6:00 PM
(25% discount, unless marked "No Discount")

Friday
March 14th 7:00 AM - 6:00 PM
(50% discount, unless marked "No Discount")

Saturday
March 15th 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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- 24 Hour Towing
- Full Collision Repair Shop
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- Free Estimates
- Insurance Certified
- Rental Cars available

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2631 Ft. Campbell Blvd

2631 Ft. Campbell Blvd. - Clarksville, TN
931.431.6096

Swan Lake Sports Complex
2002 Sanders Road
clarksvillegirlssoftball.com

MARDI GRAS NIGHT

6:00 p.m. There will be a \$1,000 cash prize in a Reverse Raffle, Creole food, drinks, music, door prizes and games! Proceeds will benefit Sts. Peter and Paul School and the SPPS

building fund. Tickets are \$30 per person. Ticket price includes dinner and a chance to win \$1,000. Must be present to win and 21 or older to enter.

Sts. Peter and Paul Catholic School
902 East 9th Street
Hopkinsville, Kentucky
(270) 886-0172

2 SUNDAY CLARKSVILLE GIRLS SOFTBALL ASSOCIATION FAST PITCH SIGN UPS

12:00 p.m. to 3:00 p.m. Ages 5-18.
Contact Coach David Baggett, (931) 801-0865.

Swan Lake Sports Complex
2002 Sanders Road
clarksvillegirlssoftball.com

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

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. on Tuesdays, February 4 and 11. 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. Monday, February 3. 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 February 6 and 13. 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, February 4 and 11. 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, February 8.

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., Thursday, February 6. Program for tweens in the fourth, fifth and sixth grades. Science wonders and other good stuff.

APSU ARTS INTERACTION PROGRAM

4:30 p.m. to 5:30 p.m., Tuesday, February 4.

FOUR PAWS FOR READING

1:00 p.m. to 2:00 p.m., Saturday, February 8. Come read with the Tender Paws Pet Therapy dogs. You read and they will listen. This is a great way for your child to read out loud with confidence.

Teresa's
perfect fit
Bra & Wig Boutique



Fashion CUSTOM-FIT

BRAS FROM SIZE 30A TO 50M

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

2 Certified Fitters

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THE ROXY REGIONAL THEATRE

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

MY WAY

Frank Sinatra made women scream when he walked up to the microphone; and with a twist of a phrase, men wept. His ability to interpret a song defined an American generation. Relive the magic of Ol' Blue Eyes with this must-see musical celebrating the songs he made famous, including "Strangers in the Night," "I've Got You Under My Skin," "Fly Me to the Moon," "New York, New York" and more!

8:00 p.m. February 7, 8, 14*, 15, 21, 22 & 28 and March 1

7:00 p.m. February 13, 19, 20, 26 & 27

2:00 p.m. February 15

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

* "Martinis with Frank" at 7:00 p.m. (Tickets \$50)

MUCH ADO ABOUT NOTHING

Boasting one of Shakespeare's most delightful heroines, this imaginative, exuberant comedy contrasts two pairs of lovers in a witty and suspenseful battle of the sexes. A masquerade ball provides the setting for a case of mistaken identity, reminding us all of the

failings and triumphs of the human condition in our never-ending search for perfect love.

8:00 p.m. March 7, 8, 14 & 15

2:00 p.m. March 15

Tickets \$10

LES MISÉRABLES

In 19th century France, Jean Valjean is released from 19 years of unjust imprisonment, but finds nothing in store for him but mistrust and mistreatment. Breaking his parole in hopes of starting a new life, he initiates a life-long struggle for redemption during which he is relentlessly pursued by police

inspector Javert, who refuses to believe Valjean can change his ways. Epic, grand and uplifting, its powerful affirmation of the human spirit has made this popular masterpiece an international smash-hit.

8:00 p.m. March 28 & 29; April 4, 5, 11, 12, 18, 19, 25 & 26; May 2, 3, 9 & 10

7:00 p.m. April 2, 3, 9, 10, 16, 17, 23, 24 & 30; May 1, 7 & 8

2:00 p.m. April 5, 19

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

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

THE PHOTOGRAPHY OF DAVID SMITH

Through March 2

NEIL CROCKARELL: THE SEWING ROOM

Neil went to Art Institute of Chicago. He opened up a dress shop in Nashville, catering to the "Upper Society" crowd. When he eventually decided to close shop and move to Palmyra to concentrate on his art, the ladies soon found him and he went back to dressmaking. This exhibit features his clothing, art and a recreation of his sewing room. Through February 23.

TACA REGIONAL EXHIBITION

23 members of the Tennessee Association of Craft Artists exhibit tapestries, carvings, sculptures,

paintings, embroideries, and photography. Through March 30.

OF GLAZE & KILN: THE ART OF MELODY & KEN SHIPLEY

Local potters Melody and Ken Shipley exhibit a variety of their ceramic pieces. Through March 2.

ACTIVITIES:

LET'S FIND: PITCHERS & POTS

February 5 & 6, 10:30 a.m. to 11:30 a.m. "I'm a little teapot short and stout. I'm looking for my cousins. Won't you help me out?" This month children 3 - 5 years old and their grown-ups are invited to help Ms. Sue look for the teapot's cousins in the exhibit, *Of Glaze and Kiln: The Art of*

Melody and Ken Shipley. We will also read a story and make a craft. This activity is free with your museum membership or paid admission. Siblings are always welcome. For program information contact Ms. Sue at (931) 648-5780.

SUNDAY FAMILY FUN:

CRAFTING A LOG HOUSE

February 23, 1:00 p.m. to 4:00 p.m. Logs were used to build the earliest homes in Montgomery County. Built in the 1840s, the Power's family log house in the Memory Lane gallery was still in use well into the 20th century. Check out the construction of the Powers' family log house in Memory Lane, and then visit the classroom to do some building of your own using craft sticks and

glue. This event is free with your museum membership or paid admission.

ART & LUNCH FILM: CALDER - SCULPTOR OF AIR

Thursday, February 6, 12:05 p.m. Artist Alexander Calder (1898-1976) revolutionized the art of sculpture with his distinctive modernism, freeing sculpture from its stand and adding movement to the art itself. He rose to fame in the 1930s with his renowned Miniature Circus, but his modernist creativity skyrocketed with his wire sculptures, an invention he dubbed "drawing in space." In conjunction with the exhibit: *TACA Region Exhibition*.

The museum will be closed February 17th for Presidents' Day.

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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

CLARKSVILLE MODEL RAILROAD CLUB

Dedicated to serving all those interested in the preservation of railroad history. We encourage by all manner and means the art and craft of model railroading and to educate persons engaged in model railroading in methods of building and operating model railroad equipment. We are located in the basement of 404 Pageant Lane and meet on Monday evenings at 6:30 p.m. For more information contact (931) 216-5351 or visit our Facebook page.

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 (931) 221-7508, csa@apsu.edu, or visit csa.apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY

The Madison Street Music & Arts Academy offers music and art classes as well as private lessons for both children and adults. Classes include Kindermusik for infants-age 7, Kinderart for pre-schoolers, Musical Theatre for middle and high school students, and Photography and/or Scrapbooking for teens and adults. Private music lessons are available for voice and most instruments, including the impressive pipe organ at Madison Street United Methodist Church. Lessons are available at reduced rates for families who qualify for the school lunch program, and scholarships are available for outstanding music students. For more information, contact JoAnn McIntosh at (931) 278-7921 or joann@madisonstreetumc.com, or visit our website at www.madisonstreetumc.org.

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 Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

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.

CLUB WEST VOLLEYBALL CLUB

Located at 2231 Madison Street, we provide Volleyball training for all ages. Club starts in January and goes through April, Junior Spikers 4th-8th grade girls and 4th-6th grade boys is an ongoing 8-week program that can be started at anytime, Private Lessons, Camps and Clinics throughout the year and Adult Open Gym. For more information visit www.clubwestvolleyball.com/cv, email Director Jen Garinger at jeng917@hotmail.com or call Jen at (602) 741-8045.

EMMANUEL FAMILY LIFE CENTER

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

SWIMMING EAGLES

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

TEAM CLARKSVILLE YOUTH WRESTLING

The Team Clarksville Wrestling Club is accepting new members. We're a competitive club serving youth in elementary school through middle school. For more information contact David Isbell at (719) 494-6685 or email at isbell_dave@yahoo.com.

WARRIORS SPECIAL NEEDS CHEERLEADING

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

YOUTH WRESTLING PROGRAM

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

CHILDBIRTH & PARENTING EDUCATION

ALPHA CHRISTIAN CHILDBIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

FAMILY BIRTH CENTER

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

GATEWAY MEDICAL CENTER

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

Siblings 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, baby moon 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.

WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for breastfeeding help contact us at (931) 206-9659 or www.wholewomanlactation.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.ctctenn.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. 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.

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

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

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ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. Spring Semester classes begin February 2. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit www.studythescriptures.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.

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croats and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croats who want to move to Clarksville and make sure their transition is smooth. Visit www.facebook.com/groups/CroatiainsinTennessee/

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 KY & TN

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 facebook.com/pages/Free-Cakes-for-

[Kids-KYTN/529017437122370](https://www.facebook.com/Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at 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

141 Hatcher Lane. 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) 431-7880.

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) 645-8629.

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 JuleeSPoolePHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

INTERNATIONAL ORGANIZATIONS

MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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/misstenny.

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!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

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

CLARKSVILLE HOMESCHOOL NETWORK

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

FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

HOPKINSVILLE SAHM MEETUP GROUP

For information about the Hopkinsville Stay at Home Moms Meetup Group visit sahm.meetup.com/1943/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All

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

MOMS CLUB OF CLARKSVILLE

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities.

We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in Fort Campbell, Woodlawn or Oak Grove areas of Clarksville (west of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to clarksvillemomsclub@yahoo.com. Look for both groups on Facebook.

A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

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 MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Tuesday of the month from September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Amanda

Grubbs at thegrubbsfamily07@gmail.com. Find us on Facebook at Spring Creek MOPS.

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCorley77@aol.com 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 200,000 members nationwide and over 3,000 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 Boulevard. 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 Sandra Simms at (931) 647-6551 or hsimms6551@charter.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) 980-2897 or shelleytaroli@gmail.com.

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKVILLE 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.

CLARKVILLE 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.

CLARKVILLE 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.

CLARKVILLE 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 LEAP Building, 1860 Wilma Rudolph Boulevard. 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 Sharon Jarrell at (931) 266-6064.

DIABETIC SUPPORT GROUP

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

FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. www.focusautismnow.com

GRIEF SUPPORT

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact cvothland-free@jdrf.org.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

PARENTS HELPING PARENTS

A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

PARKINSON AWARENESS AND FELLOWSHIP GROUP

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

TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month

in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8959.

YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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

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