

March 2014



FREE!

# Clarksville Family

Serving Clarksville, Fort Campbell & the Surrounding Areas



**The Baucom Family**

*Blake (13), Jill, Trevor, Noah (15)  
and Owen (10)*

**Photo by Joan of Art Photography**

\*Enrolling  
Ages  
3 & up  
\*unless  
pottytrained

# Dance Force

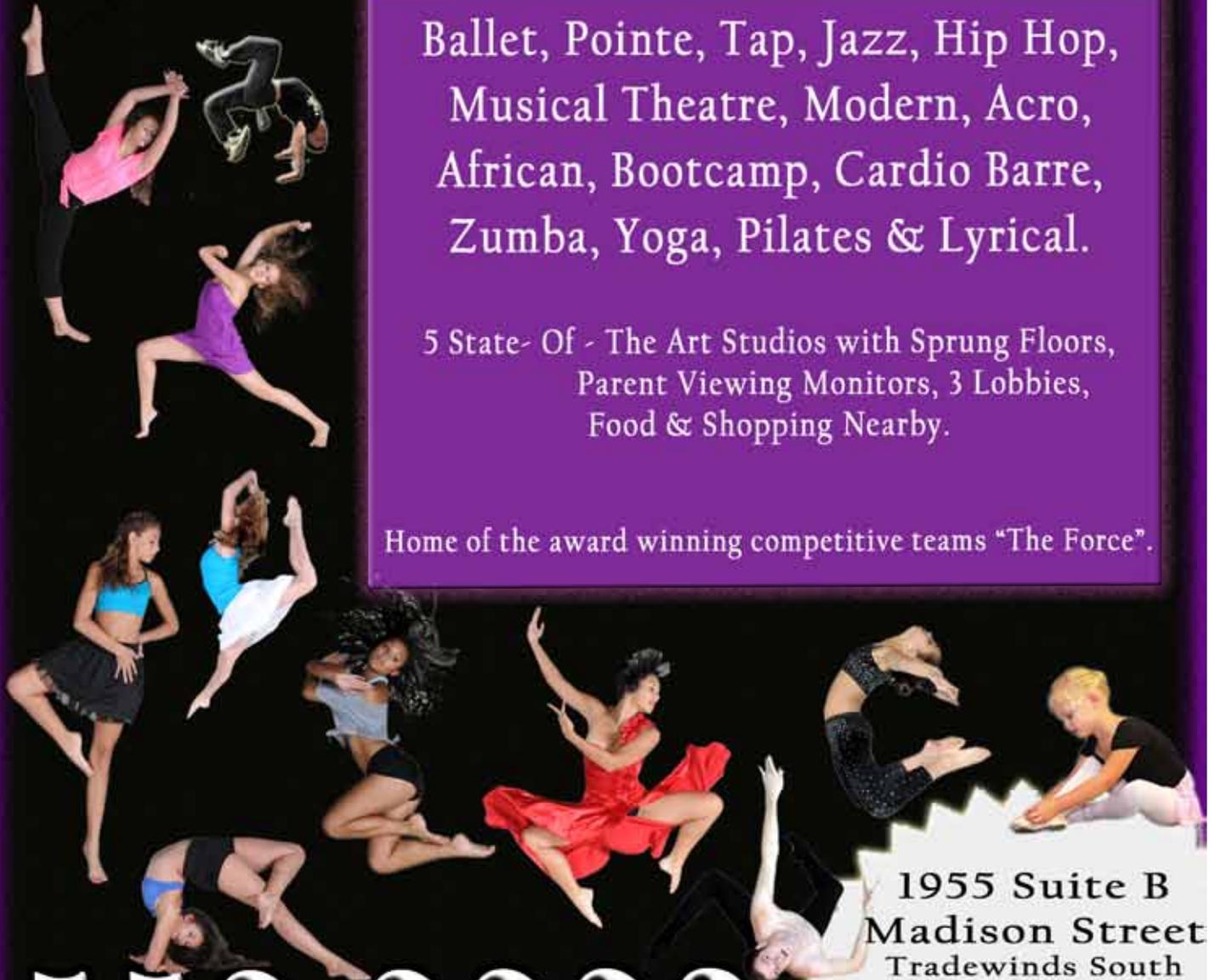


**Now ENROLLING** for our Spring Program beginning in February!

Ballet, Pointe, Tap, Jazz, Hip Hop,  
Musical Theatre, Modern, Acro,  
African, Bootcamp, Cardio Barre,  
Zumba, Yoga, Pilates & Lyrical.

5 State- Of - The Art Studios with Sprung Floors,  
Parent Viewing Monitors, 3 Lobbies,  
Food & Shopping Nearby.

Home of the award winning competitive teams "The Force".



# 552-2223

1955 Suite B  
Madison Street  
Tradewinds South  
Shopping Center  
[www.danceforceclarksville.com](http://www.danceforceclarksville.com)

or visit us on

**facebook**

WHEN YOU'RE BUYING A HOUSE,  
YOU'RE DOING MORE THAN BUYING A ROOF AND WALLS.

*You're setting up your home.*



THE ALTRA  
DIFFERENCE



*Terri Hancock*  
Loan Originator  
thancock@altra.org  
NMLS# 494774

So rely on Altra Federal Credit Union, where the focus is on you and your needs. Altra's team of experienced lenders and dedicated support staff will guide you through the home buying process.

Low rates and local experience before the sale...Local servicing after the sale...and a team you can trust.

To learn more and start the application process online, visit [Altra.org](http://Altra.org) or contact Terri to set up an appointment.



**931-920-6515 • [www.altra.org](http://www.altra.org)**

1600 Madison Street and  
184 Stone Container Drive, Clarksville

**800-755-0055 • [www.drivealtra.org](http://www.drivealtra.org)**

**Altra**  
Federal Credit Union

\*Membership eligibility required. Mortgage loans available to qualified borrowers. Contact Altra for more information. Equal Housing Lender. Federally insured by NCUA.



# Publisher's Message

I know that almost every one of my letters the last few months have started with me talking about the crazy weather we've been having. We go from sweater weather one day to shorts and t-shirt weather the next. No one is more aware of this than my 9-year old. I am sure I looked like mother of the year when he was the only one wearing shorts as I dropped him off after a battle of wardrobe wills last week. Sigh.



Since this is going to press several days before the start of March, I'm not dumb enough to make any predictions. Whether it's cold or sunny, raining or snowing, or there are rainbows streaking across the sky, here's to a great March and the official start of spring!

We have another packed issue with outstanding articles. To note just a couple: on page 6 is a story by Pamela Roddy Magrans about the Baucom family, featured on our cover. Read their touching tale about tragedy and triumph. There is also Taylor Lieberstein's article on page 26 about the Flake family, who lost everything they owned to a house fire last month, and how our wonderful community has come together to help support them.

With spring around the corner comes the opportunity to take advantage of our city's many parks, the greenway, and now the new blueway, as ways to soak in the sun and burn a few calories. Don't forget to check out our calendar starting on page 50 for what's going on around town.

Hope you have a great month and thank you for picking us up!

Sincerely,  
Carla Lavergne

## DISCLAIMER

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

# Clarksville Family

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

For advertising inquiries contact Rachel Phillips at (931) 216-5102 or [rachel@clarksvillefamily.com](mailto:rachel@clarksvillefamily.com)

For all other information:

Phone: (931) 320-9869

E-mail: [info@clarksvillefamily.com](mailto:info@clarksvillefamily.com)

Fax: (931) 919-1234

Mail: PO Box 31867  
Clarksville, TN 37040

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

Look for us on Facebook 

## Owner/Publisher

Carla Lavergne

## Editor

Cliff Lavergne

## Graphic Design

Colleen Devigne

Carla Lavergne

## Advertising Sales

Rachel Phillips

(931)-216-5102

[rachel@clarksvillefamily.com](mailto:rachel@clarksvillefamily.com)

## Staff Writers

Brenda Hunley

Taylor Lieberstein

Pamela Roddy Magrans

## Contributing Writers

Dr. Dale Brown

Dr. Mitchell D. Kaye

Dr. Catherine Meeks

## Special Thanks

Paul and Paula

# TABLE OF CONTENTS

**FEATURE • 6**

Trevor Baucom: Variations of Flight and Fatherhood

**COMMUNITY • 14**

APSU's New Athletic Director, Derek van der Merwe

**HEALTH • 18**

Recipe: Mac and Cheese

**HEALTH • 20**

Cuts, Scratches and Scrapes... Oh, My

**COMMUNITY • 22**

The First Tee of Clarksville: Life Lessons Through Golf

**GIVING THANKS • 26**

Flake Family

**COLORING CONTEST • 29**

**BEAUTY • 30**

What Type of Liposuction is Right for Me?

**HEALTH • 34**

Calcium

**GIVING BACK • 36**

Cheers for Charity

**HEALTH • 38**

Scoliosis? Spinal Surgery Is Not the Answer

**CANDID CLARKSVILLE & FORT CAMPBELL FAMILIES • 43**

**STORYTIME • 44**

Spring Training

**THE FRIDGE • 48**

**CALENDAR • 50**

**FAMILY RESOURCE NETWORK • 56**

You think

# “ I DON'T KNOW WHERE TO BEGIN.”

We'll show you.

Adult learner programs @ APSU  
apsu.edu/adult

**AP Austin Peay State University**

APSU does not discriminate on the basis of race, color, national origin, sex, disability, or age. For inquiries regarding non-discrimination policies, contact nondiscrimination@apsu.edu.

# WE'RE OPEN OVER LUNCH




**GRACE DENTAL**  
FAMILY & COSMETIC DENTISTRY  
931-648-4100

**YOUR TEETH WILL THANK YOU**

[WWW.GRACEDENTALTN.COM](http://WWW.GRACEDENTALTN.COM)  
304 Providence Blvd | Clarksville, TN 37042  
MONDAY - THURSDAY | 8-5PM

 [www.facebook.com/gracedentaltn](http://www.facebook.com/gracedentaltn)

## MEET TREVOR BAUCOM VARIATIONS OF FLIGHT AND FATHERHOOD

by Pamela Roddy Magrans

At the local gym, Trevor watches as his three children, Noah, Blaike, and Owen participate in their youth fitness class. Their jump rope steady and rhythmic; their clean and jerk executed flawlessly. They slam ball forcefully. Their workout reminds him of his own past—of a time before the crash. A time when he had no physical limits, when he could easily do squat thrusts, burpees and double unders—a time when morning PT was routine for this Pilot in Command and the horizon held endless maneuvers.

Watching his children in their fitness class, he remembers



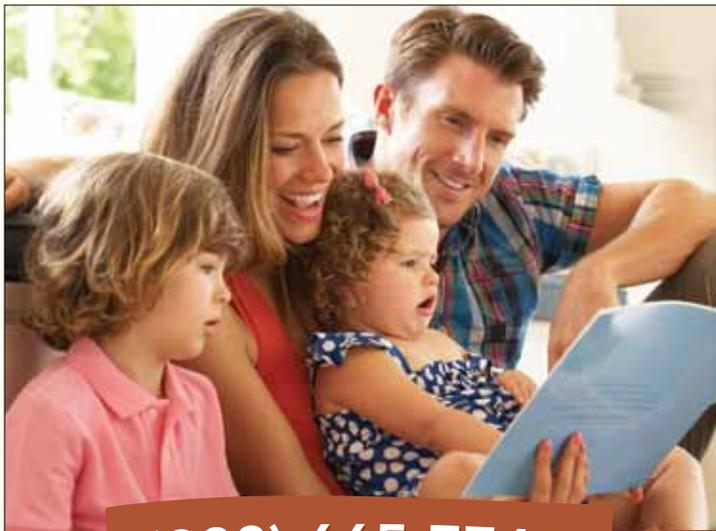
how his own survival owes much to being physically fit. If it had not been for his own physical stamina and his mental fortitude, he might not be alive today. Life is very different for Trevor Baucom now—almost four years after the dark Afghanistan night when his Blackhawk crashed.

Life is different, and yet—so much is still the same. His wife is by his side. His children are healthy. He’s a soccer coach. He’s an active father. He’s traded in the profession of helicopter pilot for professional shooter. His mobility may be limited, but his abilities are not.

Whether he is spending time at the shooting range, on the soccer field, at the gym with the kids, or at home, Trevor Baucom embraces life with zeal and optimism, an unwavering example for us all.

### From grief to gratitude

After the helicopter crash, Trevor woke up in Germany



**(888) 665-7744**

**ClarksvilleDentalSpa.com**  
**ClarksvilleDentalSpa4Kidz.com**

## We Care for You, Not Just Your Teeth!

Gentle dentistry, exams, cleanings & x-rays  
- let the team at Clarksville Dental Spa  
give your family a beautiful, healthy smile!

### Services We Provide

Root Canals • Wisdom Teeth Removal  
Dental Implants/Dentures • CEREC - Same Day  
Crowns • Laser Treatment to Heal Gum Disease  
Bonding • Whitening • 3D Digital X-RAYS  
Cosmetic Dentistry • Full Mouth Reconstruction  
Silver Filling Replacement

We Offer **Sedation Dentistry** for Kids, Teens,  
Adults & Patients with Special Needs!

★ We Accept All Major Insurances

**DENTAL SPA**  
clarksville  
& For Kidz! 😊

**Dr. Lance Harrison, Jr. | Family and Cosmetic Dentist**  
800 Weatherly Drive Suite 103-B, Clarksville, TN 37043  
Dr. Lance Harrison is licensed as a general dentist in TN.

shocked at how fast life could change. Four of his fellow soldiers had died in the crash; others were left with varying injuries. He was alive, but was told he would need surgeries and would be facing life in a wheelchair. He was moved to

Walter Reed Hospital where he started physical therapy and began to adjust to the new life ahead of him. It was a time of physical rehabilitation, deep grief and depression.

While at Walter Reed he witnessed a man with no limbs,

who suffered from severe burns on his face. That was a turning point for Trevor, when his recovery marked a new direction—that of gratitude instead of grief. At the time,

# WHICH WICH?

*Need to raise money for your school?*

Ask about our fundraiser Spirit Nights: Get 30% of sales of the night just for showing up, eating awesome food and having fun with your friends!

*(call or email about scheduling yours today)*

*we cater to you!*

**20% off** Catering for ALL CMCSS Schools (includes, teams, clubs teachers etc.)

Not valid in combination with other offers, coupons or discounts. No cash value. Tax not included. Offer valid only at Madison St., Clarksville TN location.



**Madison Street**  
 1767 Madison Street, Suite B-100  
**931-645-4444**  
 madisonstreet@whichwich.net

Trevor's children were ages 11, 9 and 6. They needed their dad. He needed them.

"The crash showed me just how short and fragile life can be. It certainly made me grateful for every morning I wake up and every moment

that I have. I enjoy spending time with my family doing whatever we decide to do, as long as we are together," said Trevor.

Self-pity and giving up were not an option for Trevor. After several months of

rehabilitation, he was back at their home in Clarksville. His house was being renovated for wheelchair accessibility and a new routine was on the horizon. Trevor's wife and children were a strong motivation for him to adjust to the changes and get back into a new routine in life.

"Jill is a strong, caring woman. I honestly don't know where I would be right now if it were not for her. As hard as this accident and its repercussions have been on her, she always pushes that aside to make sure that I am taken care of," said Trevor. "Family is what is important."

### Remembering the Rescue...

In 2013, Trevor, Jill and the children all traveled to Australia for a memorial service dedicated to Australians who have died in the War on Terror. The helicopter Trevor was piloting was part of a night combat mission. A team of Australian Special Forces was in the helicopter that night. Trevor's helicopter had been the one leading the mission, with others following.

The helicopter behind witnessed the crash and quickly landed to help the survivors. If it had not been for the quick actions of those Australian Special Forces traveling in the other helicopters, Trevor may not have survived. While he

Locally-Owned



**NO TIME LIKE SPRING-TIME TO GO GREEN!**  
Eco-friendly, non-toxic, and natural!  
Biweekly and monthly home cleaning available.



**\$10 OFF  
FULL AUTO DETAIL**

During the month of March 2014



Visit our website for other special offers!  
[www.Top2BottomTN.com](http://www.Top2BottomTN.com)

**FREE ESTIMATES**  
To schedule an estimate or an appointment!

Call us at:  
615-939-9011

Prefer to Text?: 702-677-0320

was in Australia for the memorial, Trevor was able to meet the Australian soldier who pulled him from the wreckage.

“The guy that found me said the first time he saw me he thought I was dead and went on to help other casualties. He said he came back a few minutes later and saw me moving my arm trying to get my seatbelt off,” said Trevor. “The medic that was working on me was there as well. He told me that I punched him in the nose when he tried to put the tube in my nose to maintain my airway. The guys that carried me to the evacuation helicopter told me that I was the last one pulled out and that they had to use the engine cowling because they were out of stretchers at that point,” said Trevor.

The cowling was a piece of debris from the wreckage, the metal covering that fits over the engine. It served as a makeshift stretcher during the recovery efforts at the crash site. That cowling is an enduring reminder of those who were lost and those who were carried to safety, like Trevor.

**Soccer Maneuvers**

One of Trevor’s first pursuits after returning home from rehabilitation



**NORTHEAST**  
**20**  **14**  
**EAGLES**

**COME SHOW EAGLE SPIRIT AND SUPPORT THE NORTHEAST BASEBALL TEAM**

S	M	T	W	T	F	S
<input type="checkbox"/> Home <input checked="" type="checkbox"/> Away						3/1 @CHS <small>Brentwood Acad. 3:00 Clarksville Acad. 6:00</small>
				3/6 @Cville Academy 3:30		
	3/10 Home Creekwood 4:30-6:30	3/11 Home C'ville Academy 4:15-6:30			3/14 Home Mont. Central 4:15-6:30	
	3/17 @Springfield 4:30	3/18 Home Springfield 4:15-6:30				3/22 Varsity Only Home Overton 12:00 & 3:00
	3/24 Home Rossvie 4:15-6:30	3/25 @ Rossvie 4:15-6:30		3/27 7:15	3/28 3:30	3/29 9am & 6 pm Pounder Invitational @ Hixson High School
	3/31 @ Westcreek 4:15-6:30	4/1 Home Westcreek 4:15-6:30		4/3 @ Sycamore 4:30-7:00	4/4 @ Mont. Central 4:15-6:30	
	4/7 Home Northwest 4:15-6:30	4/8 @ Northwest 4:15-6:30		4/10 Home C'ville Academy 4:00 Tullahoma: 6:30	William Workman Tournament 4/11 Home Christian County: 5:00	4/12 Home McCracken: 11:00

**COMPLIMENTS OF MAXX'D OUT COLLISION & TOWING 931-431-6096**

was coaching soccer. He was anxious to get back to the soccer field, and his injuries were not going to stop him.

“I coached soccer before the accident. I always played soccer with my youngest son before the accident, every day. If it was too cold or rainy then we played inside. Coaching after the accident is more difficult, but still doable,” said Trevor. “I just make sure that I have someone that can demonstrate what I am trying to teach.”



“What I enjoy most about coaching soccer is seeing the kids grow and develop,” said Trevor. Trevor is licensed by the U.S. Soccer Federation and recently earned his C license, the first of the national licenses for soccer coaches.

Their youngest son, Owen, participated in a Barcelona Soccer Camp in Ft. Lauderdale, Florida this

past summer. Due to his participation in that camp, Owen was invited to play in the international tournament in Barcelona, Spain. The entire Baucom family will spend two weeks in Spain this April, supporting Owen in that international soccer event.

### Joining the Smith and Wesson Shooting Team

In 2011, only a year after the crash, Trevor was asked to join the Smith and Wesson professional shooting team, becoming the first ever wheelchair



## WITH THESE LUXURY SAVINGS



**NEW 2013 ATS**



#4275  
WAS \$44,750  
**\$32,975** SALE PRICE  
Save \$11,775

**NEW 2014 SRX CROSSOVER**



#4553  
WAS \$40,375  
**\$34,375** SALE PRICE  
Save \$6,000

**NEW 2013 XTS**



#4279  
WAS \$53,115  
**\$43,115** SALE PRICE  
Save \$10,000



CADILLAC  
PREMIUM CARE MAINTENANCE

**COMPLIMENTARY 4-YEAR/50,000-MILE OIL AND MAINTENANCE!**

All prices include all available rebates and incentives and loyalty program.



Located In Historic Downtown Clarksville, Across From Austin Peay State University.  
722 COLLEGE STREET • CLARKSVILLE, TN

931.552.2020 • 1.800.685.8728

[WWW.JAMESCORLEW.COM](http://WWW.JAMESCORLEW.COM)



bound professionally sponsored competitive shooter. Trevor's job responsibilities with Smith and Wesson are twofold: to shoot competitively for the team, and to engage



in charitable activities through the Honored American Veterans Afield (HAVA). His activities with Smith and Wesson will hopefully open doors for other wounded warriors.

"HAVA hosts family range days where the disabled veterans and wounded warriors are able to bring their families to the range for a day of shooting fun. There are activities for the entire family," said Trevor. "I hosted one of these family days at the Montgomery County Shooting Complex in September of 2013."

"I shoot a few competitions a year. Smith and Wesson's goal with me is to open up the various shooting sports to people with disabilities," Trevor said. His presence on the team sends a positive message to other

## Considering Bankruptcy?

# Exit Now

FOR FINANCIAL FREEDOM 

**Free Bankruptcy Consultations.**

Debt Freedom • Experienced Attorneys • Competitive Rates

**Call today! 931-245-0077**



Carrie Gasaway



Susannah Rourke



Margaret Garner

### Gasaway Law Firm, PLLC

Family Law • Divorce • Custody • Criminal • Civil Litigation • Personal Injury  
Bankruptcy • Probate • Wills and Trusts • Estate Planning • Military

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

We are a debt relief agency. We help people file for bankruptcy relief under the Bankruptcy Code.

# REAL HEROES

## Realty Works For American Heroes

- Veterans and Military Spouses can receive free training, certification, licensing, and materials to become a Prudential PenFed Realty Sales Professional.
- Minimum two year agreement with Prudential PenFed Realty.
- Everything our heroes need to get started is provided, including world class company support.



## LEARN MORE

**Contact:** Bobby Powers

**Office:** 931-503-8000

**Cell:** 931-320-0458

**Email:** Bobby.Powers@PenFedRealty.com

Prudential PenFed Realty is continuing to revolutionize real estate by supporting the communities it serves.



© 2014 BRER Affiliates, LLC. An independently owned and operated broker member of BRER Affiliates, LLC. Prudential, the Prudential logo and the Rock symbol are registered service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide. Used under license with no other affiliation with Prudential. Equal Housing Opportunity Prudential PenFed Realty is an independently owned and operated member of BRER Affiliates, LLC. PenFed Membership is not required to conduct business with Prudential PenFed Realty. We are proud to be an equal employment opportunity employer: m/v/w/d.

handicapped shooters who want to continue the sport and hobby of shooting. "They have all come onboard making efforts to adjust their rules and organizations to allow people with disabilities to compete," said Trevor.

**Homeschooling and family matters**

The Baucom family is featured on the cover of this month's issue, photographed in their home in Clarksville.

Trevor and his wife, Jill, homeschool their three children. The Baucom family often travels together to support Trevor in his Smith and Wesson shooting



activities. The homeschooling allows Trevor to be an active participant in the children's learning. He is teaching them to shoot, instilling his

life lessons into their daily curriculum, and taking advantage of every day he has with his family. On an average day, Trevor provides the children with any help they need with their schoolwork while Jill focuses on grading their assignments. Trevor often takes the children on field trips related to what they are learning. Trevor functions as the teacher, and Jill keeps all the paperwork in order, a principal of sorts. Together they make an operative team!

In the afternoon, after the morning schoolwork is complete, they take an excursion to the gym, where

*You owe it to your child to visit  
The Giving Tree Child Care Center*

LICENSED FROM  
6 WEEKS THROUGH  
12 YEARS OLD

*Gearing up for*  
**SUMMER  
FUN!**

*School age summer camp  
and summer fun for all!*

Field  
Trips

Splash  
Park



Join our families for a  
**COMMUNITY YARD SALE**  
March 15th 6:00am-12:00pm

**YOUR CHILD WILL THANK YOU  
FOR THIS EDUCATION!**

ENROLL  
NOW

THE  
**Giving Tree**  
CHILD CARE CENTER, INC.

3216 US 41-A South Clarksville, TN 37043  
**931.358.0028**  
[www.thegivingtreechildcare.com](http://www.thegivingtreechildcare.com)

Noah, Blaike, and Owen take their fitness class while Trevor watches on. Then they head to soccer, indoor or outdoor, where Trevor coaches Owen's team. Sometimes Trevor takes the kids to the shooting range, to Heritage Park, or takes his daughter to the mall.

Trevor has experienced many variations in the plan he had set for himself. Some flight plans must be altered with resignation and with hope.

Life for Trevor is not what he would have imagined for himself that night in 2010 when he boarded the helicopter in night goggles, and piloted what would be his last mission. It is not what he imagined for himself when he signed up for military service as an eager 18 year old. Yet, as he watches his children enjoy all the pursuits that he has valued and urges them on to live life to the fullest—through the good and the bad—he is a living example of not just what it means to survive, but to thrive.



Dr. K. Jean Beauchamp  
Dr. Kevin Kennedy, Jr.

### Clarksville Pediatric Dentistry, P.C.

We are a pediatric dental team of specialists dedicated to educate, motivate, and promote good dental health in a child-friendly environment in two convenient locations.

### Now accepting new patients!



2297 Rudolphtown Rd.  
Clarksville, TN  
(931) 245-3333



2485 Ft. Campbell Blvd, Suite 102  
Clarksville, TN  
(931) 245-6060

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

[www.facebook.com/cpd\\_kiDDS](https://www.facebook.com/cpd_kiDDS) [@cpd\\_kiDDS](https://twitter.com/cpd_kiDDS)



## Behavioral Healthcare Center at Clarksville

*A dedicated free standing hospital for seniors specializing in the psychiatric treatment of:*

Dementia, memory loss or confused thoughts, Depression, Psychiatric Disorders, Agitation  
Thoughts of self harm, Mood instability, Physical or verbal aggression

*... a path to serenity*  
**931-538-6420**



930 Professional Park Drive  
Clarksville, TN 37040  
[www.tnhealthmanagement.com/BHC/Clarksville](http://www.tnhealthmanagement.com/BHC/Clarksville)

## APSU'S NEW ATHLETIC DIRECTOR, DEREK VAN DER MERWE

by Taylor Lieberstein

Austin Peay State University's new athletic director, Derek van der Merwe, was not destined for a career in sports administration. He wasn't brought up to be a great athlete from childhood and he didn't really have an immense interest in sports until his early adult life. With 17 years of sports administration on his resume, one of the former football player's passions became athletics along the way. However, it is not all pigskin and basketball arenas with this director. It's about being part of something bigger than just college athletics. He is about making an impact in all aspects of the student experience and seeing both his athletes and the biology students through to graduation day.



"Working in this profession for almost 17 years I've had a chance to progress my career serving in many different capacities. Ultimately the chance to be an athletic director was important

to me but more importantly to be at a place that I felt reflected my values and my vision and had the energy and excitement to grow and change and wanted to do great things. Having a chance to come to this community and see what Austin Peay was becoming was a pretty exciting opportunity for me," said van der Merwe.

An added bonus of moving to this community from Michigan, besides the more temperate weather, has been the welcoming atmosphere that this community provides so well. It has been immensely helpful in relocating his wife and three children from Mount Pleasant, Michigan. Van der Merwe grew up in South Africa. Born to parents who did missionary work, he moved

This month at  
**Chick-fil-A**

Wilma Rudolph Blvd.



3096 WILMA RUDOLPH BLVD., CLARKSVILLE, TN 37040 • (931) 552-5511

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

CLOSED SUNDAY

## Come Join the Fun!

**Monday, March 10th:**

Kids Night Shamrock Craft Night

**Tuesday, March 11th:**

Rossvie Elem Spirit Night 4-7pm

**Monday March 17th:**

St Patty's Day Green Icedream and Lemonade

**Wednesday, March 19th:**

Clarksville Academy Spirit Night 5-8pm

**Monday, March 31st:**

New Chargrill Sandwich and Grilled Nugget Rollout

Check our store calendar in the lobby and on Facebook for Spirit Nights and fun family events.

around quite frequently. He admits he fully understands and appreciates the challenges of movement much like many of the military families in this community. In his Sango neighborhood he welcomes the diversity of people. Since moving here he has met someone that represents almost every area of the country in his subdivision alone.

“The Clarksville community has been very interesting because you meet people in the community that came here via the military and they don’t want to leave this community. There is a reason for that. There’s a very welcoming part of the city. As

an outsider, the experience has really resonated with my few months here.”

Van der Merwe moved his wife, Amy and his three children down to Tennessee last summer to take over as athletic director. All three of his kids are in school—one at Sango Elementary, one at Richview Middle and another at Clarksville High. His wife, a former language pathologist, and children arrived in Clarksville the day before the school year began. They have spent their time up to this point getting settled, playing various fall sports, and making a smooth transition into Tennessee. All of the kids grew up in Mount Pleasant and don’t know anything different, so this has been quite

the adjustment for them. His wife has been the shuttle to sporting events and a busy mom trying to get each of them settled in their new schools. Although the children have never lived outside of Mount Pleasant, the van der Merwe family had previously visited Tennessee as Derek’s sister lives in Nashville and has similarly aged children. Another upside to the move was a chance to reside close to her again after almost 25 years.

So how did Derek get into sports? It was a last minute decision in high school. Derek grew up in a family passionate about music, and that had been the focus most of his early years. His senior year he decided he wanted to be a football player.



**haute TOTS**

Sunday, April 6 & Saturday, April 7:  
Consignor Drop - Off

Tuesday, April 8:  
..PRE-SALE..

Volunteers Shop at 3 pm  
Consignors Shop at 4:30 pm  
New Momma's Shop at 6:30 pm

Wednesday, April 9:  
Open to the Public 9:00 am - 7:00 pm

Thursday, April 10:  
Open to the Public 9:00 am - 7:00 pm  
Volunteers Shop Half-off Sale 4:00 pm  
Consignors Shop Half-off Sale 5:00 pm  
New Momma's Shop Half-off Sale 6:00 pm - 7:30 pm

Friday, April 11:  
Half Off Day on MOST items 9:00 am - 6pm

Saturday, April 12:  
Consignor Pick-up 8:00 am - 9:30 am

• ALL SALES ARE FINAL. CASH OR CHECK ONLY! •  
Get the details @ [www.hautetotstn.com](http://www.hautetotstn.com)

Located in the Emmanuel Family Life Center in Clarksville  
303 Fairview Lane- Right off of Trenton Road

[www.facebook/hautetotstnsale](http://www.facebook/hautetotstnsale) 



**EPIC EGG DROP 2014**

**APRIL 12TH FROM 2- 5:00PM**  
**AT KENWOOD HIGH SCHOOL**

- EGG DROP AT 3:30P
- CARNIVAL AREA
- INFLATABLES
- FOOD/BEVERAGE AVAILABLE FOR PURCHASE
- MEET AND GREET WITH THE EASTER BUNNY

**JOIN US!**  
FOR AN AFTERNOON OF FAMILY **FUN!**

MORE DETAILS AT  
[GCOMCHURCH.COM/EPICEGGDROP](http://GCOMCHURCH.COM/EPICEGGDROP)

His parents told him he would have to work athletic practice and conditioning around his music theory, private violin lessons, and orchestra. That he did. Not knowing the difference between offense and defense he tried out for the team, was given a chance, and got to work learning all aspects of the sport. The senior played the last five games of the season and later earned a full athletics

scholarship. Less than a year later he walked onto the football program at Central Michigan University and the rest is history. He was happy to do both because it made him the well-rounded leader he is today.

“I love sports as a great outlet and motivator for youth but I really believe my responsibility and my role is to provide a well rounded perspective of life. I

appreciate sports as well as the arts, including things like classical music,” said van der Merwe.

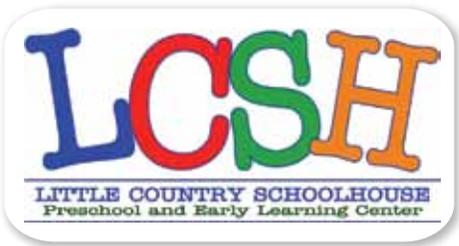
While playing college football he volunteered in the athletics department. During a visit to South Africa in the mid-90s, right after Nelson Mandela became president, he had a chance to see the power that sport can play in changing a culture, and the focus and vision of a community. Derek mentioned the 2009 Matt Damon movie *Invictus* as a reference to this moment

in history he experienced that provided an overwhelming message and part of his inspiration to continue a career in athletics.

“I wanted to be a person that was committed to providing that similar opportunity to students that I work with. I don’t see myself as just athletics director, that’s sort of a narrowing and limiting perspective of what my role is. I perceive myself as a campus partner and educator, and I like to live up to that through sport and athletics.”

Derek’s 16-years in Division I athletic administration at Central Michigan University as Deputy Athletics Director and Chief Operating Officer had much influence on his previous campus. He has already set wheels into motion on many projects that he will be initiating within the APSU athletic department. He admits that there is a lot of work to be done but that the benefit is there are more than enough people who want to help grow the university as well as the community.

“When you go to events in this community you immediately see that there are a lot of people that care about Clarksville—there are a lot of people that want to be part of helping to grow Clarksville. There’s a great energy, a great excitement in this community about what it’s becoming. That’s been a great part of this experience. The challenge is being part of that, making sure that we step up to the plate of that wave of movement and energy that’s happening in our community.”



*We Strive for the Best Early Learning Environment for Your Child*

## SUMMER FUN PROGRAM! Begins May 27!

*For children who have completed K-5th grade.*

**State-Certified**  
Private Kindergarten  
and First Grade (K-1).

**Pre-K Curriculum Used:**  
Learning Programs of The Letter  
People, Creative Curriculum and  
Math Their Way. Each curriculum  
follows State Guidelines.

Now enrolling for 2014-15  
school year for our State-certified  
and nationally accredited  
Kindergarten, First Grade and  
Preschool classes.

We also offer care for  
infants and toddlers,  
as well as before  
and after school.

### Extra Activities

Ages 2 and up swim in  
our on-site, inground  
swimming pool

Dance, Gymnastics, & Karate  
are offered for age 3 and up.



840 Highway 76, Clarksville, TN • Phone: 931-358-5775  
*(off exit 11, on MLK parkway, We are the driveway past the  
Willow Chase Shopping Center on Hwy 76)*

Email: [littlecountrysc@gmail.com](mailto:littlecountrysc@gmail.com)  
[www.littlecountryschoolhouse.com](http://www.littlecountryschoolhouse.com)

One of those partners is Dave Loos, former Athletic Director and coach of men's basketball for over 20 years. Van der Merwe calls Loos a mentor in this profession. They are in contact on a daily basis and he admits that he respects the voice of a man who has been serving this community for many years.

"I would be naive to come in and feel that I could do this without his support. In my professional development I've had a lot of great people and I count on him as one of those individuals that is going to help me make sure I'm making the right decisions for AP and for Clarksville."

Right now van der Merwe is working on a strategic plan for the athletics department.

"Great organizations are managed with strong vision and clear direction. It's very critical to finalize our strategic plan, which is about eighty percent complete. We will continue to develop and focus on some of the big things. We have to manage a program that has a culture of excellence. That culture of excellence is about our relationship and responsibility to our campus community as well as our local community."

At the end of the day van der Mewre wants to be an educator and a leader. He wants to support and oversee athletic programs and projects such as the new football stadium, but he sees himself in a much

bigger role than just the AD. He has been closely listening to all voices, staying very active in the community, and embedding his family into this city. He has a commitment to the students that he will lead by listening and understanding what they want and need. He is always open to suggestions and comments from student and community voices. Follow him on Twitter @AustinPeayAD.

"Our purpose is to fundamentally service and support the university's mission, and that is teaching and educating students. That's the role of athletics, plain and simple. When you cut out all the fluff, and the big games, and the TV contracts, at the end of the

day we are here to be teachers and educators for students and to prepare them for life after earning degrees. That's what we are going to be committed to doing. We're going to do that well. We talk about that culture of excellence as the foundation of what we are and what we focus on. We will build on that because the athletics department has a chance to be a window through which our community sees our university and experiences our university."

# CLARKSVILLE CHEER EXTREME



UNDER NEW  
MANAGEMENT!

We offer competitive cheerleading, tumbling classes, private lessons, and stunt classes.





TRYOUTS APRIL 26th & 27th

Ages 3-18  
Over 80 National titles  
Graduates are now cheering at University of Kentucky, Louisville, Tennessee, Stanford, MTSU, APSU, and more!  
Staff includes former University of Kentucky cheerleaders, competitive gymnasts and other nationally ranked college programs.  
Home of the APSU CHEERLEADERS!!

Call or email for details!

931.647.9000 or find us on facebook!  
www.pantherallstars.net



## THIS MONTH'S HEALTHY RECIPE: MAC AND CHEESE

Brought to you by Gateway Medical Center



Once you try this delicious homemade Mac and Cheese made with real cheese and no preservatives, you'll never buy boxed macaroni and cheese again.

### Ingredients

3/4 cup skim milk

3/4 cup nonfat sour cream

3 Tbsp trans fat free margarine, melted

1 tsp Dijon mustard

1/2 cup shredded part-skim mozzarella cheese

2 cups (8 oz) shredded reduced-fat sharp cheddar cheese

1/4 tsp salt

1/4 tsp pepper

4 cups cooked multigrain elbow macaroni (about 2 cups uncooked)

1/4 cup dry breadcrumbs

1/4 tsp paprika

Short E.R. wait time.  
When minutes matter.

Now that should make  
you feel better.

If you're experiencing an emergency, every minute matters. At Gateway Medical Center, the E.R. team of physicians and other medical providers are diligent about getting you the care you need – as quickly as possible. That, along with compassion and skill, means that you can trust Gateway Medical Center's E.R.

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



**Preparation**

Preheat oven to 350°. Lightly coat a 2-quart casserole dish or six (7-oz) ramekins with nonstick cooking spray.

In a saucepan, combine milk, sour cream, margarine, mustard, mozzarella, cheddar cheese, salt and pepper and cook over medium-high heat, stirring, until cheese is melted and a sauce forms.

In a large bowl, combine cooked macaroni and cheese sauce. Stir gently to combine. Pour macaroni into prepared casserole or ramekins.

In a small bowl, combine breadcrumbs and paprika. Sprinkle mixture over macaroni

mixture. Cover and bake for 30 minutes in casserole or 5 minutes in ramekins.

Uncover; bake 5 minutes longer, or until breadcrumbs are golden.

Recipe Copyright © Baldwin Publishing

**Nutrition Facts**

Recipe Yield: 6 servings  
Serving Size: 1 cup

**Amount Per Serving**

**Calories** 281

**Total Fat** 9 g

Saturated Fat 4 g

**Cholesterol** 17 mg

**Sodium** 540 mg

**Total Carbohydrates** 35 g

Fiber 3 g

**Protein** 19 g

**Want more health information and recipes?**



Follow us on **Twitter**, @**Today'sGateway**, to keep up with all of our latest health tips, resources, recipes and news.



**Not on Twitter? No problem. Receive all of those great resources right in your inbox each month when you sign up for our free monthly eNewsletter. Visit [Today'sGateway.com](http://Today'sGateway.com) and click the eNewsletter icon.**



3D Gaming & Virtual 3D Field Trips!



Photo Booth Coupon  
**FREE UPGRADE TO\***  
*Red Carpet Package*

**\$100 value**

Must book by June 1st 2014.  
Free upgrade is on 2hrs or more



Laser Tag

Ask About  
Water  
Tag

- Corporations
- Churches
- Festivals
- Weddings
- Project Prom
- Summer Camps
- Birthday Parties
- Daycares
- & More!!

**SPECIAL COMBO**

1-hour Laser Tag & 1-hour Video Game Truck

**Only \$340**  
(value \$425)



Book Online [www.gamezonwheelz.com](http://www.gamezonwheelz.com) or Call 931-452-9555

Limited Time Offer! Book Now!

## CUTS, SCRATCHES AND SCRAPES...OH, MY

Brought to you by Gateway Medical Center



Cuts and scratches are often part of everyday life. Learning basic first-aid tactics can prepare you for these minor injuries.

Whether you suffer a cut, scratch, or other small wound, there are three basic steps for at-home treatment.

- **Stop the bleeding.** Use firm pressure to apply a cloth or bandage on the minor wound for 20 to 30 minutes.
- **Clean the injury with cool, running water.** Use soap to clean the skin around the wound (not the wound itself). If you see splinters, gravel or other small objects in the laceration, rinse them gently away or use tweezers to remove.

## KIDS-N-PLAY

TAKING PLAY TO A NEW LEVEL

A CHILDREN'S INDOOR PLAY CENTER DESIGNED TO ACCOMMODATE THE WHOLE FAMILY!

VOTED BEST

★2013★  
Place for  
Family Fun  
& Kids Party  
Entertainment

Best of  
Clarksville  
2013

Your kids can play on...

- 3 Level Play System
- Ball Shooter Arena
- Hand-Powered Cars
- Redemption Games
- Tottville Play Town
- Infant Crawler Area
- Bungee Trampolines

*Always open for general admission!*

LET US TAKE THE STRESS OUT OF PARTY PLANNING... VISIT US ONLINE AT [KIDSNPLAY.COM](http://KIDSNPLAY.COM) TO FIND OUT ABOUT OUR BIRTHDAY PARTY PACKAGES!

learn more...

**KidsNPlay.com • 931-896-1328**  
info@KidsNPlay.com • 525-B Alfred Thun Rd.

Sign up on our Facebook page mailing list to receive coupons & promotions!



- **Spread an over-the-counter antibiotic ointment** onto the wound.

Air can help wounds dry out and promote healing. However, some cuts or scrapes are in places that can get dirty or get a lot of use—such as a knee or fingertip. To protect these areas, or for large wounds, cover with an adhesive bandage or sterile gauze and tape. Change bandages each day.

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.*



Clarksville

**TITLE BOXING CLUB**

1719 WILMA RUDOLPH BLVD

931.245.2820

TITLEBOXINGCLUBCLARKSVILLE

**IT'S FITNESS NOT FIGHTING!**



**BURN UP TO 1,000 CALORIES AN HOUR!**

- *New Member Orientation includes:* a 20-minute educational training workout & one-on-one with a nutritionist!
- Transform your body with our **Power Hour** program...*Only needs to be done 3 times a week!*

**BRING A FRIEND**



**PARTNERSHIP  
4-DAY FREE PASS**

*VALID FOR YOU AND YOUR FRIEND!*

**MUST HAVE COUPON. EXPIRES 3-31-14**

**12 physicians. 7 specialties.  
1 name to trust.**

**Gateway Medical Group**

Whatever your medical needs are, Gateway Medical Group (formerly Clarksville Medical Specialists) has a physician for you. Our experienced providers treat a wide range of conditions, from diabetes and indigestion to hernias and heart disease. Here, you'll find professionals who specialize in:

**Cardiology • Gastroenterology • General and Vascular Surgery  
Family Practice • Neurology • Endocrinology • Orthopedics**

Our numbers add up to one great place to get care: Gateway Medical Group. **We accept most insurance plans including Medicare and Medicaid.** Call 931-502-3800.



GatewayMedicalGroup.com



# THE FIRST TEE OF CLARKSVILLE TEACHES LIFE LESSONS THROUGH GOLF

by Pamela Roddy Magrans

*The Scandinavian Journal of Medicine and Science in Sports*, in a report published in 2008, suggested that habits of playing leisure golf correspond to an increase in life expectancy. Their findings reported that avid leisure

golfers experienced a 40% reduction in mortality rates. That translates to an extra five years of life! The continued physical activity and mental aptitude required in golf could be key factors. Walking around a golf course certainly



burns more calories than sitting in front of the television. Not to mention the mental stimulation and social activity involved in golf contributes to overall health.

Golf offers many advantages, both physical and mental, not only to adults but also to children, who are at the perfect place in life to maximize the life-long benefits of golfing.

In a time of rising health problems in America, many associated with inactive lifestyles and unhealthy habits, the game of golf offers potential for lifelong benefits for our children.

If you want to set up a foundation for your child to have a longer life, teaching them golf can certainly help!

### The First Tee of Clarksville

The First Tee is an international youth organization committed to introducing the game of golf, and its inherent values, to children and youth. This

**EARLY BIRD SPECIAL! NOW ENROLLING!**

**AFTER SCHOOL MARTIAL ARTS PROGRAM!**

**A+**

- Transportation provided from most schools!
- Build confidence! Focus Better! Have Fun!
- Open most holidays, In-Service Days

**Grades K-8**

**DON'T WAIT! CALL NOW! (931) 542-1151**

Includes karate lessons each week, karate drills & games. Homework help, arts & crafts, & much more!



**CALL NOW FOR 1 WEEK FREE! • PRICES START AS LOW AS \$40 PER WEEK!**



HARRIS HOLT MARTIAL ARTS ACADEMY

[www.HHMARTIALARTS.COM](http://www.HHMARTIALARTS.COM)



Favorite Martial Arts School 2011 & 2012

Best of Clarksville Winner 2011, 2012 & 2013

international program began in 1997 and has impacted countless lives since its inception. The First Tee adheres to a Code of Conduct that emphasizes respect for self, respect for others, and respect for surroundings. The First Tee emphasizes nine core values: confidence, courtesy, honesty, judgment, integrity, responsibility, respect, perseverance, and sportsmanship. Each of those is also a fundamental trait for a successful and rewarding life.

In 2008, The First Tee began offering classes in Clarksville, at Ironworkers Practice



Club, with Clarksville native, Dave Burke, as the Program Manager.

As a result of his personal love of golf and his desire to encourage children and teens to reap the lifelong rewards of golf, he devotes his time and energy to fully supporting The First Tee's mission.

The First Tee of Clarksville facility is located at 429 Ironworkers Road and Dave offers a variety of choices to get any child started with golf lessons.

“Not only do the youth learn to play the game of golf, but they also make new friends, and develop character traits that can last a lifetime,” said Dave.

Participants receive eight weeks of instruction for only \$45 total. They have a two-hour small-group lesson weekly and each participant gets one free practice session at Ironworkers each week.

*Jose*

the **1 YEAR RULE**  
if you have not...

**WORN IT USED IT OR PLAYED WITH IT IN ONE-YEAR DONATE IT AND HELP PEOPLE LIKE**

Jose wanted to play college soccer and eventually be a doctor. But on June 4, 2007, he was shot and paralyzed from the waist down. Jose couldn't find a job until Goodwill gave him a chance. As an employee at Career Solutions, he's now paying it forward and helping others find work.

[giveit2goodwill.org/oneyearrule](http://giveit2goodwill.org/oneyearrule)  
Your donations are changing lives

“Scholarships are available for those experiencing financial need. Usually, any participant that qualifies for the free or reduced school lunch program is eligible for a

scholarship,” said Dave. “Golf clubs are also provided for those who need them.”

Golf provides physical activity and character building that helps our children become healthier, both physically and emotionally. Not only does

golf get the children outside to enjoy the elements of nature, it puts them with other children, where they can build relationships.

“Golf helps kids learn not only golf etiquette, but also problem-solving, managing their emotions, working with others, making friends, decision-making, and setting goals. These skills transfer from the golf setting to the home-family environment and to the school setting as well,” said Dave.

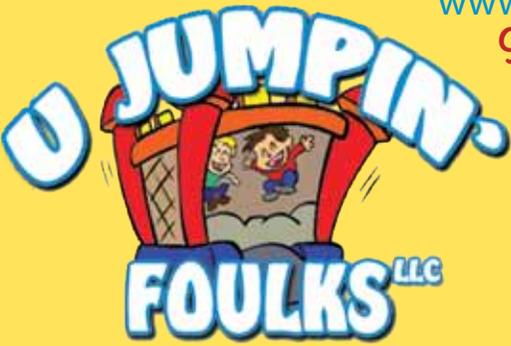
**A parent’s perspective**

William and Donna Atkins drive over an hour from their home in Dover, to take their 12-year-old son, Billy, to golf lessons at The First Tee in Clarksville. Their son has been taking lessons at The First Tee of Clarksville for over two years. Billy is also on the Stewart County Middle School golf team.

“One of the benefits of the First Tee is building fundamental golf skills to a child on any level. The First Tee teaches the many rules of golf to prepare them for tournament play and also etiquette on the golf course,” said William. “By learning these values and skills it will prepare children for a lifetime of golf.”

“Mr. Burke and his team show enthusiasm for the sport of golf. In addition to the lessons at the Ironworkers Practice Club, the participants

[www.ujumpinfoulks.com](http://www.ujumpinfoulks.com)  
**931.801.4342**



BEST PRICE in Town!

Offering friendly, reliable and dependable service.  
*Bouncers for every occasion!*

- Birthday Parties
- Children’s Parties
- Church Events
- School Events
- Graduation Parties
- Fundraisers
- Grand Openings
- Reunions
- Company Picnics

Reserve Yours Today!



All Aboard!!



The Foulks Express!

Train rental is per hour. Inflatables & Concessions are all day!

Book between now and March 31st to get \$20 off any inflatable rental!



receive free rounds of golf at participating golf courses,” said William.

William and Donna’s 7 year-old son will also begin golf lessons at The First Tee soon.

### The follow-through

Participants have traveled from the surrounding areas like Dover, Charlotte, Cumberland Furnace, Bumpus Mills, Adams, Indian Mound, Nashville, Cunningham, Cedar Hill, Erin, and Russellville, Kentucky just to participate in The First Tee.

If you are looking for ways to get your son or daughter outside this spring or summer, then try The First Tee of Clarksville. Golf offers children and youth a way to burn calories, enjoy being outside, make new friends, and build strong character traits. In addition, golf might even provide the setup to a life-long habit that may very well enhance not only the life in their years, by the years in their life!!

The First Tee is held at the Ironworkers Practice Club at 429 Ironworkers Road in Clarksville. The Ironworkers Practice Club opens in late March or early April, depending on the weather. Parents are welcome to call or come in and learn about The First Tee prior to registration.

Registration for The First Tee summer program will begin on May 17 and will continue through the end of May. Registration times will

be from 10:00 a.m. to 6:00 p.m., weekdays, and 12:00 p.m. to 3:00 p.m. on weekends. Classes will begin in June and will continue for 8 weeks through June and July.

For more information, visit their Facebook page (The

First Tee of Clarksville), their website [thefirstteeclarksville.org](http://thefirstteeclarksville.org) or email [daveipc@charter.net](mailto:daveipc@charter.net). Dave Burke can also be reached by phone at (931) 362-4353 or (931) 206-1708.



7th Annual Oak Grove Tourism's **Spring into Summer Festival**

Saturday, May 24<sup>th</sup> Noon until 9 pm  
& Sunday, May 25<sup>th</sup> Noon until 6 pm

**SALUTES FORT CAMPBELL**



In Concert Saturday Night @ 7pm  
**Thomas Rhett**  
Entertainment with "country, rock & hip-hop" roots.

**FIREWORKS SHOW  
SATURDAY EVENING  
AT 9 PM**

Don't Miss This Festival!  
Enjoy a variety of family activities  
and **FREE CARNIVAL RIDES!**

**VISIT OAK GROVE, KENTUCKY • THE HOSPITALITY OF THE HEARTLAND**

(270) 439-5675

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



## FLAKE FAMILY

by Taylor Lieberstein

Last month a house fire completely destroyed the Cunningham home of Jim and Martha Flake, a well-known family in the Cunningham community. The home also belonged to their 12 children, their grandchildren, and the family dogs, Rascal and Bandit.

Flake and his wife were out of town at their



daughter's wedding when the tragic event took place. They say their children did an excellent job at executing the emergency

plan they had practiced in the past for a situation such as this.

"I never dreamed they would have to put that plan into place," said the proud mother.

Luckily no one was injured except possibly for the dogs. They were the first ones to wake up one of the daughters when

## THE MOST ADVANCED TECHNOLOGY IN TATTOO REMOVAL

**Say goodbye to your tattoo with safe & effective laser treatments!**

- Award winning proven laser tattoo removal technology.
- Treats even stubborn tattoos with minimal risk of scarring or pigment changes.
- Quick and effective treatment.
- Progressive fading with each treatment.
- Suitable for all skin types and all areas of the body.
- Treatment and aftercare delivered by experienced and highly trained professionals.



Call us to  
schedule your  
COMPLIMENTARY  
consultation!  
(552-3292)

2285 Rudolphtown Rd Clarksville, TN 37043  
**931-552-3292 | CumberlandLaser.com**



**CUMBERLAND**  
LASER CENTER

the house caught fire. The dogs have been missing since the fire and if they are gone, they went down as heroes.

Their house always had an open door policy with missionaries, friends, family and neighbors coming and going. The children range in age from early 30's to middle school age. There was always someone visiting their home.

As news of the fire spread through the community masses of people reached out to lend a helping hand. Now, roughly a month after the complete loss of their home and everything in it, the Flake family wants to say thank you to the community that wasted no time in replacing their household supplies and providing a temporary residence. So many people have had a

# EDINGTON'S *Etc.*

furniture  
design  
accessories



327 WARFIELD BLVD.  
CLARKSVILLE, TN 37043  
(931) 648-8422



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

## Wills & Trusts Estate Planning Probate

Approximately 55% of American adults do not have a will. Don't be in that majority. Let us help you provide for your family's needs.



Jill Bartee Ayers Carol M. Joiner Christina M. Bartee John Crow

[WWW.BATSONNOLAN.COM](http://WWW.BATSONNOLAN.COM)



121 S. Third Street • Clarksville **931.647.1501**  
105 5th Ave. W. Ste 201 • Springfield **615.382.4420**

hand in helping donate items to get the family through as they rebuild from scratch.

The church, along with some of the older Flake children, went straight to work getting a temporary home ready to be moved into until they could figure out a place for a new permanent residence. Hilltop Supermarket manager, Cody Jackson, arranged to be a drop off point for donations to the family. Flake said the first week it took multiple trips to collect everything

that had been given to the family. Dalton Harrison, county commissioner, was there with his truck making runs to Hilltop and back for us. The community has furnished their temporary home with everything from a refrigerator to new beds, and necessary household items from coffee pots to clothing.

An online donation was started at [giveforward.com](http://giveforward.com) and raised over \$2,000 in the first day. By mid-February the donations were up to almost \$11,000 and counting.

“The children were well taken care of by so many wonderful people wanting to help. We can never repay the goodness of so many. However, we can be there for the next people who may need our help. That is what a community does for each other. Thank you to everyone who called and visited and shared,” said the ever-grateful Martha Flake.

this month at  
**Chick-fil-A**  
Madison Street

**kids** Every Monday  
**Kids Night** from 5-7 pm.



Receive a FREE Chick-fil-A Nuggets Kid's Meal (4-piece) with the purchase of each Adult Meal.  
*No coupon needed*

Join us for crafts & fun family events!



Including Mr. HocusPocus, for:  
**Magic Tricks, Balloon Animals & More!**

1626 Madison St., CLARKSVILLE, TN 37040 • (931) 648-4468  
[facebook.com/chickfilamadisonstreet](http://facebook.com/chickfilamadisonstreet)  
MON TO SAT 6:30 AM - 10:00 PM • CLOSED SUNDAY

NEW COFFEE

farmer-direct  
artisan coffee



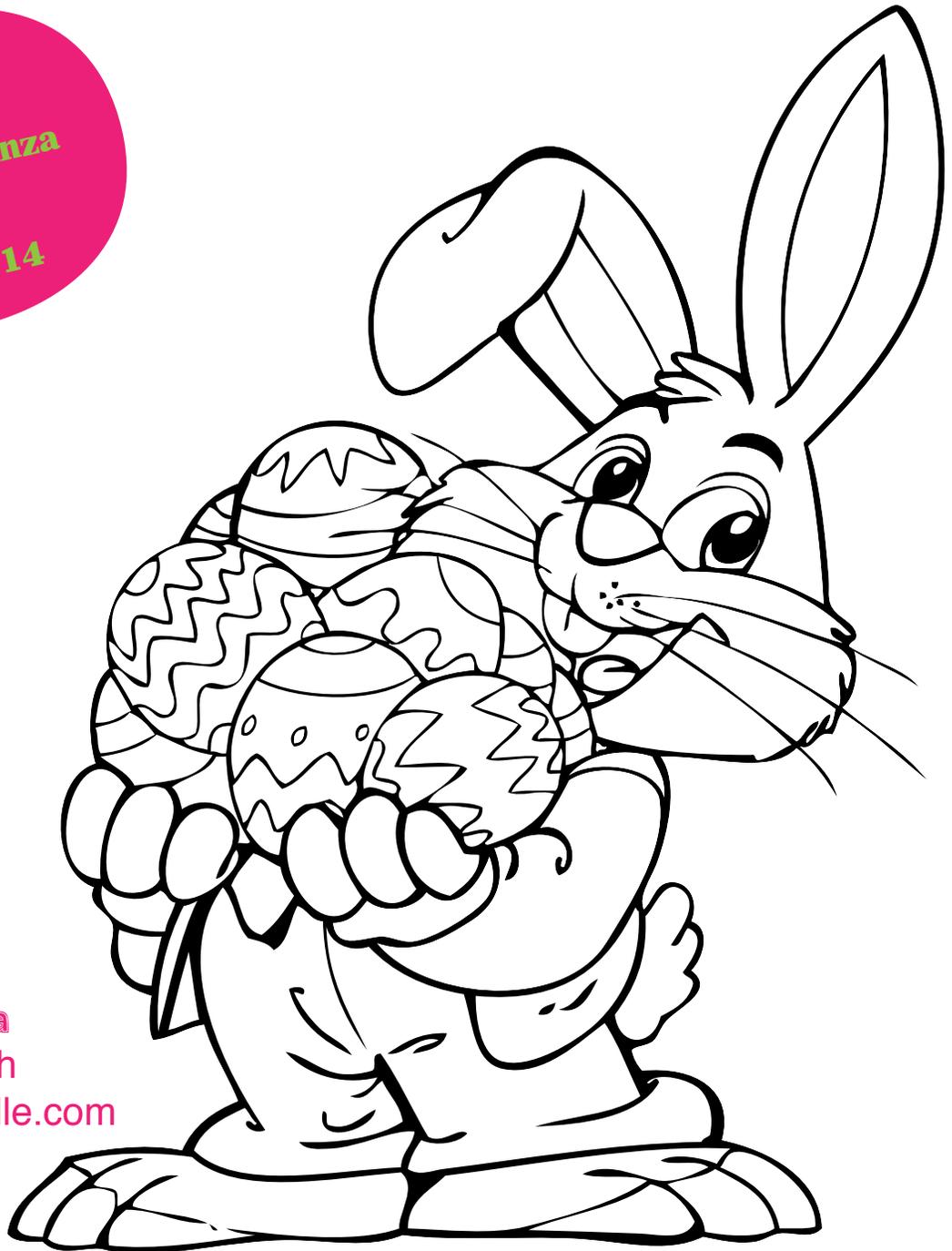
**FREE Medium Iced  
Coffee**

*(original or vanilla)*

with purchase of any  
combo meal.

Coupon not valid with any other offer. One coupon per person per visit. REDEEMABLE AT MADISON ST. LOCATION ONLY. Original coupons only, no photocopies please. Closed Sundays. Please use by 3/31/2014.

The City of  
Clarksville  
Spring  
EGGstravaganza  
Coloring  
Contest  
Easter 2014



Spring  
EGGstravaganza  
Saturday, April 19th  
[www.cityofclarksville.com](http://www.cityofclarksville.com)

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

**ENTRY:**

- Contest open to children ages 10 and under.
- One (1) entry per person per contest, please.
- To enter, color the picture on this page and mail or bring your entry in person to the City of Clarksville for judging.

**PLEASE MAIL OR BRING ENTRIES TO:**

Coloring Contest  
 102 Public Square  
 Clarksville, TN 37040  
 • Be sure to include child's name, age, address, phone number, and e-mail so that winners may be notified.  
*Mailed entries must be post marked no later than April 11th, 2014.*

**JUDGING:**

- Entries will be judged on the basis of creativity.
- Three prizes will be awarded for each age category: ages 3, 4, 5, 6, 7, 8, 9, 10.
- One prize will be given for the winner in each age category.

**WINNERS:**

- Winners will be notified by the City of Clarksville and will receive a prize.

## WHAT TYPE OF LIPOSUCTION IS RIGHT FOR ME?

by Dr. Mitchell D. Kaye

With spring just a few weeks away, many of us are thinking about how we will look in our summer clothes and bathing suits. For lots of people, the bulges around the middle, hips, belly and under the chin are an unwelcome reminder of how hard it is to keep weight off during the winter months or as we get older.

Liposuction is really a simple concept; the targeted removal of excess fat in an area that is out of proportion to the rest of the body shape. By definition this is not a weight loss procedure; it is a contouring procedure. For example, it is appropriate

for a man with love handles and an otherwise good body shape, or a woman with a moderate amount of excess weight over the front of the belly area compared to the rest of her body contour. A person with a “heavy neck” who has a relatively good body weight would be a good candidate for liposuction. Areas of loose hanging skin that are present before, or might appear after liposuction, are not going to go away with liposuction. These will probably need surgical removal with a tummy tuck or some other “tuck” type procedure. The

rule of thumb is: if skin can contract back to normal shape after liposuction, then a tuck will probably not be necessary.

There are many types of liposuction procedures available today and a person considering this procedure can find it very difficult to make an informed decision. All liposuction procedures involve suctioning out the excess fat through a tube with multiple holes in it (cannula) after the area is prepared with anesthetic and other medicines. This suctioning is done at the proper depth below the skin surface to

LAUGH  
LEARN  
PLAY  
SHARE

# The Settlement

## A Great Place To Grow!

### Now Enrolling for our 2014 - 2015 Private Kindergarten Class!

Certified by the TN Department of Education



**While you are here, stop by and check out  
our Pre-School and Pre-K Programs!**

- Experienced, professional teachers.
- Curriculum-based classes
- Karate • Spanish • Gymnastics • Music & Computer Classes available
- In-ground swimming pool; swim lessons with Water Safety Instructor Lifeguards.
- Over 1 acre of age-appropriate playgrounds



**931-647-1900      2724 Trenton Road**

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

## DREADING THOSE SPRING SEASON HONEY-DO'S?

*Shorten your list with Fresh Coat.*

Our painting professionals will create  
a completed space for lasting  
relaxation and comfort all year long...



**Painting Done RIGHT!**

We are licensed, bonded, and insured.

### 20% off

Any job completed by  
April 23, 2014

We Accept 

**931-266-0385 | [www.FreshCoatClarksville.com](http://www.FreshCoatClarksville.com)**

prevent irregularities in the skin afterwards. The skin will then need to shrink in the months after liposuction to re-contour the area. This can be accomplished simply and with a great deal of safety using Tumescent Liposuction, the gold standard of liposuction for about 20 years now. When done skillfully, the results remain the best available, in my opinion. This can be done as an outpatient using local anesthesia and produces a highly predictable result.

The newer procedures essentially will add more technology to this very simple concept. The goals are to increase the amount of skin shrinkage that will occur after liposuction or to make the procedure quicker or more comfortable. Many dozens of devices and technologies have been introduced over the years purporting to improve on the standard liposuction technique of Tumescent

# Tiffany's

hair spa

We specialize in Corrective Color, Custom Blondes, Ombre, & Balayging, Bonded Extensions (lasts 6 months).

Layaway & non-credit-based Financing for



2141 Suite E • Wilma Rudolph • Clarksville • 931.503.2885

*Gift Certificate*

For: *New Clients*      Toward: *Hair Spa Services*

Amount: *\$15*      From: *Tiffany's Hair Spa*

**New clients only.**  
Can't be combined with any other offer and Not valid for products. Expires 3-31-14



## New Year...New You!

- Breast Augmentation & Lift
  - Abdominoplasty (Tummy Tuck)
  - Facelift & Necklift
  - Eyelid Rejuvenation
  - Liposuction of Body & Face
  - Rhinoplasty
  - Facial enhancement
  - Facial Implants
  - Fat Transfer
- Buttock Enhancement
  - Facial Fillers
  - Juvéderm®
  - Sculptra®
  - Botox® cosmetic
  - Chemical Peels
  - Laser Skin Resurfacing
  - Obagi® Skin Care
  - Latisse®

Mitchell D. Kaye, M.D., FACS



Advanced  
COSMETIC SURGERY  
Center of Kentucky

www.AdvancedCosmeticKY.com

**1-866-234-0470**  
**Hopkinsville**

**\$125.00**  
**Value**  
Offer expires 03/31/2014

**Complimentary Consultation**  
Advanced Cosmetic Surgery  
Center of Kentucky  
**Dr. Mitchell Kaye**  
Call to Schedule

Liposuction. Examples of new technologies include: laser assisted liposuction, ultrasound assisted liposuction, water assisted liposuction, and techniques that freeze fat before liposuction removal. All of these have in common some type of energy applied to fat cells to destroy or liquefy them prior to removal by cannula, and nothing more.

The problem is that this approach can inadvertently damage (burn, freeze or scar) the skin and the desired skin contraction is unpredictable and can leave a deformity that is hard or

impossible to correct. None of this is really necessary since the fat cells are being removed anyway by suction and additional “pre-treatment/destruction” adds nothing to this. These procedures are almost always more expensive—to pay for the new technology and advertising. There are no proven advantages to any of these procedures over Tumescent Liposuction and many potential pitfalls, some of which are just becoming apparent.

In summary, body contouring with the Tumescent Liposuction

technique is effective, has a well-documented safety record over a 20 year period, is simpler, and is more effective than some of the newer technologies available today. Not all new technologies are a breakthrough or a bargain.

Enjoy your Spring  
Make Springtime your  
Time!

For more information on these and other cosmetic procedures or to see real life examples visit our website, [AdvancedCosmeticKY.com](http://AdvancedCosmeticKY.com). To schedule an individualized consultation

# Taking Fitness to a New level



## Clarksville's Largest and Most Complete Fitness Center Is Expanding

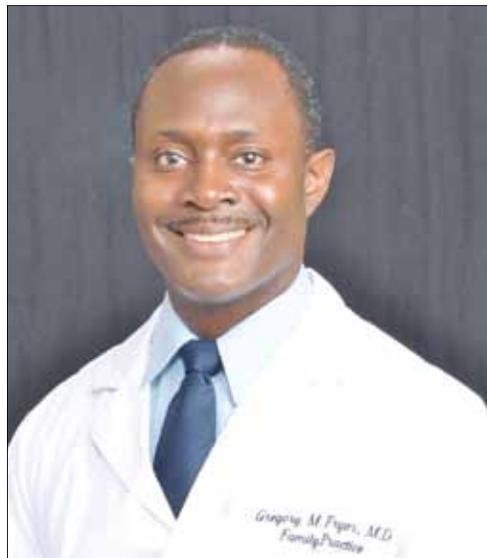
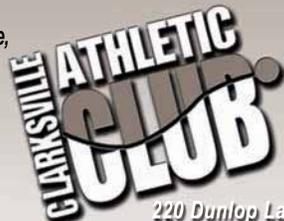
*Doubling Club size to 70,000 sq.ft.*

- |  |                                   |
|--|-----------------------------------|
| Indoor Running Track                           | More Circuit Training             |
| Full Court Basketball                          | Largest strength training area    |
| TWO additional locker rooms w/saunas & showers | TWO additional cardio areas       |
| Children's Fitness                             | Expanded functional training area |
|  | Expanded & improved parking       |

Join now, before the expansion is complete, you'll be "grandfathered in on the club's current rate structure, for life."

**931-645-4313**

ClarksvilleAthleticClub.com



*Empowering you to obtain and maintain optimal health.*

190 Hatcher Lane



**Dr. Gregory M. Fryer, M.D.**

Board Certified Family Medicine Physician



**Opening Monday, March 24<sup>th</sup>**

Now Accepting New Patients!

**Medical Direct Care**  
Total Health and Wellness Family Medical Clinic

Please check website or call for insurance details today!

190 Hatcher Lane, Suite B • Clarksville, TN 37040 • 931.221.0902

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



with Dr. Kaye call our office toll-free at (866) 234-0470. You can also submit a question about this or other cosmetic procedures to: [admin@mdkaye.com](mailto:admin@mdkaye.com). Type "Clarksville Family" in the subject area.

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.

**Meet our staff**



**Pediatrician/Owner  
Dr. Mark Hughes**



**CPNP  
Emily Maher  
Harvison**



**MD, FAAP  
Dr. Gwynetta Luckett**

Like Us On 





**gracepediatrics**  
*Pleasant View*

Accepting new patients & most insurances

In maintaining your child's health, we provide the following services:

- Pediatric and adolescent care:
- Well child examinations
- Newborn care
- Sick care
- School and sports physicals
- Behavioral/developmental conditions such as ADHD, autism, learning disabilities
- Immunizations
- Minor procedures
- Minor injury treatment
- Acute and chronic illness care

**Same day sick appointments are available.  
Call to schedule yours today. (615) 746-4040**

**6509 Hwy 41a, Ste. 101**  
Pleasant View, TN 37146

**Hours of operation: Mon-Fri 8am-5pm**  
**Ph: (615) 746-4040**  
Fax (615) 746-4044

Conveniently located at Exit 24 at the intersection of Hwy 41-A & Hwy 49

Visit us online at [www.gracepeds.com](http://www.gracepeds.com)

## Home for sale

Call us today for a private showing or visit our website for a video tour.

[www.TheVaughnTeam.com](http://www.TheVaughnTeam.com)  
931-542-4824 | 931-647-3600  
2250-H Wilma Rudolph Blvd. | Clarksville, TN

Find us on  






Each office is independently owned and operated.

# 566 Briarwood Dr.



**MLS# 1507160**

COUNTRY SETTING IN THE CITY!

- 3 bedrooms 1 1/2 baths
- Extra large living room
- Well equipped kitchen



- Spacious dining area
- ALL NEW carpet & paint
- Nice utility room
- Fenced back yard
- Beautiful large wooded lot

A TEAM DEDICATED TO YOU



AMANDA  
ANGELA  
JENNIFER  
LYNNE  
JIMMIE  
BOB

# CALCIUM

by Dr. Catherine Meeks

Taking calcium—either through diet or supplements—is a little like making deposits into a bone bank account. If you keep a healthy balance of this mineral, your body is able to build and maintain bone, which is a living, ever-changing tissue. Not only does calcium keep bones and teeth healthy, it also helps with clotting blood, sending signals between nerves, and regulating heart rhythms.<sup>1,2</sup>

But if you fail to make calcium “deposits,” your body starts to pull calcium out of your bones and “overdraws your account.” Worse than a painful overdraft fee, however, this calcium imbalance can cause porous, weakened bones. This condition is called osteoporosis. In the U.S., it affects 8 million women and 2 million men, resulting in 1.5 million fractures each year.<sup>1</sup>

How much calcium do you need? It varies, depending on your age. Your preteen or teen needs more. Banking calcium at this stage is really like making an early investment in “retirement.”

The National Academy of Sciences recommends:

- 1,300 mg/day for children ages 9–18
- 1,000 mg/day for men and women ages 19–50
- 1,200 mg/day for men and women ages 50 or older<sup>1,3</sup>

Some guidelines suggest 1,500 mg for postmenopausal women who don’t take estrogen.<sup>2</sup> Due to a loss of estrogen at menopause women start to have bone loss earlier than men.<sup>1</sup>

If you take calcium supplements, it’s best to divide the dose. Take half in the morning and half at night.<sup>2</sup> Let

me know if you have questions about different types of calcium. I can also discuss any medications that might interfere with calcium absorption. I can give you tips on how to handle any calcium side effects, such as constipation or indigestion. To limit side effects, be sure to take no more than 2,000 mg daily.<sup>2</sup>

Foods rich in calcium include dairy products, dark leafy greens, dried beans, nuts, and calcium-fortified foods, which may include orange juice, cereal, and bread.<sup>1,3</sup> Some recent studies suggest that food sources of calcium may be better than supplements. A study reported on in the *American Journal of Clinical Nutrition* showed that participants who got most of their calcium from diet had better bone density than those who got most it from supplements.<sup>4</sup> It’s too soon to know why, but it might have to do



*Locally Owned*

Most Insurances Accepted Including Tricare  
 2197 Madison Street, Ste. 109 | (931) 919-2491  
 Health Food Store • Local Gifts • Drive Thru

## We’ve EXPANDED our HEALTH FOOD STORE.

Now carrying Gluten-free options, Paleo diet options, organic and natural foods!

Check out our new FREEZER SECTION! ❄️









### It's our Anniversary! Customer Appreciation Month!

#### Special Offers all month long!

Thanks for making our first year a success!



sangopharmacy.com  
Follow us on Facebook for special ideas and offers!

**Dr. Catherine Meeks**  
Pharmacist, Owner



# EASTER SESSIONS

with better absorption or other food compounds that enhance bone health.

What else can you do to prevent bone loss as you age? Try weight-bearing exercise, such as walking or running, and get enough vitamin D.<sup>3</sup> This vitamin helps your body absorb calcium. To get enough of it, you can spend at least 15 minutes in the sun several times a week.<sup>5</sup> You can also take supplements or get food sources of vitamin D—in salmon, tuna, or fortified milk, margarine, or cereal.<sup>6</sup> Try to get 800 International Units (IU) daily, but no more than 2,000 IU, which can be toxic.<sup>2</sup>

*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.*

#### SOURCES

1 Harvard School of Public Health Web site. "Calcium & Milk." <http://www.hsph.harvard.edu/nutritionsource/calcium.html>.

2 UpToDate Patient Information Web site. "Patient information: Calcium and vitamin D for bone health." <http://patients.uptodate.com/topic.asp?file=endocrin/5283>.

3 CDC Web site. "Bone Health." [http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/bonehealth/](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/bonehealth/)

4 Science Daily Web site. "Dietary Calcium Is Better Than Supplements At Protecting Bone Health." <http://www.sciencedaily.com/releases/2007/06/070614112433.htm>.

5 American Dietetic Organization Web site. "Calcium and Vitamin D: Essential Nutrients for Bone Health." [http://www.eatright.org/ada/files/Tropicana\\_Fact\\_Sheet.pdf](http://www.eatright.org/ada/files/Tropicana_Fact_Sheet.pdf).

6 Office of Dietary Supplements Web site. "Dietary Supplement Fact Sheet: Vitamin D." <http://dietary-supplements.info.nih.gov/factsheets/vitamind.asp>.



Call to book your appointment before they're all gone.

April 11 & 12  
Only \$25 Session Fee

931.647.0860  
[daphnesportraitdesign.com](http://daphnesportraitdesign.com)



We protect  
what matters  
most to YOU.

BY *shea*  
photography



**Minniehan Insurance Agency**

286 B Clear Sky Ct  
Clarksville, TN 37043

931-542-0401

Auto • Home • Life • Retirement



This April 12 marks the 3rd annual Cheers for Charity fundraising event hosted by Junior Auxiliary of Clarksville. Junior Auxiliary of Clarksville is an association of women who render charitable services to the children in our community. This is accomplished through different service projects throughout the year that focus on helping those who cannot help themselves, as well as providing the basic necessities of life to children in our community.



Some examples of our projects include:

- Healthy Kids Kits that supply approximately 100 children in our local school system with necessary hygiene items.

- In December we host the Gingerbread Christmas Breakfast where we donate Christmas dinner baskets and gifts for children to open on Christmas morning.
- Junior Auxiliary teams up with the Department of Children services to put on an Easter egg hunt for children in the spring.
- The Back to School Bash is held right before school starts in August and Junior Auxiliary and other charitable organizations team up together to provide school supplies for children.

We could not participate in all of these wonderful events if it weren't for our major fundraiser, Cheers for Charity.

Cheers for Charity is a night filled with wine tasting, entertainment, a little competition, and most important—charity. Each team, consisting of two people, should bring three bottles of the same wine. Upon check in, two of the bottles are bagged and numbered



Dr. J. Jason James, DO, FACOI



Elaina Higgins, FNP-BC



Dr. Christopher Standley, DO

**Offering patient-centered Primary Care and Wound Care at home and in assisted-living facilities.**

*Privileges at Northcrest Medical Center and Gateway Medical Center.*

*Now Accepting New Patients!*

for tasting. Teams will taste and score the wine and at the end of the evening the third bottle that was set back will be given to the teams that brought the winning wines.

The ticket price is \$50 per team. This year we have started an online ticketing service to make purchasing much easier for everyone [cheersforcharityclarkville.ticketleap.com/2014](http://cheersforcharityclarkville.ticketleap.com/2014). We also have an online donation site for those of you who can't attend the event, but would still like to show your support [youcaring.com/nonprofits/cheers-for-charity-/135807](http://youcaring.com/nonprofits/cheers-for-charity-/135807).

The event is Saturday, April 12 from 7:00 p.m to 10:00 p.m. at F&M Bank's main office at 50 Franklin Street. For questions or to make reservations call Josslyn Kimbrough at (931) 320-2926 or email [jaofclarkville@gmail.com](mailto:jaofclarkville@gmail.com).



**COLLECTOR SERIES GUITARS  
IN STOCK NOW!**

**FULLY STOCKED *with*  
NEW 2014 INSTRUMENTS!**

**LESSONS AVAILABLE FOR ALL INSTRUMENTS AND AGES**

305 North Riverside Drive, Clarksville, TN **931.552.1240**  
Mon-Fri 9am-6pm / Sat 9am-5pm / [www.marysmusicofclarkville.com](http://www.marysmusicofclarkville.com)



**InitiallyStitched**  
Custom Embroidery & Personalized Gifts

**Spring Open House**  
April 5th • 10am-5pm.  
*Free Gift with purchase.*

Monogrammed Easter Baskets  
Monogrammed Market Totes  
**NEW!** Monogram Jewelry

**149 Kender Rhea Ct. Suite D**  
**931-552-0225**  
**INITIALLYSTITCHED.COM**  
Like Us for Specials & Discounts!

# SCOLIOSIS? SPINAL SURGERY IS NOT THE ANSWER

by Dale Brown, DC

Scoliosis, which is an abnormal curvature of the spine, affects millions of people around the world. Current medical approaches will often put thousands of children at risk every year through dangerous and unnecessary spinal fusion surgery because parents are told that surgery is the only way to treat severe scoliosis.

Scoliosis is an abnormal curvature of the spine known to cause physical deformity, pain, organ dysfunction/disease, psychological and emotional stress, and can quite simply lead to poor overall health. The "standard" treatment protocol for scoliosis and the profusion of misinformation leaves parents, doctors and training institutions repeatedly using archaic methods to treat the condition. Current medical approaches include "wait and watch," bracing, and surgery.

The "Wait and Watch" is recommended for scoliosis of 10° up

to 25°. Basically, a series of x-rays is taken every six months to about one year apart, by which the medical doctor monitors the progression of the abnormal curvatures. Once the curvature worsens to 25°, then bracing is recommended.

**Braces** are not meant to reverse scoliosis, but their only real goal is to slow down the worsening of the curvatures. In fact, bracing has not been shown to prevent the need for surgery or even benefit the patient in any way. It has been questioned whether many braces may cause worsening of scoliosis by weakening the spinal musculature thereby allowing the spine to collapse faster.

**Surgery** has long been shown a "symptomatic" treatment, which more often leads to worsening of the patient's overall health. Movement or mobility is important for neurological health as well as organ functions. When the spine is fused with rods,

this negatively impacts the functions of many organs leading to overall worsening health over time. In fact, Dr. Harrington (the developer of this type of surgery) stated years ago, "Metal does not cure the disease of scoliosis, which is a condition involving much more than the spinal column." When the research already shows that most surgeries for scoliosis lead to a worsening condition of the patient, it absolutely breaks my heart to know that many young girls and boys are still having this done!

Recent discoveries, however, have paved the way for noninvasive treatment options that actually work. With more than 800,000 cases of scoliosis in the United States alone, people affected by the condition now can, and should, demand treatment without risk or danger.

One of the most recent studies showing that scoliosis is a reversible condition through manual therapies



## Marathon Chiropractic

### Colic/Crying Baby?



**A New British study shows chiropractic very effective at helping colic or crying babies.**

**Colic can be caused by small alignment issues in a babies spine that cause discomfort.**

Get Healthy and Well with Us Today!  
Call 931-591-2010 or stop by  
1715 Wilma Rudolph Blvd. Suite E, Clarksville, TN




Lary Deeds, DMD  
R. Michael Weaver, DDS  
Sarah M. Deeds, DMD

THE CHILDREN'S DENTIST



Parents welcome in treatment areas at all times.

- Infants / Children / Teens
- Special Needs Patients
- Hospital Dentistry

Nitrous Oxide Available at No Charge

No out of pocket expense for check ups & x-rays with military MetLife

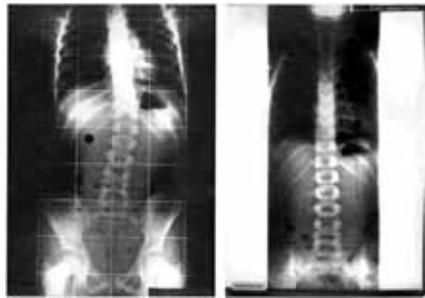


271 Stonecrossing Drive • Clarksville, TN  
931-551-4400 • [www.thechildrensdentist.net](http://www.thechildrensdentist.net)

like Maximized Living Chiropractic and CLEAR Institute Chiropractic was just published in the *Asian Spine Journal*, (November 28, 2013). The study results showed that safe and gentle manual treatment to correct cervical/neck alignment issues was able to improve 94%, 67 out of 71 patients treated. The average straightening or improvement was 8°, with a maximum of 25° less curvature. Also to be noted, only one case actually got worse. **THAT IS AMAZING!** Especially when you take into account that “medical” approaches all expect worsening of the scoliosis over time.

**The Sad Story Many Parents Will Tell**

When my daughter was diagnosed with scoliosis, we were advised to do nothing until her curve reached 25 degrees. We watched her deformity develop before our eyes, feeling helpless because we were doing



\*Six-year-old girl. March 19, 1997: 19° (Risser 0). Two months later (May 21, 1997): 2° (photo from A. Jamot).

nothing except waiting for her curve to increase so that she could eventually be treated. When she ended up in a brace, it failed and we were told she needed surgery as nothing else could be done.

After years of being told, and believing, that improvement and relief were impossible and that cutting her body open and sawing off pieces of bone from her spine,

hip and ribs was the only way to help her, we learned to be skeptical of tradition.

Doctors and the media continually reiterate the belief that nothing short of surgery, or what was done yesterday, can be done to provide relief today. They fail to mention that what has been done for years (such as bracing and surgery) doesn't work, and the possible long-term complications of the horrific surgery leave many patients permanently disabled.

The belief that scoliosis is not correctable leaves the medical profession to repeat the past and this thwarts progressive thinking.

Most doctors, physical therapists, as well as chiropractors, are not taught anything new about scoliosis, and so the same protocol is repeated because doctors are misinformed or ill-educated despite new, proven approaches. Therefore, parents must

**DO YOU WANT A BEAUTIFUL SMILE?**

**Call Today For Your Free Consultation**

**BRACES FOR ADULTS & CHILDREN**



Specialist in Orthodontics  
**Invisalign Certified Practice**  
Outstanding Customer Service






Dr. Shawn Lehman-Grimes, DDS, MDS

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

Clarksville, Rudolphtown (931) 436-7750  
2305 Rudolphtown Rd.

Clarksville, Ft. Campbell (931) 249-8440  
2845 Ft. Campbell Blvd. Ste. 105

**Open Monday thru Friday, 8am to 5pm**

*Family Ownership... Family Values.*

COMPLETE PRE-ARRANGED FUNERALS

CREMATIONS

VETERANS FUNERALS

ALL BURIAL INSURANCE POLICIES ACCEPTED

PAYMENT PLANS AVAILABLE



ED LARSON      TOM CREECH      TONY NAVE





**931.647.3371**

1209 MADISON ST., CLARKSVILLE  
WWW.NAVEFUNERALHOMES.COM

**MCREYNOLDS NAVE & LARSON**  
Funeral Home

stay informed and challenge anyone treating their child to stay on top of their game and at the forefront of available research and treatments. I include many chiropractors in the grouping of poorly informed, as what I was taught in chiropractic school was insufficient for reducing scoliosis. In fact, the approaches taken by many physical therapists and chiropractors is not focused on correcting the causes of scoliosis but rather only addresses the symptoms of this condition. Note that a decrease in pain and other symptoms can still be of great benefit to the scoliosis patient.

### **The Happy Ending to What Could Have Been Sad**

Online, I discovered Clear-Institute, a clinic and training institution in St. Cloud, which claimed to have made new discoveries in the treatment of scoliosis. Correction was mentioned for the first time, so as a last-ditch

effort, we traveled from our home in New York City to undergo this specialized two-week treatment program in St. Cloud.

Her entire body was under a microscope, unlike any other time. She was educated about the condition and given a rigorous exercise routine requiring willing participation to reap the rewards, which were great.

### **Improvement**

We watched her achieve drastic improvement in her scoliosis within days, affecting her emotionally, as well as physically. Two weeks after we began treatment, we saw the first set of x-rays that confirmed what I could see on the surface of her body after only the first few days. I was floored. For the first time in almost three years, the curves in my daughter's spine that had ruled our world were going in the opposite direction, not getting worse!

### **The Corrective Process That Truly Can Help Those with Scoliosis**

Because scoliosis is an incredibly complex condition involving much more than the spinal column, there is no one magic adjustment or therapy that will work in every case. This is the reason why understanding our protocols and especially the science behind them is so important.

### **Part I: Precision X-Rays**

The first step involves gathering information about the biomechanical function of the entire spine—not just the area(s) affected by scoliosis. With this information obtained, a proper adjustment and rehabilitation/home exercise program can be developed. Radiographs (x-rays) are also important because, as they say, “to see is to know, not to see is to guess.”

He may need your foot steps to follow...

# Volunteers Needed

Providing quality mentoring for Clarksville's Youth.

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



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

931.647.1418 • Peachers Mill Rd. • Clarksville, TN 37042

# BYE-BYE WINTER, HELLO GORGEOUS!

Be sexy, be safe, be bronze with a sunless tan.

## VersaSpa Sunless Tanning - Buy 1 Get 1 Free!

Offer ends April 30, 2014.



Luster  
SALON

VERSASPA®  
SUNLESS SKIN CARE SYSTEM

350 Warfield Blvd., Suite B • Clarksville, TN • (931) 542-1312

### Part II: MIX (Warm-Up or "Prehab")

Prior to receiving chiropractic adjustments, the patient is required to warm up their spine through a general range of motion exercise along with Cervical Traction that is used actively by the patient to achieve gentle, repetitive spinal traction (this is not a machine but done under the patient's own control), and Vibrating Traction (which uses a slow, relaxing vibration that has been scientifically proven to relax the ligaments and soft tissues of the spine). A special motorized table with belts that pull (not push!) the abnormal curves out of the spine, called the Eckard Flexion/Distracton table, achieves the goal of restructuring and re-modeling the ligaments after they have been relaxed. It is important to understand that if the MIX protocols are not followed, the intervertebral discs will be rigid and inflexible, and it will be difficult, if not impossible, to affect structural changes to the spine.

Another way to understand the importance of this process is simple...all great athletes understand that for the maximum benefit of any training, one must properly warm up the muscles and tissue to achieve the maximum benefit from the workout. The same goes for any good adjustment.

### Part III: FIX (Specific Manual and Instrument-Assisted Adjusting)

Mechanical adjusting instruments and specialized drop pieces enhance the precision and effectiveness of chiropractic care, while simultaneously reducing the amount of force required to correct the spine.

## WETTEST *adaptive* EGG HUNT

Open to Special Needs Individuals Ages 1+  
SATURDAY, APRIL 12<sup>TH</sup>  
10 AM - 12 PM

10:00am ~ Ages 1-2 (Baby Pool) • Ages 5-11 (Main Pool)  
11:00 am ~ Ages 3-4 (Baby Pool) • Ages 12-Adult (Main Pool)

## WETTEST EGG HUNT

3:00-4:45 OPEN SWIM with Inflatable Slide  
SATURDAY, APRIL 12<sup>TH</sup>  
1 PM - 7 PM

1:00 pm ~ Ages 1-2 (Baby Pool) • Ages 5-8 (Main Pool) | 5:15 pm ~ Ages 1-2 (Baby Pool) • Ages 5-8 (Main Pool)  
2:00 pm ~ Ages 3-4 (Baby Pool) • Ages 9-12 (Main Pool) | 6:15 pm ~ Ages 3-4 (Baby Pool) • Ages 9-12 (Main Pool)

Hunt hundreds of floating eggs in the swimming pool!

Face Painting!

Visit with the Easter Bunny!

THE CITY OF  
CLARKSVILLE  
TENNESSEE'S TOP SPOT  
PARKS • RECREATION

PLUS GAMES At The Kleeman Center

BOTH HELD AT THE INDOOR AQUATIC CENTER - 156 CUNNINGHAM LANE  
PRE-REGISTRATION IS REQUIRED AT [REGPRO.CITYOFCLARKSVILLE.COM](http://REGPRO.CITYOFCLARKSVILLE.COM) 931.472.3380

#### Part IV: SET (Rehab Stage and Strengthening)

Immediately after the adjusting is completed, the spine needs to be "set" in its corrected position to ensure the structural changes. This involves spinal weighting protocols (typically on the head and hips); whole-body vibration therapy such as the Vibe (which has been shown through research to increase the effectiveness of exercise by 2-3 times); and gait therapy, which re-trains patterns of moving and walking. In addition, the patient will receive a home exercise program that will further reinforce the treatment by retraining the neurological system necessary for stabilizing the spine. As stated by Hippocrates, the Father of Medicine, "The patient must combat the disease along with the physician." If

the SET protocols are not followed, any corrections achieved in the spine will only be temporary in nature.

#### Part V: Follow-Up Exams

After 12 visits, a series of post x-rays will be taken to assess the changes and improvement in the spine and treatment protocols will be adjusted accordingly. The specific x-rays which are necessary are limited as much as possible to the patient's specific condition. It is important to keep in mind that not every patient will show a reduction in the severity of the scoliotic curve, as measured by Cobb angle, within this time frame. This is due to the fact that Cobb angle is a measurement of only one dimension of the spine, and scoliosis is, in fact, a three-dimensional condition. Before the sideways curve can be reduced or corrected, the spine must be de-rotated and de-compressed in the other two dimensions. Treating a

complex spinal disorder such as scoliosis is a little like reversing the path of a runaway train. It takes time to first slow down the momentum, then more time is needed to change the course of the disease.

Thankfully though, the course of scoliosis and its negative affects on the individual are no longer "inevitable." With advancements in research and greater understanding of this condition, a different path can be chosen by either the individual patient or the parent.

Marathon Chiropractic a  
Maximized Living Health Center  
1715 Wilma Rudolph Blvd  
Clarksville, TN 37040  
(931) 591-2010  
[drdalebrown@gmail.com](mailto:drdalebrown@gmail.com)  
[MaximizedLivingDrBrown.com](http://MaximizedLivingDrBrown.com)



**Clarksville**  
**YOUTH RECREATION LEAGUE**

Blastball®, T-Ball, & Baseball • Ages 3-14

February 4 - March 28: **REGISTRATION**  
May 5: **Practices Begin**  
June 7: **Opening Ceremonies**  
June 9: **League Play Begins**

**All games are played at Heritage Park Baseball Fields.**  
**\$40 PER CHILD** {INCLUDES A UNIFORM & MEDAL}

Register @  
at 104 Public Square or @  
[recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)  
**REGISTRATION ENDS MARCH 28<sup>th</sup>**

THE CITY OF  
**CLARKSVILLE**  
TENNESSEE'S TOP SPOT  
PARKS + RECREATION

Need more info? [www.cityofclarksville.com/parks&rec](http://www.cityofclarksville.com/parks&rec) • 931.645.7476



THE CITY OF  
**CLARKSVILLE**  
TENNESSEE'S TOP SPOT  
PARKS + RECREATION

**FLY FISHING CLASS**  
@ Crow Community Center

Thursdays 4-5pm  
March 20 through April 10

**\$10 PER PERSON,**  
along with \$5 Center ID

Open to youth in grades 6-12

Using fishing & learning the skills of casting the National Fishing in Schools Program educates participants about fish, insects, aquatic environments, resource stewardship & conservation.

This program will make learning the skills of fishing fun and easy. This class is unique in that it uses the GasTarget system, which uses photorealistic targets. This will help participants better visualize the target & gain a better sense of fishing.

There are only 10 spaces available, registration is available at  
[recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)  
Or Any of our community centers & at the main office downtown.

# CANDID Clarksville



Sisters Zoey and Gabrielle having fun playing with the snow. :)



Noah and Dan playing in the snow



Moose



Allyson & Bethang's Birthday/Tea Party



Hanging out in Clarksville.



Friends bonding at the pool



Noah at the marina



Johnathan and Bryant

Email photo to [candid@clarksvillefamily.com](mailto:candid@clarksvillefamily.com) by March 15th.

# SPRING TRAINING

by Brenda Hunley Illustrated by Willie Bailey

The next morning, Chester climbed out of bed, and sleepily put on his running shoes.

Chester scuffed down the hallway to his brother, Boomer's room.

"Hey! Are you awake?" Chester asked, as he shook Boomer's bed.

Boomer gripped his pillow tightly, "Seriously? No! I'm asleep."

Chester laughed. "Come on, you said you would go running with me."

"If you would go when the sun is setting instead of rising I would go," Boomer grumbled.

Chester shook his head and left the room.

After a snack of some fruit and a glass of water, Chester started to stretch. He looked at the clock. "*Dart is usually here by now,*" Chester thought.

Opening his front door, he could see the morning rays of sunshine softly streaming onto the ground.

"*What a beautiful morning!*" Chester thought, as he took a deep breath.

Closing the door behind him, he heard a soft sigh.

"Hi Chester! I am here to run with you," called Lily the dragonfly.



Chester smiled, "Lily! You don't run, you fly."

"Well then, I am here to fly with you. Are you ready?"



## Visit the Easter Bunny at Governor's Square Mall!

March 22- April 19, Center Court  
 Mon.- Fri., 11am-8pm, Sat. 10am-8pm,  
 Sun., 12pm-5pm

[www.GovernorsSquare.net](http://www.GovernorsSquare.net)



[www.MallGiftCards.net](http://www.MallGiftCards.net)

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.  
 2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289

For a full list of upcoming events visit [GovernorsSquare.net](http://GovernorsSquare.net).  
 All events are subject to change or cancellation without notice.  
 See the Customer Service Center for complete details.

**joan  
of art  
photography**

931.216.2464

[joanofartphotography.com](http://joanofartphotography.com)  
[joanofartphotography.zenfolio.com](http://joanofartphotography.zenfolio.com)

Chester stretched some more, and chatted with Lily. He just knew that Dart would be here any minute. But Dart was not around this morning.

“Lily, usually Dart is here with me. Have you seen him this morning?”

“Yes. He said he would meet us along the way. Are you ready to go?”

Chester nodded in agreement, all the while wondering why Dart sent Lily to meet him instead of coming along himself.

Lily kept up with Chester really well on Loop 1, but on Loop 2 she started slowing down.

“Chester, may we take a break?”

“Sure. How about that bridge there?”

The two friends reached the small bridge and sat down for a bit.

“Why do you want to run all the way around the lake?” Lily asked.

“One day I was searching for treasures for my room, and I saw some humans running. They looked so graceful and happy as they ran. I didn’t think much of it until the next day when I was gathering some berries they ran right past me and didn’t even see me. This went on for several weeks before I decided to ask Ranger Bill.”

# Clarksville Floor Covering

Since 1961

Sales ★ Service ★ Installation

Carpet ★ Vinyl  
Laminates ★ Ceramic Tile  
Hardwood ★ Area Rugs



**Flooring America**  
With you every step of the way.



**HOURS:**  
Monday – Friday 8 a.m. – 5 p.m.  
Saturday 8:30 a.m. – Noon

606 Spring St. Clarksville, TN  
**931.552.1818**



The source of many purchases to come.

## Clarksville Family

M A G A Z I N E

**Advertise smarter not broader.**

Targeting the most lucrative market in our community brings in more business, and smart businesses are advertising in Clarksville Family.

**AD DEADLINES: 15TH OF THE MONTH**  
**CALL RACHEL NOW! (931) 216-5102**



“Ask Ranger Bill what?”

“Why are these humans running? They don’t have anything chasing them. They do not appear to be in danger. Ranger Bill said they were trying to get fit. You know—tone their bodies—into beautiful running machines!

“I decided that I too wanted to see how far I could run. So I set a goal for myself. The goal to be able to run all the way around Swan Lake without stopping!”

“Well, you won’t be a beautiful running machine sitting here... let’s go!” called Lily, as she lifted herself into the sky.

Chester stretched and started to jog once again. Breathing in and out, in and out, he started a rhythm of sorts to keep him involved in the game of running.

Nearing the front of the cave, Chester and Lily saw Clyde and Earl having a bit of a squabble. Not wishing to be a part of it, Chester turned away from the cave and back onto the trail.

One of the turtles on the log called to Chester, “So, how far are you going today?”

Chester looked over and pointed to the old tree at the corner. “That is how far I am going today.”

“Is it okay if I race you from the water?” asked the turtle.

“Sure!” Chester liked this; he had Lily flying above him and a turtle swimming beside him. When he reached the old tree at the corner, Lily and the turtle were waiting for him.

“Chester, look! You made it to the halfway point!” Lily said, smiling down on Chester.

“Really? How do you know?”

“Because I am higher up and can see the whole lake,” Lily laughed.

Chester grinned, “That is awesome! Wow! Half way...”



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## 3 FOR \$99

### PERSONAL TRAINING SPECIAL

*For new joins - offer only good within 30 days of join date.*

#### ONE-ON-ONE PERSONAL TRAINING OPTIONS/RATES

Members Cost:	Program Members Cost:
\$50 per session	\$80 per session
\$200 for 5-session pack	\$305 for 5-session pack
\$350 for 10-session pack	\$530 for 10-session pack
\$600 for 20-session pack	\$905 for 20-session pack

#### GROUP PERSONAL TRAINING 2-4 PARTICIPANTS

Members Cost (per person):	Program Members Cost (per person):
\$40 per session	\$65 per session
\$130 for 5-session pack	\$200 for 5-session pack
\$230 for 10-session pack	\$350 for 10-session pack
\$440 for 20-session pack	\$665 for 20-session pack

## BOOT CAMP

EVERY MONTH - MONDAY/WEDNESDAY 5:30-6:30AM  
COST: members \$60/month & non members \$95/month

Sign-ups start the last Monday of the preceding month through the end of that month.  
Minimum of 5 participants to start the class - Max of 12 participants per class.  
Trainers are Stephanie Samudio & Nikkia Bell  
Boot Camp is ONLY offered at the South Clarksville YMCA!!

**CALL FOR MORE DETAILS OR TO SIGN UP!**  
CLARKSVILLE AREA YMCA • 260 HILLCREST DR • PHONE: 931-647-2376

## Daymar Institute - Clarksville, TN



### DAYMAR INSTITUTE

2691 Trenton Road  
Clarksville, TN 37040  
(931) 552-7600



Classes Begin Soon  
**Enroll Now!** (931) 552-7600

[www.DaymarInstitute.edu](http://www.DaymarInstitute.edu)

For more information about graduation rates, median debt of students who completed the program, and other important information, visit our website at [daymarinstitute.edu/disclosures](http://daymarinstitute.edu/disclosures).  
Career Education | Accredited Member, ACICS

Turtle and Lily congratulated Chester and promised to run with him another day.

Chester was so happy. It had been a good day.

“Congratulations!”

Chester looked up, “Hi Dart.”

Dart cocked his head and looked Chester over. “Ya know, this running thing seems to be working for you. Good job this morning. I see you made it to the halfway point. That’s awesome!”

“Chester, I have several of your friends who are going to join you at different parts of your race to be your companion, your challenger,

and your coach while you work toward this goal. Each animal in the Woods of Dunbar wants to help you, and they are going to do it at different times and different days. It’s called teamwork. We are a team, Chester. We are going to be there to cheer for you when you make your final goal of crossing that line.”

Chester appreciated his friend Dart for helping him have friends to run with. It made the experience so much better. He started looking forward to seeing who would come and run with him for a little while.

After several weeks of training it seemed like the goal was actually within his grip. His breathing came easier, and his feet didn’t feel so heavy.

Chester was happy. Spring was in the air. Some leaves were coming back out on the branches; there were promises of flowers on bushes and trees alike. Spring was coming. It was almost time for the big race.

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



### Are you hitting your target audience?

Advertising in Clarksville Family Magazine allows you to target your message to local readers who are regularly seeking specific products and services for their family.

Call today to join our Family!

- 10,000 issues distributed at over 160 locations across Clarksville & Ft. Campbell every month
- 2nd largest print medium in town
- Full color glossy ads & free ad design
- A full month of advertising
- Locally owned

Ad campaigns starting at just \$195 per month



**Rachel Phillips**  
Advertising Sales

(931) 216-5102  
[rachel@clarksvillefamily.com](mailto:rachel@clarksvillefamily.com)



AVEDA  
THE ART AND SCIENCE OF PURE ESSENCES

GET THE CELTIC RED  
**LOOK**  
FOR SPRING/SUMMER 2014

Need new inspiration for your hair? Try on the hair colors of spring/summer 2014 with our app, at [aveda.com/myavedamakeover](http://aveda.com/myavedamakeover). Or, explore the pages of this season’s Aveda Inspiration call us today, and book your complimentary consultation with an Aveda artist today.

Eden Day Spa & Salon  
150 Hillcrest Dr. Clarksville, TN  
[www.edendayspas.com](http://www.edendayspas.com) • 931-552-2313



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

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

# HAPPY BIRTHDAY!



Happy Birthday Blane!  
Love Daddy, Mommy, & Brennen



Happy 1st Birthday Emmirra  
love you



Happy 1st Birthday, Izzy.  
It has been a wonderful  
year of firsts!



Happy First Birthday Steven  
Mommy and Daddy love you!



Happy 2nd birthday  
Ja'Shua!



Happy Birthday Tucker!  
Love Mama, Daddy, and Benjamin.



YIPPEE! Ava is 3!  
Happy B-day, sweet girl!  
Mommy loves you! XOXO



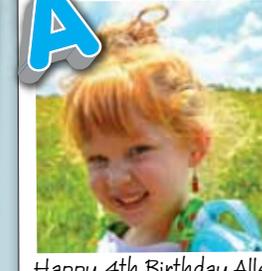
Happy Birthday Kaden!  
Love, Mom, Dad, Hope & Wyatt



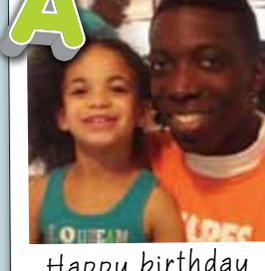
Maximus Mackey-Johnson  
turns three on March 10!  
Mommy loves you so much!



Happy 3rd Birthday Opal Kay!  
We Love You Very Much!



Happy 4th Birthday Allee!!  
Love, Mommy and Daddy



Happy birthday  
daddy's baby.



Happy 4th Birthday Aveleen!  
Love Mama, Daddy, and Colton



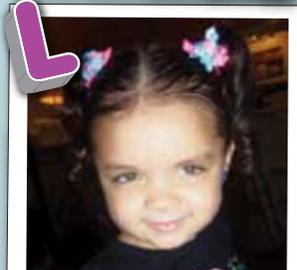
Happy 4th B-day Cayden  
We <3 You! Mom Dad & Carter



Happy 4th Birthday,  
Isabella Rivera we love you  
to the moon and back!



Happy 4th Birthday Jayonna...  
We Love You



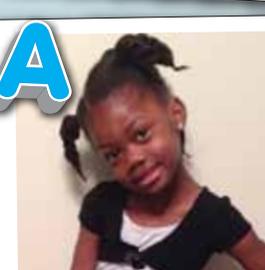
Happy Birthday Layla!  
Love Mommy and Daddy



Happy birthday  
daddy's big girl



Happy 5th Birthday  
Dominique! We love you!



Akiya, Happy 5th Birthday!  
Mommy & Daddy Love You So Much

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

# HAPPY BIRTHDAY!



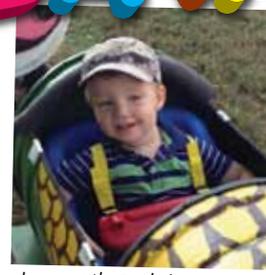
Happy 6th to our engineer!  
Love you Avery Greene!



Happy 6th Birthday Claire,  
we love you!  
Daddy, Mommy, & Nate



Happy 6th Birthday Kinley!  
Love Mom, Dad, Alli & Ethan



Happy 6th Birthday Wyatt!  
Love, Mom, Dad, Hope & Kaden

G



HAPPY 7th BIRTHDAY GRAYSON!!!  
We love you!

D



Happy 8th day "D-bug"!  
Love Mom, Dad, Nana, Pap, i Rie & Mikyn

M



Happy 8th Birthday Mallory!  
Love, Mom, Dad, and Ali

A



Happy 9th Birthday Addison!!!  
Love, Mommy, Daddy, Landon & Harper

D



Happy 9th Birthday Dominic...  
We love you, Mommy, Papa Gramma

B



Happy 10th Birthday Brady!  
We Love You  
Mom, Chris, Wyatt, Brock & Hailey

R



Rylee is "10". Happy Birthday.  
We love you Daddy  
Mama, Bubba and Boots

I



Happy 11th Isaiah!  
We love you always

A



Happy Birthday, Aleesa  
Love you Bunches, Daddy

B



Happy 12th birthday Bea!!!  
We luv ya...

B



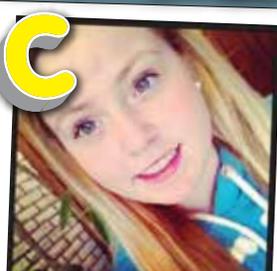
Happy 13th Birthday  
De'Mari Clardy  
Love mom n Shemar

A



Happy 14th Birthday!  
We love you! Mom & Dad

C



Happy Birthday Chrissy!  
From your Family

M



Happy Birthday Meghan  
may god bless You.  
With love from us all



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

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

Winners are chosen via random drawing.  
The winning birthday boy & girl's  
parent or guardian will be  
notified each month by phone or email.

# Ongoing

## CELEBRATE RECOVERY

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

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

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

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

## CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

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

## CLARKSVILLE SCRABBLE CLUB

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

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

## 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](http://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](http://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](http://RecyclingHabitatMCTN@gmail.com)

Recycling Coordinator:  
Denny Mihalinec

## HOPE RIDERS BIKER CHURCH

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

## Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard  
(931) 552-5511

Monday, March 10  
**KIDS NIGHT: SHAMROCK CRAFT NIGHT**

Tuesday, March 11  
4:00 p.m. to 7:00 p.m.  
**ROSSVIEW ELEMENTARY SPIRIT NIGHT**

Monday, March 17  
**ST. PATTY'S DAY GREEN ICEDREAM AND LEMONADE**

Wednesday, March 19  
5:00 p.m. to 8:00 p.m.  
**CLARKSVILLE ACADEMY SPIRIT NIGHT**

Monday, March 31  
**NEW CHARGRILL SANDWICH AND GRILLED NUGGET ROLLOUT**

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

Clarksville Best Computer Repair

Call 931.494.9164 or visit [ClarksvilleBestComputerRepair.com](http://ClarksvilleBestComputerRepair.com)

**YOU'RE NEVER TOO YOUNG TO BE COOL**

Oakley Youth

Only at Sites Vision

**SITES VISION CLINIC**  
Since 1950  
[SitesVisionClinic.com](http://SitesVisionClinic.com)

**931-647-5237**  
621 N Riverside Drive • Clarksville, TN 37040  
81 Public Square East • Elkton, KY 42220

## MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

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

# March

## 1 SATURDAY COLOR VIBE 5K FUN RUN

Race begins at 9:00 a.m. Arriving early is advised. Runners will follow a course 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](http://www.thecolorvibe.com) or email [support@thecolorvibe.com](mailto: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.

Swan Lake Sports Complex  
2002 Sanders Road  
[clarksvillegirlssoftball.com](http://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

Center Court  
Governor's Square Mall  
2801 Wilma Rudolph Boulevard  
[sunburstbeauty.com](http://sunburstbeauty.com)

## 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](http://clarksvillegirlssoftball.com)

## 6 THURSDAY 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](mailto:info@ArtWalkClarksville.com)  
[ArtWalkClarksville.com](http://ArtWalkClarksville.com)  
(931) 614-0255

## 8 SATURDAY SUNBURST BEAUTY PAGEANT

4:30 p.m. Registration forms available at the Customer Service Center by Dillard's.

## 9 SUNDAY DAYLIGHT SAVINGS TIME BEGINS

### 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

## At Kriegisch Martial Arts

WE TEACH LIFE SKILLS, FOCUS, GOAL SETTING, LEADERSHIP & SELF CONFIDENCE

WE BUILD BETTER KIDS.




**931.472.1008**  
2690 Madison Street, Suite 190  
[www.kriegischmartialarts.com](http://www.kriegischmartialarts.com)

Licensed, Insured & Locally Owned.



## SPACE WALK™

Here Comes Fun

Spacewalk is your #1 choice for Party and Event Rentals!

**PHOTO BOOTHS & TENTS GREAT FOR: WEDDINGS, SCHOOL EVENTS & GRADUATION PARTIES.**

WE ALSO HAVE TABLES AND CHAIRS TO RENT.

Available to take Orders Online.  
[www.spacewalkclarksville.com](http://www.spacewalkclarksville.com) or call 931-905-1116

**\$50 off Photo Booth or Tent Rental.**  
When you book in March.



## 10 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery  
County Public Library  
350 Pageant Lane

## SUPPER TO SAVE A LIFE AT MARATHON CHIROPRACTIC

7:00 p.m. Please come enjoy a free meal with us and meet Dr. Dale Brown and his staff. This is a great opportunity to bring friends and family. Call the office for reservations.

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

## 11 TUESDAY HOME BUYING AFTER 5 MIXER

5:30 p.m. to 7:00 p.m. If you are planning to buy your first home and are unsure of where to begin, or are experienced in home-buying and looking for new information and financing options, this is the perfect event for you to attend. The event is set up as a social

mixer where attendees can learn more about home loan options and meet with a realtor, appraiser, home inspector, title company representative, and insurance representative who will provide helpful tips on home-buying and answer questions.

Attendees will receive a home-buying guide and a coupon worth \$350 off closing costs from Altra. In addition, they will have the opportunity to register for door prizes, including a flat-screen TV. Refreshments and appetizers will be provided. If you are interested in attending, you can register online at [altra.org](http://altra.org). Visit the Clarksville locations if you have any questions, at 1600 Madison St. or 184 Stone Container Drive.

Freedom Point Event  
Center  
Liberty Park  
1188 Cumberland Drive

## 13 THURSDAY ADOPTION FORUM

6:30 p.m. A question and answer session/roundtable discussion for adoptive families or couples interested in adoption. The panel includes adoptive

parents, birthparents and adoptees. Learn more about adoption from all sides of the adoption triad. Light snack provided for all who RSVP. Raffle. Presented free by the Clarksville Family Adoption Association.

Grace Church of Nazarene  
3135 Trenton Road  
(931) 980-8498 (call/text)

## 17 MONDAY ST. PATRICK'S DAY

## 19 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

## 20 THURSDAY VERNAL EQUINOX

First day of spring.

## DIABETES SUPPORT GROUP

5:30 p.m. Gateway Medical Center's Diabetes Support Group offers current, accurate and usable information related to self-management of diabetes. Each meeting showcases a

different expert speaker as well as Q&A time. Family members welcome. For more information contact Registered Dietitian Diana Smith at (931) 502-1692.

Gateway Medical Center  
651 Dunlop Lane

## 22 SATURDAY BREAKFAST AND PARADE WITH THE EASTER BUNNY

9:00 a.m. to 10:00 a.m.

Enjoy a pancake breakfast, magic show and a special visit with the Easter Bunny before his official arrival! Breakfast is provided by The Deli. At the end of breakfast all guests will be invited to join the Easter Bunny on a special welcome parade from the Food Court to his set in Center Court.

Tickets (\$5) are available at the Customer Service Center by Dillard's starting Monday, March 3. A limited number of tickets are available for purchase. Tickets must be purchased by Wednesday, March 19. Tickets are required for all guests 1 and up. Personal photos are permitted. Professional cameras are not permitted. Guests will



**CPA Xpress Tax** PLC  
Fast. Fair. Accurate.

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

**Join Our Referral Card Program\* - Call For Details**

- Free Extension until 4/15/2014\*
- 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



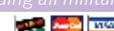
**Don't have dental insurance?**  
*Sign up for the Back 2 Basics Club:*  
It can provide you with certain dental services each year for a flat annual membership fee and entitles you to a discount on other services.

**Offering Family & Cosmetic Dentistry**  
Same day crowns, fillings, bridges, dentures, same day denture repair, minimal sedation dentistry, comprehensive examinations, oral cancer screening, treatment planning and much more!

New Patient's Welcome!

**Back 2 Basics Dentistry**  
(931) 645-8000  
1762 Hwy 48 Clarksville • 37040  
**Dr. Donald Jones & Dr. Jennifer Cornell** IN OFFICE FINANCING  
Preferred providers for most insurance, including all military.

www.back2basicsdentistry.com



be given a discount coupon for photos with the Easter Bunny following the event.

Governor's Square Mall  
2801 Wilma Rudolph  
Boulevard

### EASTER BUNNY ARRIVAL

10:00 a.m. to 12:00 p.m.  
Help us welcome the Easter Bunny! There will be special children's activities.

Center Court  
Governor's Square Mall  
2801 Wilma Rudolph  
Boulevard

### PHOTOS WITH THE EASTER BUNNY

Through Saturday, April 19. Monday through Friday 11:00 a.m. to 8:00 p.m. Saturdays 10:00 a.m. to 8:00 p.m. Sundays 12:00 p.m. to 5:00 p.m. Carrot break times will be posted on set.

Guests are invited to visit with the Easter Bunny for free hugs and snuggles, however Governor's Square Mall and IPCA kindly request that guests refrain from using any camera device (including cell phones) around the Easter set.

Special sessions for families with special needs will be held Saturdays April 5

and 12 from 9:00 a.m. to 10:00 a.m. No reservations required. Guests are asked to enter through the main entrance beginning at 9:00 a.m. There will be a special coloring area set up for guests while they wait to visit with the Bunny.

Center Court  
Governor's Square Mall  
2801 Wilma Rudolph  
Boulevard

### 24 MONDAY WORKSHOP: NUTRITION 101

Learn all about the foods you should eat and the ones to avoid. This event is free to the public. Call the office to reserve your seat.

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

### 25 TUESDAY DAR CHAPTER MEETING

Refreshments begin at 1:30 p.m., program and business meeting from 2:00 p.m. to 3:30 p.m. DAR Members visiting the Clarksville area and those considering membership are welcome to attend.

March's special guest will be Dr. John O'Brien from

the Ft. Campbell museum is the presenter for our meeting. He will tell us about Stockade Annie, a very famous local woman in history.

The Daughters of the American Revolution is a nonprofit, nonpolitical women's service organization founded in 1890 to promote patriotism, preserve American history, and support better education for our nation's children. Any woman 18 years or older, regardless of race, religion or ethnic background, and who can prove lineal descent from a patriot of the American Revolution is eligible for membership.

Clarksville-Montgomery  
County Public Library  
350 Pageant Lane  
[tndar.org/~wmedmiston/CaptWilliamEdmiston@tndar.org](http://tndar.org/~wmedmiston/CaptWilliamEdmiston@tndar.org)

Initially Stitched  
149 Kender Rhea Court  
Suite D  
(931) 552-0225  
[initiallystitched.com](http://initiallystitched.com)

### 12 SATURDAY WETTEST ADAPTIVE EGG HUNT

10:00 a.m. to 12:00 p.m. Pre-registration is required. See ad on page 41.

Indoor Aquatic Center  
166 Cunningham Lane  
(931) 472-3380

### WETTEST EGG HUNT

1:00 p.m. to 7:00 p.m. Pre-registration is required. See ad on page 41.

Indoor Aquatic Center  
166 Cunningham Lane  
(931) 472-3380

### EPIC EGG DROP

2:00 p.m. to 5:00 p.m. Join us for an afternoon of family fun! There will be an egg drop from a helicopter at 3:30 p.m. with a hunt following. The field will be divided into 3 age groups: Ages 1-4, Ages 5-10 and Ages 11 & up. In addition to the egg drop, there will be a carnival area, inflatables, food vendors, and visits from the Easter Bunny! Courtesy of Grace Community Church. For more details

## April

### 5 SATURDAY SPRING OPEN HOUSE

10:00 a.m. to 5:00 p.m. Free gift with purchase.

**RHYTHM RAGS & MORE**

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

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

Please use by March 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

**(931) 896-2025**

**We are now open at lunch time & treat patients until 5:30pm!**

Call today to see Dr. Aquino or one of our nurse practitioners.

Check us out on Facebook.

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

Pediatrician  
**Dr. Barbara Aquino**

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

# THE ROXY REGIONAL THEATRE

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

## 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)

# CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

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

## BUSY BEES

9:30 a.m. Mondays, March 3, 10, 17, 24 and 31. 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, March 6, 13, 20, 27 and April 3. For infants up to eighteen months will enjoy our "Lapsit" program. This program brings parents and infants together in the library and offers them an opportunity to enjoy a special sharing

time together. Infants sit on their parent's lap and interact with them while enjoying songs, finger plays, and books designed with babies in mind! NO OLDER CHILDREN IN THIS PROGRAM PLEASE!

## LEGO PROGRAM

2:00 p.m. to 3:30 p.m., Saturday, March 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., Thursdays, March 6 and April 3. 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., Tuesdays, March 4 and April 1

## FOUR PAWS FOR READING

1:00 p.m. to 2:00 p.m., Saturday, March 1. 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.



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!

<p><b>SALE DATES:</b></p> <p><b>PRE-SALES:</b> (Sorry, NO CHILDREN ALLOWED at pre-sales)</p> <p><b>Tuesday</b> March 11th 5:00 - 7:00 PM CONSIGNORS ONLY 7:00 - 9:00 PM CONSIGNORS AND GUESTS WITH PASSES</p> <p><b>Thursday</b> March 13th 6:00-8:00 PM **50% DISCOUNT PRESALE FOR CONSIGNORS ONLY (NO GUESTS)</p> <p><a href="#">f</a>ind us on Facebook!</p>	<p><b>OPEN TO THE PUBLIC:</b></p> <p><b>Wednesday</b> March 12th 7:00 AM - 6:00 PM (REGULAR PRICE)</p> <p><b>Thursday</b> March 13th 7:00 AM - 6:00 PM (25% discount, unless marked "No Discount")</p> <p><b>Friday</b> March 14th 7:00 AM - 6:00 PM (50% discount, unless marked "No Discount")</p> <p><b>Saturday</b> March 15th 7:00 AM - NOON (50% Discount)</p>
---	--

Sale Location: 121 Union Hall Road, Clarksville, TN

CONTACT: Jeannette Smith, Phone 931-388-2979, Please no calls after 9pm or email [littlelambsandivy@gmail.com](mailto:littlelambsandivy@gmail.com)

For complete details & instructions go to: [www.tnconsign.com](http://www.tnconsign.com)



# MAXXX'D OUT

COLLISION & TOWING

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

931.431.6096

2631 Ft. Campbell Blvd

and schedule of events go to [www.gcomchurch.com/epiceggdrop](http://www.gcomchurch.com/epiceggdrop).

Kenwood High School  
251 East Pine Mountain Road

**CHEERS FOR CHARITY**  
7:00 p.m. to 10:00 p.m.  
Junior Auxiliary fundraiser.  
See article on page 36.

F&M Bank  
50 Franklin Street  
Josslyn Kimbrough  
(931) 320-2926  
[jaofclarksville@gmail.com](mailto:jaofclarksville@gmail.com)

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

## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

### EXHIBITS:

#### **SESSIONS WITH ANDY: WARHOL PHOTOGRAPHY FROM THE UNIVERSITY OF SOUTH CAROLINA UPSTATE**

A rare exhibition of Andy Warhol's photographic celebrity portraits are on loan from the University of South Carolina Upstate. Exhibition sponsored in part by the APSU Center of Excellence for the Creative Arts. Through May 4.

#### **WOMEN'S HISTORY MONTH: FAMILY AND FAMILY TIES: AN INSTALLATION BY SHER FICK**

For the sixth annual Women's History Month exhibition, the Customs House Museum is featuring the work of contemporary female photographers and an installation by award-winning artist Sher Fick. Both shows fall under the theme of "family." Through May 4.



#### **TACA REGIONAL EXHIBITION**

23 members of the Tennessee Association of Craft Artists exhibit tapestries, carvings, sculptures, paintings, embroideries, and photography. Through March 30.

#### **THE ART OF PEACH MCCOMB**

Paintings by Nashville artist Peach McComb. Through March 30.

#### **EASTER PARADE**

Lobby exhibit of women's hats, gloves, hankies, and handbags. Through March 30.

### ACTIVITIES:

#### **LET'S FIND: THE COLOR YELLOW**

March 26-28, 11:00 a.m. to 3:00 p.m. Before *The Wonderful Wizard of Oz* was a movie, it was a book, written by Frank L. Baum in 1900 and illustrated by W.W. Denslow. In anticipation of our upcoming exhibit, we'll be introducing you to the book through our activities during spring break. On Tuesday we'll find out who Dorothy was and what color her special slippers really were. We'll be "going to the dogs" on Wednesday as we pay tribute to Dorothy's traveling companion, Toto. Thursday we'll explore the lion's history in children's literature with the help of the Cowardly Lion. We will wrap up the week on Friday through the eyes of the Tin Woodman and the Scarecrow. This family activity is free with your museum membership or paid admission. The Wonderful

Wizard of Oz will be on exhibit beginning April 1.

#### **SUNDAY FAMILY FUN: PAPER IS NOT JUST FOR AIRPLANES**

March 30, 1:00 p.m. to 4:00 p.m. Anne Mage has used tiny pieces of paper to create two amazing works of art, *Kaleidoscope* and *The Tree of Life*, which are located in the Crouch Gallery. Using paper, scissors, and glue, children and their parents will be given the opportunity to create their own unique artwork to display in their homes. This activity is free with your paid admission or museum membership.

Contact Sue Lewis, Curator of Education, for further information at (931) 648-5780 or [slewis@customshousemuseum.org](mailto:slewis@customshousemuseum.org).

## Meeks & Meeks

LAW FIRM

Travis N. Meeks  
ATTORNEY AT LAW



p. 931.645.3888  
f. 931.645.4902

137 Franklin St.  
Downtown, Clarksville, TN  
[travismEEKS@bellsouth.net](mailto:travismEEKS@bellsouth.net) • [www.meeksandmeeks.com](http://www.meeksandmeeks.com)

## Clarksville Cumberland Presbyterian Church

### Sunday

Fellowship	9:00 a.m.
Sunday School	9:30 a.m.
Worship	10:30 a.m.

### Wednesday

Dinner	5:15 p.m.
Programs for All	6:00 p.m.
Adult Choir	7:00 p.m.

Steve Louder, Pastor

1410 Golf Club Lane • 931.648.0817 • [www.clarksvillecpc.com](http://www.clarksvillecpc.com)

## ADOPTION & FOSTER CARE

### CLARKSVILLE FAMILY ADOPTION GROUP

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

### CARING CHOICES OF CATHOLIC CHARITIES

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

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

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](mailto:jennifer.kessler@youthvillages.org) or visit [www.youthvillages.org](http://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](mailto:csa@apsu.edu), or visit [csa.apsu.edu](http://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](mailto:joann@madisonstreetumc.com), or visit our website at [www.madisonstreetumc.org](http://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](http://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](http://www.buddyball.net).

### CANINE FLYBALL CLUB

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

### CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer.

Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, [info@clarksvilleimpact.us](mailto:info@clarksvilleimpact.us) or [www.clarksvilleimpact.us](http://www.clarksvilleimpact.us).

### CLARKSVILLE TENNIS ASSOCIATION

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

### 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](http://www.clubwestvolleyball.com/cv), email Director Jen Garinger at [jeng917@hotmail.com](mailto: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](http://clarksvillefamilycenter.org) or call (931) 647-4341.

### SWIMMING EAGLES

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

### TEAM CLARKSVILLE YOUTH WRESTLING

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

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

## CHILDBIRTH & PARENTING EDUCATION

### ALPHA CHRISTIAN CHILDBIRTH PREPARATION

Our class is everything that you would get at a hospital class but MUCH more. You will learn how to stay low risk and what to expect in labor, but you will also learn how to make informed decisions, the truth about the "slippery slope" of interventions, why the United States'

c-section rate is one of the highest in the world and how best to avoid one, how to relax, how to stay in control (mentally and physically), how to rely on God's word to stay focused, how to care for your infant and how to succeed at breastfeeding. You will laugh, learn and pray with other believers while becoming informed and empowered together. Contact Heidi Duncan, Birth Doula & Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

### CLARKSVILLE BIRTH COMMUNITY

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

### GATEWAY MEDICAL CENTER LACTATION (BREASTFEEDING) CLASS

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, 651 Dunlop Lane. Cost for the class is \$15 (\$25 if you wish to receive *The Nursing Mother's Companion* book). Call (931) 502-1180 to register.

### GATEWAY MEDICAL CENTER PRENATAL CLASS

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 at 7:00 p.m. in the Liberty Rooms of the Hospital, 651 Dunlop Lane. Call (931) 502-1180 to register.

### GATEWAY MEDICAL CENTER SIBLING CLASSES

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

### 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/LiLLClarksville](http://www.facebook.com/LiLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

## NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, 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](http://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, and 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](http://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](http://www.childcareaware.org).

## MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

## MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

## PARENT INFORMATION NETWORK

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

## PROGRESSIVE DIRECTIONS

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

## TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. [www.middletnalanon.org](http://www.middletnalanon.org).

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

### CHAP PROGRAM OF CATHOLIC CHARITIES

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

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

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

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

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

## GIRL SCOUTS OF MIDDLE TENNESSEE

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

## LEAP ORGANIZATION

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

## COMMUNITY OUTREACH

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

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other members of the division at the end of World War II. 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](http://ScreamingEagle.org).

### ALL NATIONS BIBLICAL STUDY CENTER

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

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

# Burkhardt

Lawn Care

landscaping, mowing, & more

## 931.980.3939

Licensed & Insured      [burkhardtlawncare.com](http://burkhardtlawncare.com)

Commercial & Residential Services

## Free Estimates

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

2010 THE LEAF CHALLENGE Readers Choice Awards

PayPal VISA M.C. DISCOVER

[www.studythescriptures.net](http://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](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

### ARMY COMMUNITY SERVICE

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

### ASERACARE HOSPICE

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

### BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

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

We meet regularly on third Tuesday of each month (unless there are conflicts with Thanksgiving and Christmas, when we move to second Tuesday). No membership fees are required. We meet at the Clarksville Country Club on

334 Fairway Drive. Program consists of special features, singers, and a speaker who gives her personal testimony. Lunch is served at 11:00 a.m. The price is \$14 and the meeting concludes at 1:00 p.m. For reservations, call Heidi at (931) 648-8353.

### CRISIS CALL LINE

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

### CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croatians 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 Croatians who want to move to Clarksville and make sure their transition is smooth. Visit [www.facebook.com/groups/CroatiainsinTennessee/](http://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](mailto:daganfoundation@yahoo.com), or visit [www.daganfoundation.org](http://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](http://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/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at [freecakesforkids\\_fortcampbell@yahoo.com](mailto:freecakesforkids_fortcampbell@yahoo.com).

### FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have

clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](https://www.facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at [outdoorclarksville.com](http://outdoorclarksville.com).

### FRIENDS OF ROTARY PARK

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

Those interested in joining Friends of Rotary Park can do so by contacting Chad Eaton at (931) 624-7787 or [chadeaton@hotmail.com](mailto:chadeaton@hotmail.com). Or visit [www.facebook.com/FriendsOfRotaryPark](https://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](http://www.ReachingKidsForJesus.com) or contact (931) 241-8202 or [reachingkidsforjesus@yahoo.com](mailto: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](http://www.habitatmctn.org). The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, [donation@clarksvilleresstore.org](mailto:donation@clarksvilleresstore.org).

### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their

families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at [www.huihawaiiotn.com](http://www.huihawaiiotn.com).

### HOPE CENTER

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

### HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

### LATINA ASSOCIATION

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

### LOAVES AND FISHES

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

### MANNA CAFE MINISTRIES

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

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

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

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

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

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

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

1319 Franklin Street, (931) 933-0970.

## MEALS ON WHEELS

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

## MONTGOMERY COUNTY WIC CLINIC

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

## PREVENT BLINDNESS TENNESSEE

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

## RADICAL MISSION

Meets Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and brokenness particularly pertaining to poverty and basic human needs. We provide food, furniture, clothing, financial counseling, assistance with utilities and friendship. For more information contact Pastor Brett Smith or Emmen Chapman at (931) 648-0110.

## REFORMERS UNANIMOUS

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

## SUNCREST HOME HEALTH

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

## TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their

education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit [www.traeyc.org](http://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](mailto:webbm@apsu.edu). You can also visit our website at [www.apsu.edu/VUB/](http://www.apsu.edu/VUB/).

## COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

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

Alanon/Alateen Family Hotline: (888) 425-2666

## 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](http://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](http://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](http://www.mhc-tn.org).

## OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

## PASTORAL COUNSELING CENTER

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

## THE PATH LIFE COACHING

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

## REGIONAL INTERVENTION PROGRAM (RIP)

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

## VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

## WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

## YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

## INTERNATIONAL ORGANIZATIONS

### MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

## PARENT GROUPS

### CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and

Hopkinsville areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://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](http://www.orgsites.com/tn/chara) or e-mail [clarksvillevillechara@gmail.com](mailto:clarksvillevillechara@gmail.com).

### CLARKSVILLE HOMESCHOOL NETWORK

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

### FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

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

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

### HOPKINSVILLE SAHM MEETUP GROUP

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on

the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [www.facebook.com/LLLCClarksville](http://www.facebook.com/LLLCClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

### MOMS CLUB OF CLARKSVILLE

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](mailto:eastclarksvillemomsclub@gmail.com). If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to [momsclubofclarksvillevest@gmail.com](mailto:momsclubofclarksvillevest@gmail.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](mailto:clarksvillemops@gmail.com). We look forward to meeting you!

### FT. CAMPBELL MOPS

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

### HILLDALE BAPTIST CHURCH MOPS

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

### SPRING CREEK 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](mailto: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](mailto:KCorley77@aol.com) for more information.

### PARENTS REACHING OUT

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

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

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

### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

### WIC NUTRITION EDUCATION CENTER

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

## RETIREMENT GROUPS

### AARP LOCAL CHAPTER 1957

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

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. Founded by 14 federal retirees in 1921, NARFE has become an effective and highly respected legislative voice for federal workers and retirees. If you are now receiving, or expect to receive, a federal retirement annuity then you

should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 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](mailto: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](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/familyReadiness.htm](http://www.fortcampbellmwr.com/ACS/familyReadiness.htm).

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

A local support group for Multiple Sclerosis patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers,

up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

### CLARKSVILLE OSTOMY SUPPORT GROUP

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. Meets the second Monday of the month from 5:00 p.m. to 7:00 p.m. in the Liberty Rooms at Gateway Medical Center, 651 Dunlop Lane. Please call (931)-502-3800 to confirm the meeting for each month.

### CLARKSVILLE PARENT/ CAREGIVER SUPPORT GROUP

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the 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@invoices.org](mailto:mcausey@invoices.org), Jennifer Allen at (615) 854-2165 or [jallen@invoices.org](mailto:jallen@invoices.org); or Sharon Jarrell at (931) 266-6064.

### DIABETES SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as Q&A time. The group meets the third Thursday of each month at 5:30 p.m. in the Liberty Rooms of the Hospital, 651 Dunlop Lane. For more information, contact Registered Dietitian Diana Smith at (931) 502-1692.

### FOCUS AUTISM NOW

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

### GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understand environment. AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six week support group will start March 5th at 4:00 p.m. A new support group will start every 8-10 weeks. For more information please contact Henry Moore Jr. at (931) 551-4100.

### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

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

Some one you love has a mental illness. This local support group meets the 2nd Tuesday of the month at New Providence United Methodist Church, 1317 Fort

Campbell Boulevard, from 6:30 p.m. to 8:30 p.m. Child care provided. For more information call Betty at (931) 358-0900 or Bertha at (931) 216-3590.

### PARENTS HELPING PARENTS

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

### 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](mailto:spowers@ymcamidtn.org).

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

**SO MANY PROJECTS SO LITTLE TIME**

We have the tools, skills, and time for those projects you've been planning to do...

- Roofing
- Plumbing
- Electric
- Decking
- Tiling
- Tree Removal
- Vinyl Siding
- Landscaping
- Additions
- Window Replacements
- Privacy Fences
- Storm Damage

Committed to providing excellent service with quality, meeting clients needs and desires while completing the job in a timely manner.

**HARDY HOME IMPROVEMENT**  
Steve Hardy - Owner  
Over 25 year Experience  
**931.220.1106**  
Look us up @ Campbell Yard sales or email [hardyhomeimprovement@gmail.com](mailto:hardyhomeimprovement@gmail.com)  
\*\*Call today for a FREE estimate on your next home repair or home project.\*\*  
We work with insurance companies.



# MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

5:00 PM - 8:00 PM ON STRAWBERRY ALLEY

# FIRST THURSDAY

== OF EACH MONTH ==

**FREE PARKING DOWNTOWN AFTER 5PM, M-F & ALL DAY ON WEEKENDS!**

931-614-0255 • [info@artwalkclarksville.com](mailto:info@artwalkclarksville.com) • [artwalkclarksville.com](http://artwalkclarksville.com)



cloud

SERVING LUNCH, DINNER, DRINKS & FUN NIGHTS.

cloud

136 Franklin St  
Downtown, Clarksville  
(931) 320-9569

Open Mon-Sat @ 11am

[WWW.CLOUD9CLARKSVILLE.COM](http://WWW.CLOUD9CLARKSVILLE.COM)

# CHEVY TRUCK MONTH



0%  
APR

AVAILABLE!



2014 EQUINOX



2014 TAHOE



2014 SILVERADO



2014 TRAVERSE

[WWW.JAMESCORLEW.COM](http://WWW.JAMESCORLEW.COM)

OPEN 24/7

\*Disclaimer: With approved credit. See dealer for details.



Located In Historic Downtown Clarksville, Across From Austin Peay State University.  
722 COLLEGE STREET • CLARKSVILLE, TN  
931.552.2020 • 1.800.685.8728

