

April 2014

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Lion: Evelyn (2), Witch: Madeline (8) and Tin Man: Gretchen (4).*

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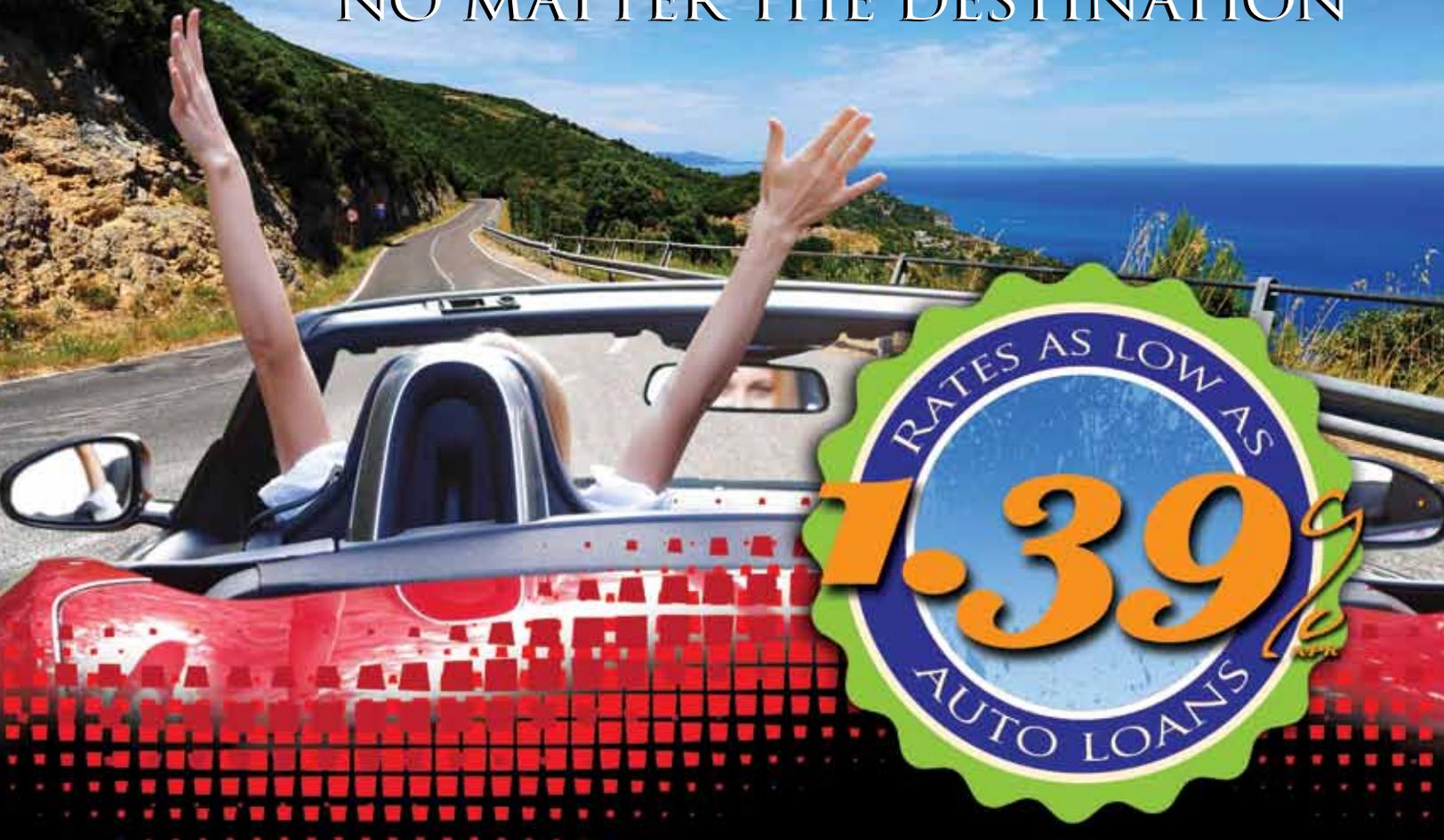
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# Publisher's Message

When I was typing up this letter, it was SNOWING, but let's hope by the time this issue comes out, all that nastiness is LONG gone and sunshine is here to stay!

I am super excited about this month's cover and the whole issue in general. April is our anniversary issue, and it's our 7th birthday. It is also "Dorothy's" (a.k.a. Rosalind Seay) birthday, too. She is one of the adorable FIVE sisters who are on the cover. They are all dressed up in their cutest Oz-wear to help us kick off the exciting new Wonderful Wizard of Oz exhibit at the Customs House Museum. You can read all about it in Taylor Lieberstein's article on page 6.



The calendar is busting with fun Easter and other activities for you and the kiddos to go do all month long. Don't forget about Rivers & Spires from April 24th-26th! It gets bigger and better every year and 2014 is no exception. We have more details about it on page 26.

I am always so proud when people say how much they love the magazine. Often it is followed with an example of how it has been such a resource to them because they just moved here and have gotten to know our beautiful city. For newcomers, lifelong residents, or anyone just passing through, we are thrilled you keep picking us up.

Sorry for all of that, but birthdays only come once a year!

This issue is packed with many great articles on things to do, ways to become healthier, and great stories about our community and its citizens. I hope you enjoy reading it. Here's to a great eighth year of *Clarksville Family*!

Sincerely,  
Carla Lavergne



## DISCLAIMER

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

# Clarksville Family

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

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You think

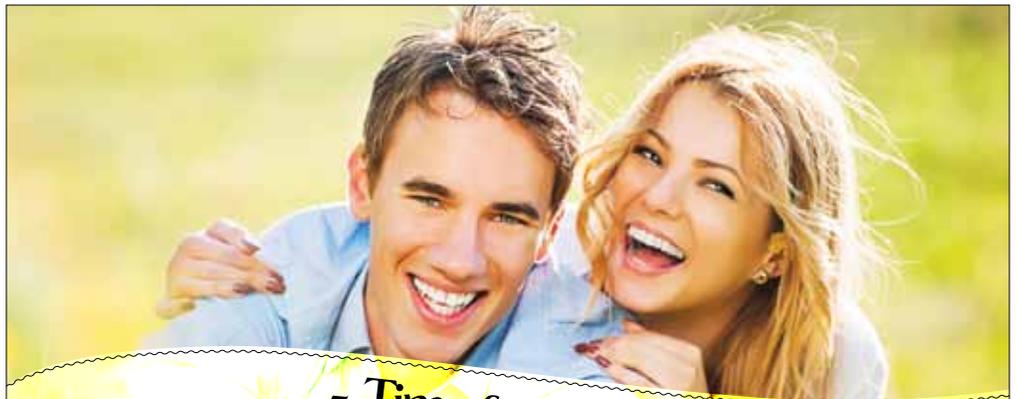
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## OFF TO SEE THE WIZARD

by Taylor Lieberstein

We're off to see the Wizard, the wonderful Wizard of Oz, literally. The colorful, award-winning exhibit based on the book by L. Frank Baum and illustrated by W. W. Denslow is being shown at the Customs House Museum, in the Crouch Gallery, beginning this month. Follow the yellow brick road while strengthening the understanding and appreciation for various themes of the exhibit. Explore subjects such as art, science, history and literature through this literary classic written in 1900.

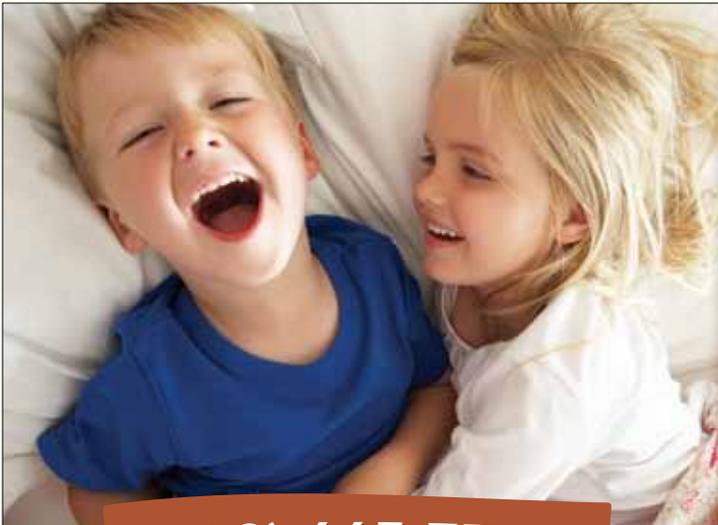
The Wonderful Wizard of Oz is produced and toured by Great Explorations Children's Museum, St. Petersburg,



Florida. This project was supported in part by the Institute of Museum and Library Services. The interactive set is designed to engage and challenge visitors to step into reading. Each section of the exhibit is a large pop-up book page in which guests will learn through play with brain teasers, role play, dress-up and

other educational activities incorporated throughout the experience.

The exhibit involves 11 interactive "chapters" or sections, each detailing a different element of the story, such as Dorothy's House, Tornado, Emerald City and Glinda's Castle. Some of the education goals within the exhibit are learning about the heart through the Tin Woodman, understanding everyone is smart in different ways through the Scarecrow, and finding courage through the Lion. At Dorothy's House children will dress up and tend to the cornfield. During the Tornado they will learn facts and create



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a vortex to see the power of tornadoes. In the Land of Munchkins, they will dress in costume and watch a puppet show on tolerance and diversity.



Memorabilia from John Olson, a Tennessee collector of themed items, will be on display during the months of the exhibit. His specialty pieces include Madame Alexander dolls, original scripts, books, autographs and more. Throughout the months of the exhibit there will be specialized activities such as “Let’s Find: Green”, where preschool children can visit Emerald City with three green friends: the Grinch, Shrek, and Kermit the Frog. During the hour they will read a story and make a craft. Come back for special activities created for a more attentive crowd. Austin Peay’s Dr. Kevin Tanner will discuss the symbolism of Oz during a special lunch in May.

Every other year Terri Jordan, the curator of exhibits, likes to bring in a traveling exhibit that is

# Easter

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geared towards family and children interaction. When she found this exhibit a couple of years ago she did not waste time scheduling it. The exhibit is attractive to her because it is a subject that multiple generations have grown up with; therefore it is familiar to a larger audience. In addition, no other venue in Tennessee is exhibiting it, giving it appeal to people outside of our city. The exhibit's title sponsor, Planters Bank, as well as support from many other local businesses, are responsible for bringing this exhibit to life in Clarksville.

Before The Wizard of Oz was a movie, it was a book,



a book series of 14 to be exact. Instill a love of reading and storytelling by literally stepping into this timeless story through giant 3D books that allow children to experience education through playtime. The exhibit will run from April 2 through June 29. Below are the "Arts & Oz" family programs that are scheduled for the duration of the exhibit.

Located in the heart of historic downtown Clarksville, Tennessee, the Customs House Museum and Cultural Center is the State's second largest general museum. With over 35,000 square feet of the region's best hands-on activities and special events...people of all ages agree—the Customs House Museum is worth a visit. Regular museum hours are 10:00 a.m. to 5:00 p.m. Tuesday through Saturday, and 1:00 p.m. to 5:00 p.m. on Sundays. Adult admission is \$7, Senior Citizens and College ID \$5, Ages 6 to 18 \$3, and six years and under and Museum members are



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free. The Customs House Museum is located at 200 South Second Street. For more information, call (931) 648-5780 or visit [customhousemuseum.org](http://customhousemuseum.org).



**Let's Find: Green ("It's Not Easy Being Green")**

Preschool age children visit the Emerald City with three green friends: the Grinch, Shrek, and Kermit the Frog. We will also read a story and make a craft.

**Family Day Activity: Animals in Art & Literature**

April 12, 10:00 a.m. to 4:00 p.m. Second Saturday is FREE admission day! Meet illustrator W. W. Denslow's Winged Monkeys, Cowardly Lion, and Toto in Frank L. Baum's book The Wonderful Wizard of Oz, as well as other animals that are found in children's books with a family arts and crafts activity.

**A Puppet Production**

May 4, 1:00 p.m. to 4:00 p.m. Puppets take the stage today to tell us the story of Dorothy's amazing



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journey to Oz and back. Paper bags will be provided to make your own cast.

**Let's Find: Shoes ("There's No Place Like Home")**

May 14 & 15, 10:30 a.m. to 11:30 a.m. Preschool age children: put on your favorite



pair of shoes and come join us as we look for shoes in the museum, then try on Dorothy's sparkly, silver slippers. We will also read a story and make a craft.

**The Symbolism of Oz**

May 15, 12:10 p.m. Austin Peay's Dr. Kevin Tanner will discuss symbolism in the Oz books during this Art & Lunch program.

**It's All in Your Head!**

June 19, 11:00 a.m. to 3:00 p.m. If I only had a brain. Discover some 6-14 year-old inventors who started their own businesses. Bring your brain and see what you can do!

**Draw Me a Story**

June 22, 1:00 p.m. to 4:00 p.m. From 2:00 p.m. to 3:00 p.m. Alison Davis Lyne, a freelance illustrator, will discuss the art of illustration in the Turner auditorium. She also paints for the fine art market. Ms. Lyne's presentation is designed for teens and adults. Then join us in the Children's Room as we make stories come alive through pencils and crayons.

**The Tin Woodman Gets His Heart**

June 26, 11:00 a.m. to 3:00 p.m. Children are invited to make their own paper Tin Woodman and give him a heart as we learn how the heart works.

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# BALANCING PILATES OR YOGA (HOT OR NOT) WHICH IS RIGHT FOR YOU?

by Pamela Roddy Magrans

It was 1981 and Olivia Newton-John's "Let's Get Physical" music video comically defined physical fitness for a new generation. Leotards, sweat bands, and fluorescent leg warmers were the fitness fashion! Jane Fonda and Richard Simmons showed the American public that exercising was full of momentum, extroversion, and energy. The exercise image portrayed in the 1980s was one size fits all—follow the leader in the leopard print onesie! All you needed was a VHS player and some big hair!

But that was thirty years ago, and that same generation is all grown up and has defined for themselves that "getting physical" is more than just the physical. Olivia's 1980's iconic



music video communicated a subtext that physical wellness is empowering, for both men and women. That has not changed. What has changed is a new focus on forms of exercise that also emphasize the mind and spirit—not a cookie cutter calorie-burning regime, but exercise tailored to the individual, with overall wellness in mind. The

new wave of exercise focuses on physical fitness as a healthy balance of mind, body, and spirit.

The 1980s are long gone and the Olivia followers have aged, some gracefully of course! With the winter freeze surely behind us, and summer only two months away; many locals are looking for some much needed exercise.

With a variety of exercise options before us, which is best for you? Local businesses offer varieties of both group and individual fitness, weight training, running clubs, high intensity interval training, kickboxing or cycling. Exercise trends come and go, but one exercise philosophy is timeless: balance mind and body.

Many people looking for the right balance are now pursuing exercise that involves yoga and Pilates. These exercises are unique in their own ways, but focus on strengthening the muscles to create a strong synthesis of body and mind. Yoga dates back thousands of years and is rooted in spiritual practice. Pilates is a 20th century invention. Both forms of exercise help to create awareness of body posture, strengthen the core, and tone muscle. There are several local businesses that offer these adaptive forms of exercise, in a variety of forms.

### Traditional Yoga

Yoga far outdates Olivia Newton-John and skintight leggings. Yoga certainly outdates most forms of



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traditional fitness programs around today. Yoga originated in India and applies spiritual and physical applications of philosophy. Yoga consists of positions and breathing exercises aimed at teaching the mind to concentrate on certain parts of the body. Controlled breathing is used to synthesize mind, body, and spirit. Yoga is a type of moving meditation. It can be exhausting or tranquil, depending on your preference and desired result.

Beth Norris, owner of NBalance Hot Yoga and Fitness, says "Most people think of yoga in regards to the physical practice of yoga postures or asanas. Yoga is a way of life that creates a union between body, mind, and spirit."



Yoga is not for the faint of mind or body. Requiring intense focus, it is a mastery of mind over body.

At NBalance, Beth Norris offers a variety of traditional yoga classes for both the beginner and the seasoned. Since opening their doors in 2012,

NBalance has been offering a variety of yoga classes. As with all fitness programs, yoga has changed for the new generation, with variations that make this ancient exercise modern.

### Hot Yoga

Hot yoga has hit America by storm! Hot yoga occurs when traditional yoga is performed in a heated room. Temperatures may vary, but they result in similar advantages. The heat functions as a cleanser and rids the body of toxins. As the body warms up, the muscles become more flexible.

The general benefits of hot yoga include improved sleep,



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"All yoga classes at NBalance are performed in a studio heated with infrared heat. Infrared heat warms objects without raising the air temperature and does not

recirculate the air, minimizing the circulation of dust and allergens that occurs with forced heat systems," said Beth. "Infrared heat penetrates deep into the body's tissues to provide physiologic benefits in a way that a forced air system of heating cannot. Benefits of infrared heat include increased circulation, minimization of respiratory stress, reduction in joint stiffness and pain, decreased muscle soreness, and enhanced cardiovascular function."

Yoga (hot or not) takes a holistic approach to wellness and is considered a lifelong practice. Yoga is considered a remedy for insomnia, aches and pains, as well as many other

ailments. Hot or not, yoga offers a variety of medical and mental benefits.

### Pilates

Pilates is sometimes confused with yoga, and while they do share some similarities, the two forms of exercise also have clear distinctions. Pilates often incorporates the use of specialized equipment, although it is sometimes completed on a mat only.

Beth Norris, owner of NBalance Hot Yoga and Fitness, is also a licensed physical therapist and instructor in the Western Kentucky University Doctor of Physical Therapy program.

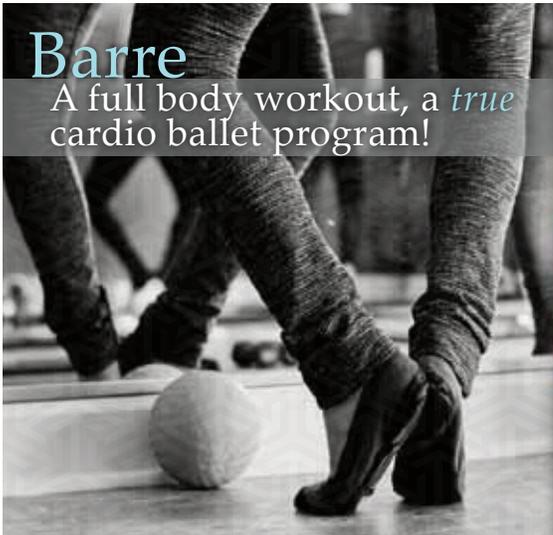
Beth notes, "The physical practice of yoga is similar to Pilates in that both are mind-body disciplines that develop balance, strength and coordination while focusing on alignment and breath control. Precision and alignment emphasis in the performance of both yoga and Pilates provide a safe exercise option for individuals with musculoskeletal joint and muscle conditions.

"This is why NBalance offers mat Pilates classes in addition to a yoga schedule. Our clients find that the combination of yoga and Pilates provides a balanced workout, melding the best of both disciplines."

Due to these varied advantages, many locals are exploring the benefits of Pilates.

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The Pilates Movement of Clarksville located at 323 North Riverside Drive is a fully equipped studio offering private and semi private classes.

April Seay, owner of The Pilates Movement of Clarksville, is an avid practitioner and believer in Pilates. Due to her own struggle with injury and early onset arthritis, April knows the benefits of Pilates firsthand.

“Pilates is a system of exercise and physical movement designed to stretch, strengthen, align and balance the body. The Pilates Method is a practice of specific exercises coupled with focused

breathing,” said April. “People come to our studio for a variety of reasons: fitness, wellness, sports training and physical rehabilitation. In our Pilates practice our clients range from college students to great-grandparents.”

“The spring resistance of the equipment uniquely translates through the joints, muscles and connective tissue of the body, providing



healthy joints and long, lean muscle quality for which Pilates is known.

“Pilates is most popular for its ability to build long lean muscles. There’s a reason that Pilates is the exercise of choice for gymnasts and professional dancers. Pilates focuses on the whole body, not

just on sections of muscles,” said April.

# JESUS

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Over the past decade, Pilates, has increased in popularity partially due to its focus on core fitness and mind/body fitness.

The Hidden You - Classical Pilates is located at 1604 Madison Street and opens in early April. Clarksville's newest Pilates studio, The Hidden You, is a fully equipped Pilates studio offering private and semi-private sessions as well as small group equipment and mat classes.

Cynthia Mitchell, owner of the Hidden You – Classical Pilates, notes that, “Pilates is an extremely flexible exercise system. Modifications to the exercises allow for a range of difficulty from beginning to

advanced. Get the workout that best suits you now, and increase the intensity as your body conditioning improves,” said Cynthia.

“If you are new to exercise, Pilates is a great place to begin focusing on precise movement and form. If you are a veteran to exercise, Pilates is a wonderful complement to your running, golfing, or cycling. If you are working through physical therapy and need an option to continue your rehab following physical therapy, Pilates is the perfect option,” said Cynthia.

Whether you choose Pilates or yoga (hot or not), both offer a

chance to tone and sculpt, while strengthening the mind and the body.

### Get Started

Contact one of the business below to “get physical” with yoga or Pilates.

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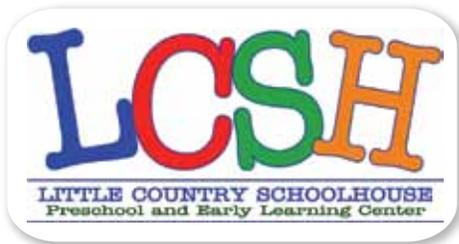
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### Radishes

According to *Better Homes and Gardens*, radishes are a good choice to plant with children because they are easy to nurture and grow quickly. Plant your radishes one week before the last anticipated spring frost.

### Strawberries

Strawberries are one of the most popular fruits for home gardens, but

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they require patience. Planted in early spring, strawberries are generally ready to pick by early summer. During your first growing season, however, experts recommend removing the flowers to prevent fruiting, which yields a better harvest the following season.

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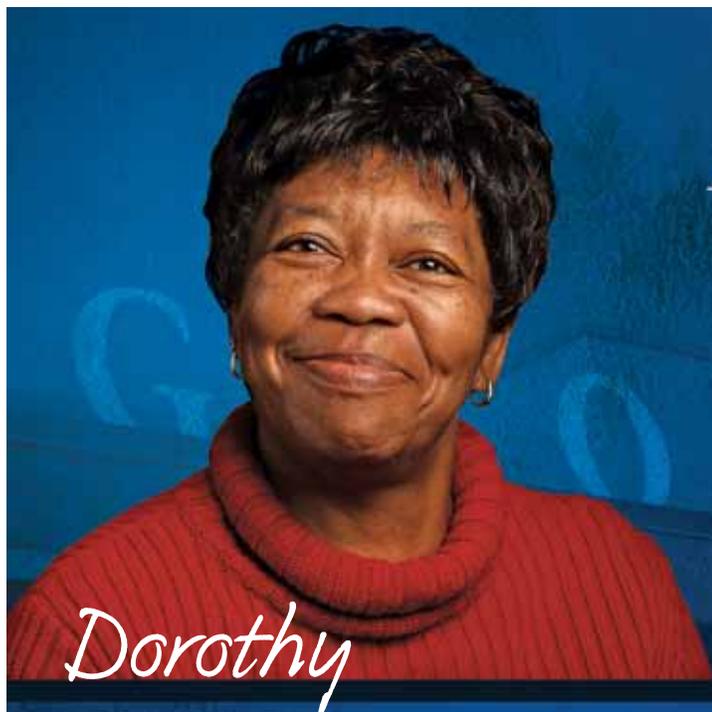
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Between pulling weeds, carrying bags of soil and seeds, and planting flowers, gardening offers an effective, low-impact workout. A 125-pound adult burns approximately 135 calories during 30 minutes of general gardening, and a 155-pound adult burns about 167 calories, according to a report from Harvard Medical School.

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*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.*



*Dorothy*

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## THUMB SUCKING: WHEN DOES IT BECOME A PROBLEM?

by Scott Bridges, DMD

Thumb sucking is a natural reflex for infants and toddlers. It may make them feel secure and happy or provide a sense of security at difficult periods. Since thumb sucking is relaxing, it may induce sleep. Most children grow out of this phase, but some do not. So when does thumb sucking become a problem?

Children should cease thumb sucking by the time their permanent front teeth are ready to erupt. Usually, children stop between the ages of two and four. Peer pressure causes many school-aged children to stop.

Thumb sucking that persists beyond the eruption of the permanent teeth can cause problems with the proper growth of the mouth and tooth alignment. How intensely a child sucks on fingers or thumbs will determine whether or not dental problems may result. Children who rest their thumbs passively in their mouths are less likely to have difficulty than those who vigorously suck their thumbs. A child who sucks her thumb will often have dental and speech problems. The top jaw begins to form a gap in the front where the thumb

is always placed causing an open bite. Other problems include crooked teeth, teeth not fitting together properly, lisps, or a tongue thrust.

The reasons why many children continue to suck their thumbs may have to do with the psychological needs of the child. Our brain has the ability to produce endorphins, or mood-altering chemicals, in response to smells, sounds, actions or objects. The brain controls our emotions and feelings in response to these chemicals. Pleasurable activities such as thumb sucking, gambling, running,

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and eating stimulate the brain to release these endorphins that stimulate a sense of security and pleasure. Thumb sucking triggers a calming, relaxing sensation to occur in the child. One of our first experiences with pleasure is suckling and getting food.

When a child continues to suck their thumb past toddler stage, many parents start to use punishment, negativity, yelling and frustration to try to stop them. This may only make the habit worse. Many times older children who suck their thumb have to endure pushy comments made by other children, teachers and complete strangers about this habit that brings them so much pleasure. They begin to feel ashamed and that they are a bad person because of all the ridicule and insults they receive.

Often, books are very effective tools in dealing with this sensitive problem, and can be suited to the particular age of the child. Here are some excellent books for children dealing with the topic:

For Children under 6:  
*Harold's Hideaway Thumb*

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by Harriet Sonnenshein,  
and *Little Thumb* by Wanda  
Dionne, Jana Dillon

For Children 5-9: *Why The  
Long Face? A Book About  
Thumb Sucking* by Todd  
Morgan, DMD

Here are a few more  
suggestions to help your  
child stop thumb sucking:

- Instead of scolding  
children for thumb  
sucking, praise them  
when they are not.

- Children often suck their  
thumbs when feeling  
insecure. Focus on  
correcting the cause of  
anxiety, instead of the  
thumb sucking.
- Children who are  
sucking for comfort will  
feel less of a need when  
their parents provide  
comfort.
- Reward children when  
they refrain from sucking  
during difficult periods,  
such as when being  
separated from their  
parents.
- Your dentist can help  
encourage children to  
stop sucking and explain  
what could happen if  
they continue.
- If these approaches  
don't work, remind the  
children of their habit  
by bandaging the thumb  
or putting a sock on  
the hand at night. Your  
dentist may recommend  
the use of a mouth  
appliance.

Dr. Bridges is a  
credentialed member of  
several national dental  
organizations and has  
published articles on a  
variety of dental topics. He  
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# RIVERS & SPIRES 2014

by Taylor Lieberstein

I always get excited when I start to hear people talk about their plans to attend the annual Rivers & Spires Festival because the event reminds me that the season to get back outside is almost here. The family friendly event is in its 12th year, and this year in particular I really feel like we deserve some nice weather and an awesome outdoor time. The free, award-winning event offers three days of downtown festivities including live music, art, interactive entertainment, kid friendly activities and great food. Last year an estimated



32,000 people enjoyed music, food and shopping over Rivers & Spires weekend.

All the fun will be happening April 24-26 in Historic Downtown Clarksville. Festival times are:

Thursday, April 24th: 5:00 p.m. to 10:00 p.m.

Friday, April 25th: 5:00 p.m. to 10:00 p.m.

Saturday, April 26th: 10:00 a.m. to 8:00 p.m.

### Music

The weekend will kick off with the festival's own version of Throwback Thursday with an 80s dance party. Slippery When Wet and Rubiks Groove will be singing tributes to the 80s with renditions of songs by The Cure, Prince and Bon Jovi. Saturday night, country music artist Randy Houser will headline the Public Square stage and Aaron Shust and The Morning Rises Tour will headline the Family Fun Zone stage. There will be a wide



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variety of shows throughout the weekend including country, jazz, blues, international and rock. These listed are just a few of the many live shows lined up on the five entertainment stages. Check out the Rivers & Spires website for all shows and times.

**For the Kids**

The Family Fun Area has games and activities for children 2 to 12 years old. The First Baptist Church parking lot will be transformed into a land of inflatable bounce houses, climbing activities, food, music, and craft projects. Over 20 different local

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organizations come together to make this area truly memorable for the children. Toddler Town is right next to the Family Fun Area. This smaller sized play place is great for the youngsters who want to be active, but not trampled by the older kids. A little train, mini bounce area,

and ball pit are all sure to hold your pre-preschooler's attention. The Green Zone welcomes the whole family and invites you to learn more about conservation, stewardship and how easy it is to practice being green. Local organizations host various activities for the children to

participate in inside the Green Zone. Rivers & Spires will also provide a teen area for ages 12-17 which includes interactive games such as a mechanical bull and a rock wall.

**New for 2014**

New this year, Clarksville Civitan is hosting a \$10,000 scavenger hunt. Anyone over 18 is eligible to enter for free. The entire festival is a playground for this easy and fun pick to win game. They will place yard signs throughout the festival and each will have a sponsor's name and number written on it. While you are enjoying the sights and activities simply pick three of those sponsor signs and write down the sponsor's name and the number that appears on the sign. The contest starts on Friday, April 25th and runs from 5:00 p.m. to 9:00 p.m. and on Saturday, April 26th from 9:00 a.m. to 5:00 p.m. Only one entry per person is allowed and you must turn in your entry in person. After you turn in your three sponsor names and numbers in the Civitan "Turn in Station" beside the Historic Montgomery County Courthouse, you are entered to win \$10,000! The drawing will take place at 5:00 p.m. on Saturday. If your numbers match those of the 3 random numbers drawn, YOU WIN!

Also debuting this year is the arm wrestling competition. The competition will be held in the USAA Military Appreciation Area. There are cash prizes and awards up for grabs and anyone can sign up. Categories are novice, amateur, women and pro. Registration will be Friday, April

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25 from 5:00 p.m. to 10:00 p.m. and Saturday, April 26 from 10:00 a.m. to 12:00 p.m.

**Contests**

Q108 will host their annual Clarksville's Got Talent, where three finalists will compete live for the cash prize in front of festival-goers.

Rivers & Spires Festival, along with Gateway Realty and A+ Property Management, will host the annual Last Band Standing competition. Select bands will compete against each other from Thursday, April 24 through Saturday, April 26 to determine the winner of cash prizes.

Aspire to Stardom is a youth talent show presented by Stardom Entertainment. A panel of judges will select between the most talented youth (aged 3 – 20) who sing, dance or have a hilarious comedy act to perform on the stage this year.

Additional activities include the F&M Bank event, Quilts of the Cumberland, Children's Parade, the Express Clydesdales, Festival of Nations, a sports zone, a step show and many more. With over 60 free events for all ages there will literally be something for everyone at this weekend long festival. Follow the event for updates on Twitter @RIVERSandSPIRES and visit their website at [riversandspires.com](http://riversandspires.com) for details on all individual events.

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## COSMETIC SURGERY FOR MEN

by Dr. Mitchell D. Kaye

I've noticed that men are less likely to talk about their appearance than are women, but that doesn't mean they are less interested in looking their best. Many men want to correct something that they never liked to begin with, like an overly large nose, but most men that I see want to change something that has developed over time like a "spare tire" or baggy eyelids. The thinking that goes along with this isn't hard to understand, we all want to project our best appearance to the outside world to improve



Liposuction

our chances of success at work or to look good for the sake of being attractive. What always amazes me and provides me with a great deal of satisfaction is how much happier people are when their looks match up to the inner concept of their ideal appearance. Someone

once said that a "Cosmetic Surgeon is a psychologist with a scalpel," and I couldn't agree more. Let's look at the common procedures that men choose to make this change happen.

### Liposuction

Number one on the list is a toned, fit and tight body. A roll of fat around the middle that won't go away with diet or exercise, excessively large breasts, or a double chin are a confidence killer for men. Liposuction is not a weight loss program, but it is highly effective at



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removing a disproportionate area of fat. By the way, targeted exercise to one area of the body, the belly for example, will not cause accelerated weight loss to that area. As long as the skin overlying the area will contract and shrink down over time, after the fat is removed, a liposuction session can change the shape of a man's body dramatically. The simplest and best-tested technique is Tumescant Liposuction (see last month's article in *Clarksville Family*). It has an excellent safety record and has minimal downtime. Other technologies including laser, water or ultrasound assisted Liposuction do **not** add to the result but **do** add to the cost and complexity of the procedure, in my opinion.

### Get rid of lines and wrinkles

As our skin ages and we contract our facial muscles over and over again, lines and wrinkles will form. The common areas are the Crow's Feet around the eyes, deep forehead Worry



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Preschool (3-5 yrs.)	9:05-9:50 am
Youth (6-12 yrs.)	9:55-10:40 am
Parent/Child (6-36 Months.)	10:45-11:15 am

Thursday

**April 10th – May 15th**

Preschool (3-5 yrs.) <span style="color: #0070c0;">Morning</span>	9:05-9:50 am
Preschool (3-5 yrs.) <span style="color: #0070c0;">Evening</span>	5:00- 5:50 pm
Youth (6-12 yrs.)	5:50-6:35 pm

Saturday

**April 21st – June 2nd**

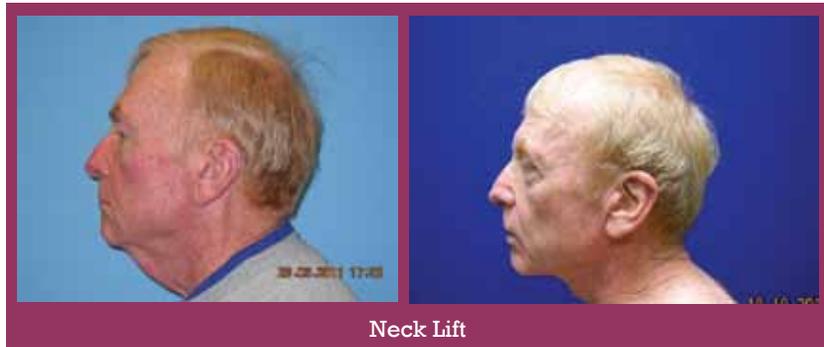
Preschool (3-5 yrs.) <span style="color: #0070c0;">Morning</span>	9:05-9:50 am
Preschool (3-5 yrs.) <span style="color: #0070c0;">Evening</span>	5:00- 5:50 pm
Youth (6-12 yrs.)	5:50-6:35 pm

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Lines and Frown Lines between the eyes. Botox™ will relax the muscles beneath the skin and significantly reduce the overlying lines and furrows. This is an office procedure that takes about 15 minutes and has zero downtime. It will require repeat treatments to maintain the result, typically every 4-6 months.

Starting in our 30's most men will begin to lose facial fat and see a sagging effect under the eyes, and form



deep creases around the mouth and lips. This requires **adding volume back** to the area. Options include commercial fillers such as Juvederm™, Radiesse™, and Sculptra™. These are office procedures that take only a few minutes and can greatly improve a person's face by adding the volume that we

had in youth. Once again, downtime is zero and the effects can last between 4-12 months depending on the product and area treated. I think of each product as a tool and like tools they need to be used correctly depending on the job at hand. This requires expert advice from a Facial Plastic Surgeon trained in their correct usage to match the need to the proper product and technique.

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Fat Transfer from one part of the body to the face can also be done for the same purpose. Although this is a short procedure in the OR, the results usually last for several years. It has been noted that Fat Transfer not only fills in the loss of volume but the overlying skin quality often improves. The current thinking is that Stem Cells transferred along with the fat may be playing a role in rejuvenating the skin.

**Skin Care**

Most men will ignore skin care. Remember to use sunblock daily. If your skin is already severely sun-damaged or sandblasted come in to get some professional advice. It is effective and simpler than you think. It is not “make-up.”

**Baggy Eyelids**

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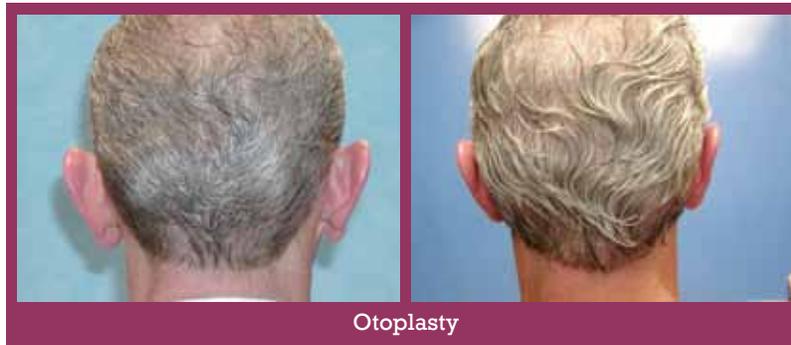


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about their emotional state. If you have deep bags or excessive eyelid skin, most people will often assume that you are tired, sad or angry. This can be corrected with a Blepharoplasty or eyelid tuck. The excess skin and bulging fat is removed and the fine lines and wrinkles can be improved with a peel. A man's eye should look like a man's eye and not a woman's, so a little residual heaviness to the lids is natural and is often considered an attractive



masculine characteristic. The procedure typically takes an hour or two and is performed as an outpatient. There is limited activity for 10 days but otherwise no significant downtime.

**Protruding Ears**

For some reason, ears that stick out too far are a

source of needless ridicule and they can have a disproportionate effect on self-esteem. Kids are particularly cruel in this respect. Boys and men will have a hard time covering this up with their hair the way a female might. An Otoplasty will change the shape of the ears back to a normal contour. The results are permanent. Interestingly, once this is corrected nobody will typically notice it, except for the patient. People

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generally don't notice normal ears; we just take them for granted.

For most men, the biggest hurdle is deciding to do something about these changes. Once you get past that, the options are better than ever and reaching your goal is a good bet.

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 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.





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## SPRING CLEANING TOOLS

by Taylor Lieberstein

Spring and spring cleaning season have officially arrived. In February we gave you reasons to not loathe, but to look forward to spring cleaning. This month we bring you some tools of the trade from old cleaning pros. Some of these classic cleaning supplies still prove to be among the best. Now meet the Classics, some oldies but goodies.



### Fresh Lemons

Clean brass and copper by sprinkling salt on a lemon half and rubbing it on the metal, then rinsing thoroughly. To bleach acidic-food stains from

dishwasher-safe items, rub lemon juice on the spots, let the items dry in the sun, wash as usual. Use the same process to coax food smells out of wooden spoons.

### Coffee Filters

Mirrors a little streaky lately? Are your windows covered in lint by the time you finish cleaning? Try using a coffee filter in place of paper towels. Spray the

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cleaner onto the filter and go to town. Coffee filters are lint-free so they'll leave windows sparkling without any residue. They're also inexpensive and can be purchased in bulk, sometimes cheaper than paper towels.

### Essential Oils

Mix 10 drops of lavender or lemongrass oil in 2 ounces of water in a spray bottle to wipe grime off windows—and to make the house smell divine. Bonus: may repel flies!

### Hydrogen Peroxide

Mix 1 tablespoon peroxide with  $\frac{1}{4}$  cup water and spray it on fruits and vegetables to kill bacteria and rinse. Use it to disinfect cutting boards (they've never gotten so much love). Mix it with a little liquid dish soap to deodorize the cat box and trash cans.

### Baking Soda

Make a paste with an equal amount of water to clean smudges on



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washable wallpaper. Take on dingy grout by mixing 3 cups baking soda with 1 cup warm water and applying to the dirty area. Let sit, then rinse well. Also superb on a damp cloth for removing heel marks from linoleum floors.

**Fels-Naptha Soap**

Use it to pre-treat tough stains, like chocolate, makeup, a ring around the collar. Wet the bar,



rub on, let sit for a few minutes. Wash as usual, then rub a nonabrasive scouring sponge with a wet bar and start scrubbing. Some even recommend grating 1/16 of a bar into the washing

machine "to give your detergent an extra kick."

**Castile Soap**

Supposedly this famous soap was beloved by Spanish royalty and sought out by other European nobles. Buy yourself a bottle and mix ¼ cup in 2 gallons of warm water for mopping linoleum floors; add 2 drops to 1 quart of warm water and use a barely moistened

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sponge to wipe down fabric upholstery; or add a squirt to a cup of hot water and apply to the stovetop, the burners, and the vent hood to cut through accumulated grease.

**Cornstarch**

Sprinkle it on greasy stains on carpets or upholstery. Let it sit for 15 to 30 minutes to absorb the oil, then vacuum up.



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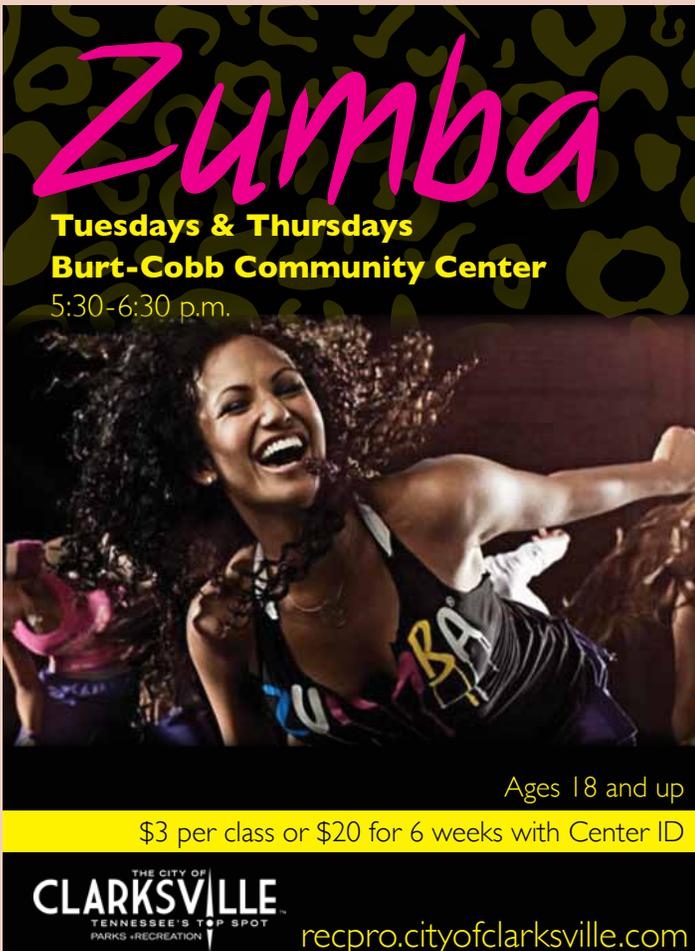
### Distilled White Vinegar

It inhibits the growth of mold, mildew, and some bacteria, so go nuts with it in the kitchen and bathroom, cleaning cutting boards and wiping soap residue from shower doors. Don't stop there. Spray it on the underarms of clothing and let soak for 30 minutes to deodorize. Mix it with an equal amount of warm water for a streak-free window

cleaner. Remove rings left by wet glasses on wood by rubbing the rings with an equal mix of vinegar and melted beeswax. Pour it in the washer to rescue a forgotten load from the smell of mildew.

### Borax

Add it to a bit of liquid dish soap and tackle the refrigerator shelves. Pour it down a clogged drain along with boiling water. Sprinkle it around the house exterior



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to deter insects. Dilute and spray it to kill mildew in the bathroom. Pour it in the toilet and let sit overnight; the next day, swish with a brush and flush to get rid of rust stains. Clean countertops and walls by dissolving ½ cup in 1 gallon of hot water; pour it into a spray bottle, spraying, and wiping with a damp cloth.

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by Lauren Thigpen

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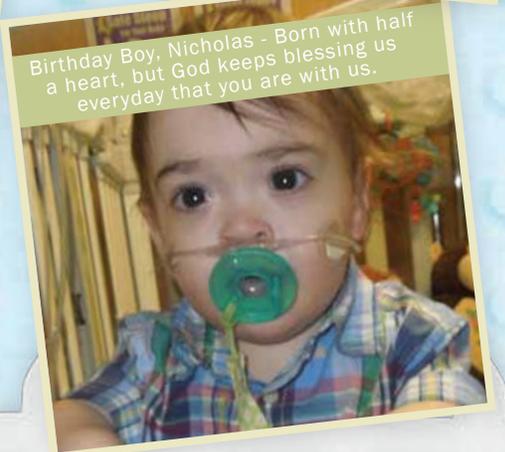
Gabrielle, Zoey & their snowwoman Sassy!



Whitney and Derek Wishing for Spring!!



Ali is ready for her first soccer game!



Birthday Boy, Nicholas - Born with half a heart, but God keeps blessing us everyday that you are with us.

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



## RACE DAY!

by Brenda Hunley Illustrated by Willie Bailey

It is a beautiful spring day; the morning sun was shining brightly and the sky was a deep shade of blue. Today is the big race around Swan Lake. Several of the area's wildlife had registered to run, and Chester the chipmunk was one of them.

Chester had been practicing for months. His best friend, Dart the bluebird had been working with him as his coach. "Chester! Chester! Today is the big day!" shouted Dart, as he swooped down in front of Chester's tree. Chester grinned. He was ready.

His friends and family joined him for the short walk to the entrance of the cave; even the Rangers were there. Everyone was ready to watch the race.

Chester prepared himself with several stretches, and walked to the line. His heart was thumping in his chest. A mix of excitement and nerves welled up inside Chester.

There were many noises surrounding Chester and the other runners. Families cheering them on, passing cars, a prop plane overhead, the buzz of the anxious crowd.

Chester shook his head. *"I must tune them out. Focus, Chester. Focus."*

The announcer was testing the microphone. "Ladies and Gentlemen, are you ready to race? Ready. Set. Go!"



Chester lurched forward. His paws effortlessly covered the ground, and he shifted his concentration to his breathing.

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**Monday, April 14:**  
 Family night is from 5-7pm. We will be making Easter Bunny paper plate crafts and special prizes will be given to those who attend.

Also on that day all kids meal served will have an Easter Egg filled with treats. This will be available all day.

**Tuesday, April 15th:**  
 Rossville Elementary Spirit Night

**Friday, April 18th:**  
 Glenellen Elementary Spirit Night

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

The grass on the path was soft, and the sun was warm on his back.

After a little while he could see the benches at the half point marker just ahead. There were people standing there, jumping up and down shouting encouragement, and giving cups of water to the passing runners. His side vision allowed the shadow of a field mouse just over his right shoulder, and a possum slightly ahead. He didn't see anything on his left.

Darting around the bench, Chester dug deep. He felt his muscles strain, but they kept going—almost robotically. Sweat was seeping into his eyes so Chester quickly wiped off his face. He could see the finish line. A renewed excitement carried Chester down the final stretch.

Soon the people that seemed far away were surrounding him. He saw that Mom and Dad Chipmunk were there, as well as Hazel and Coco the Chipmunk twins. Dart was saying something, Lily the dragonfly was sparkling as she flew circles around his head. It was all a blur. Chester could feel himself being lead forward.

“Congratulations, Chester! You did it! You did it!” said Ranger Bill, as he placed a medal around Chester's neck. It shone brightly in the light. It was heavy. There were so many friends and family surrounding Chester it felt like he was in a dream.

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**AD DEADLINES: 15TH OF THE MONTH**  
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Someone shoved a bottle of water into his paw. He felt a towel blotting his head and arms.

The group moved Chester up to the entrance of the cave. The entrance was full of different colored balloons waving in the breeze. There were tables with prizes and food on them.

There were chairs up beside the podium, as well as in front of it. Chester was led to sit in the front row with the rest of the runners.

The Mayor walked to the podium and waved off the applause of the crowd. After

announcements and greetings were complete, it was time to hand out the prizes.

Each runner walked up to the podium, shook the Mayor's hand, and stopped to get their photo taken while being given their prize.

Chester heard his name. He blinked, and walked up to the podium. The Mayor extended her hand and took Chester's paw. "Congratulations, Chester! You won second place!" Chester was handed a trophy with a gold runner on top and a shiny plaque with his name on it.

Chester turned to look at the cameras. There were a lot of them. Chester managed a smile and a "thank you" before sitting down in a chair next to the Mayor. The next announcement would be the winner. Chester was curious. In all the excitement he didn't notice who crossed the line ahead of him.

The Mayor was speaking, "And first place goes to...Clyde the goose? Yes, Clyde the goose!" Chester grinned, then laughed out loud; he didn't even know a goose could run! He had spent so much time concentrating on his breathing he didn't see who was running in front of him!

Standing to congratulate his friend, Chester and Clyde shared a high five. The crowd went wild as Ranger Bill snapped a picture of the two friends celebrating together. It had been a great, big morning at the Woods of Dunbar.

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

A promotional poster for a 'Spring Eggstravaganza' event. The background is green with a white dotted border. At the top left, the word 'FREE' is written in yellow. The main title 'SPRING EGGSTRAVAGANZA' is in large, bold, pink and red letters. Below it, the date 'SATURDAY, APRIL 19, 2014' is in green, and the time and location '1-4 PM AT HERITAGE PARK BALLFIELDS' is in yellow. The central text reads 'HUNT OVER 20,000 FILLED EGGS & VISIT WITH THE EASTER BUNNY!' in pink and red, followed by 'FOR KIDS 3-10' in green. At the bottom, there are illustrations of several colorful Easter eggs (red, orange, blue, yellow) and a brown Easter bunny holding a carrot. A teal banner at the bottom contains the text 'Games • INFLATABLES • PRIZES • PETTING ZOO'. Logos for 'Clarksville Family', 'THE CITY OF CLARKSVILLE TENNESSEE'S TOP SPOT', and 'THE LEAF-CHRONICLE' are at the very bottom.

**KEEP  
CALM  
AND  
RUN  
ON!**



ARTWORK BY MOLLY CLARK

A CLARKSVILLE TRADITION PROMOTING FITNESS AND FUN FOR 36 YEARS

**SATURDAY, MAY 3, 2014**

**ALL AGES • FUN FOR THE WHOLE FAMILY**

FEATURING THE 5K, 7K, & ONE MILE MOVEMENT

**BEGINNING AT 8AM OUTSIDE THE APSU FOY CENTER**

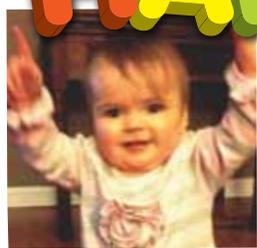
REGISTER ONLINE! • EARLY BIRD DEADLINE APRIL 18. ONLY \$20

**[WWW.CITYOFCLARKSVILLE.COM/QCRR](http://WWW.CITYOFCLARKSVILLE.COM/QCRR)**



Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by April 15th.  
 \*Please include the name of who is in the photo, their age & a preferred short caption\* (optional).

# HAPPY BIRTHDAY!



Happy 1st Birthday, Anistyn!  
 Mommy, Daddy, Ava, Popper & Nanny  
 Love You!!



Happy 1st Birthday, Brantly Ray!!  
 We love you! Mommy, Daddy, & Laney



Happy 1st Birthday Maxwell  
 Martin!!! Mommy, Daddy &  
 McKinlee love u!



Happy birthday Yerik & Daddy  
 Mommy loves you!!!!



Happy Birthday Jacob!!  
 You Rock little soldier!



Happy 2nd Birthday Kyndal!!!  
 Love, Mommy Daddy



Happy Birthday Lily!  
 Love, Mommy, Daddy & Cali



Happy 2nd Birthday Nicholas  
 Love Mommy, Daddy & Alyssa



Happy 2nd birthday  
 Peyton Isabella Rakoce  
 Love Mommy Daddy & Sissy



Happy 3rd birthday derez!  
 love mommy



Happy 3rd Birthday Henley!  
 Love Momma and Daddy!



Happiest 3rd birthday, Jacob!  
 Mama, Daddy & Grayson, love you



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



Happy 4th birthday Angel!  
 Love mom, sis & bro!



Happy 4th Birthday Benjamin!  
 We love you,  
 Mama, Daddy, & Tucker



Happy Birthday, Bubba!  
 Love you,  
 Momma, Daddy, & Aliviave



Happy 4th Birthday Knox!  
 All our love, Mom and Dad



Happy 4th Birthday  
 Samuel!



Happy 5th Birthday Carter!  
 Love: Dad Mom & Connor!



Happy 5th Birthday, Dayjah!  
 Love Always-  
 Daddy, Mommy, and Sissy

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

# HAPPY BIRTHDAY!



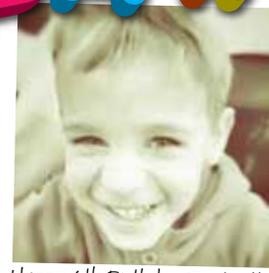
Happy 5th birthday Gabby!  
Much love: Mom, Papa & ate!



Happy 6th Birthday Jacob!  
Love, Mommy and Daddy



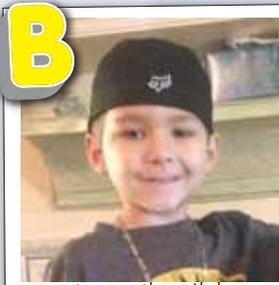
Happy 6th Birthday Laila Mae!!!  
Love, Mommy, Daddy,  
Aaron and Justice!



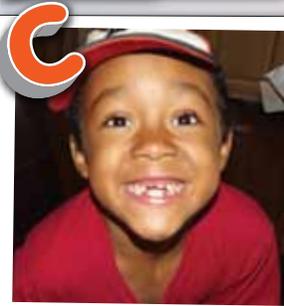
Happy 6th Birthday Tristan!!  
We Love You To The Moon  
-Mom & Dad



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



Happy 7th Birthday  
"Blake The Snake" We love you  
Mommy, Derek, Robert & Hailey



Christian is turning 7,  
a gift from heaven. Love Us!



Happy 7th Birthday Tessa!  
Love Mommy, Daddy, Ryan & Ellie



Happy 8th Birthday,  
love Dad, Mom, Bubba,  
Abuelo and Abuela



Hope-Happy 8th Birthday!  
Love, Mom, Dad,  
Wyatt & Kaden



Haleigh Brooke  
Happy 12th Birthday!! We love  
you, Momma, Daddy & Meghan



Happy 12th Birthday, Kevin!!  
We love u! From mommy,  
daddy, Kemari, Kam & Kaely!



Happy Birthday Ashley!!!



Happy golden birthday!  
Love your kids.



ENJOY  
SOME  
CAKE!



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  
[smithtrahermansion.com](http://smithtrahermansion.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](mailto:RecyclingHabitatMCTN@gmail.com)  
Recycling Coordinator: Denny Mihalinec

## HOPE RIDERS BIKER CHURCH

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

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

## MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

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

## 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

**Chick-fil-A Wilma Rudolph**  
3096 Wilma Rudolph Boulevard  
(931) 552-5511

**Tuesday, April 8  
GLENELLEN ELEMENTARY  
SPIRIT NIGHT**

**Monday, April 14  
5pm to 7pm  
FAMILY NIGHT**

**Tuesday, April 15  
ROSSVIEW ELEMENTARY  
SPIRIT NIGHT**

# April

## 3 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

## 5 SATURDAY SCHOOL AGE ROUNDUP

9:00 a.m. to 12:00 p.m. See ad on page 41.

Little Scholars Montessori School  
1844 Memorial Drive  
(931) 320-3640  
[littlescholars.info](http://littlescholars.info)

## ALTRA ANNUAL EASTER EGG HUNT

9:30 a.m. to 11:00 a.m. Bring your Easter basket. Age groups 0-3,

## GATEWAY BAPTIST ACADEMY

Home School Assistance Program

Administrator: Pastor John Dalton  
Director: Angela McKinney

Blazing the Trail in Christian Education

*A unique approach that combines home schooling with traditional Christian education*



www.gatewaybaptistacademy.com

Call Now for Early Registration Discount\*

• Caring, professional teachers	• Christian foundation	• K-12th classes
• Morning classes M-W-F	• Home Study Days T-TH	• Academic excellence
• Spring Program/Graduation	• Standardized achievement testing	• Family involvement
• Pre-school Mom's Day Out	• Field trips/special days	• Monthly chapel services

131 Corporate Drive | Clarksville, TN 37040 | (931) 809-8470

\*Limited Enrollment Available

# Clarksville Cumberland Presbyterian Church

Saturday, April 12

Youth Breakfast Fundraiser. . . 8:30  
Egg Hunt . . . . . 9:15

Easter Sunday, April 20

Sunrise Service. . . . . 7:30  
Breakfast . . . . . 8:30  
Sunday School . . . . . 9:30  
Cantata . . . . . 10:30

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

4-7 and 8-10. Pick up door prize tickets, enjoy free refreshments, face-painting and more. One child in each age group will win a new bicycle.

Altra Federal Credit Union  
184 Stone Container Drive

### SPRING OPEN HOUSE

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

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

## 12 SATURDAY MILITARY APPRECIATION DAY

Visit the mall for special store offers and entertainment throughout the day.

Governor's Square Mall  
2801 Wilma Rudolph Boulevard

### CRUISIN THE CREEK

8:00 a.m. to 3:00 p.m. This is a FREE family event to benefit West Creek High School's Band and Wrestling Team. Visit our showcase of fancy bikes and cars on display. We will also have a car bash, food, entertainment, door prizes, a DJ playing the oldies and a swap meet area. What makes this showcase special is our one of a kind custom made trophies for the car and bike winners! Car and bike clubs welcome to participate. Vendor set up fee is \$25 and car or bike entry is \$10. For more information or to pre-register email [WCHSBandEvent@gmail.com](mailto:WCHSBandEvent@gmail.com).

### DOWNTOWN CLARKSVILLE CELEBRATES ART

9:00 a.m. to 12:00 p.m. The Downtown Artists Co-op and Clarksville/Montgomery County Arts and Heritage Development Council are sponsoring a Second Saturday

Workshop on Portraiture led by Brad Reagan. Registration is \$35 plus cost of materials. Space is limited.

1:00 p.m. to 2:00 p.m. DAC Artist Judy Morgan will work with children and adults to compose an abstract painting on a small canvas, using tape and paints. At the same time, DAC Artist Bob Privett will show children and adults how to combine common geometric shapes into a drawing of a human cartoon figure. There is no charge for either of these projects; the DAC and AHDC will furnish all materials.

Downtown Artist Co-op  
96 Franklin Street  
[artsandheritage.us](http://artsandheritage.us)  
(931) 551-8870

10:00 a.m. to 4:00 p.m. The folks at Horsefeathers (through Mildred and Mable's), invite you to drop by this unique arts and crafts studio to discover the art of having fun while painting your own pottery or working with woodcrafts or canvases.

Horsefeathers  
109 Franklin Street

10:00 a.m. to 5:00 p.m. The Customs House Museum will offer free admission as it does every Second Saturday. Visitors can experience the Wonderful Wizard of Oz exhibit, a rare exhibition of Andy Warhol's photographic portraits, and installations by women artists in celebration of Women's History Month, as well as the new history exhibit, Becoming Clarksville.

10:00 a.m. to 4:00 p.m. Sue Lewis, curator of education for Customs House Museum, will lead a family craft project. This month's Family Day Activity is Animals in Art and Literature. Through books, poetry, puppets, art and crafts, participants will meet W.W. Denslow's illustrations of the Winged Monkeys, the Cowardly Lion, and Toto the Dog

from Frank L. Baum's book, *The Wonderful Wizard of Oz*. There is no charge for this activity.

Customs House Museum  
200 South Second Street  
[customshousemuseum.org](http://customshousemuseum.org)  
Sue Lewis  
(931) 648-5780  
[slewis@customshousemuseum.org](mailto:slewis@customshousemuseum.org)

11:00 a.m. to 12:00 p.m. The Framemaker will present a gallery talk covering the principles of drawing by Dr. Patricia Halbeck, professor of music at Austin Peay State University. Topics of the art talk include line, contour, value and composition.

The Framemaker  
705 North 2nd Street  
[theframemakerclarksville.com](http://theframemakerclarksville.com)  
[facebook.com/TheFramemakerClarksville](https://facebook.com/TheFramemakerClarksville)

2:00 p.m. The Roxy is presenting *A Woman Called Truth*, a one-act play chronicling the life of Sojourner Truth through her own words along with authentic slave songs, spirituals and folk songs. Tickets are \$15 for adults, \$10 for those 13 and under. Seating is limited; purchase tickets in advance through the Roxy's website.

The Roxy Regional Theatre  
100 Franklin Street  
[roxyregionaltheatre.org](http://roxyregionaltheatre.org)

3:30 p.m. The L & N Train Station Painters will host a reception for folks to view their work as well as artwork by West Creek High School art students. End the day with some good food plus a bit of art and history with a visit to the destination of "The Last Train to Clarksville." As Bobby Goldsboro lamented in the 1970s, "The L & N Don't Stop Here Anymore," but the station still offers plenty for those who do stop by.

L & N Train Station  
Commerce and 10th Street

### VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Enjoy a free class and make new friends at KMA. 9:45 a.m. to 10:15 a.m. class for children 3 to 5 years old; 10:30 a.m. to 11:00 a.m. class for children 2 to 3 1/2 (must be accompanied on the floor with an adult); 12:15 p.m. to 1:00 p.m. class for children ages 6 to 12.

Kriegisch Martial Arts  
2690 Madison Street Suite 190  
(931) 472-1008  
[kriegischmartialarts.com](http://kriegischmartialarts.com)

### COMMUNITY EASTER EGG HUNT

10:00 a.m. Hosted by Clarksville Community of Hope. Children through 5th grade welcome.

150 Richview Road  
[clarksvillefirst.com](http://clarksvillefirst.com)  
[facebook.com/hopekidsministry](https://facebook.com/hopekidsministry)

### WETTEST ADAPTIVE EGG HUNT

10:00 a.m. to 12:00 p.m. Pre-registration is required.

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.

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

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

**931.431.6096**  
2631 Ft. Campbell Blvd

Pediatrician  
**Dr. Barbara Aquino**

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

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

Check us out on Facebook.

**AQUINO PEDIATRICS IS NOW OPEN THROUGH LUNCH.**  
Please call us to schedule your child's sports physical today!  
*We love our families at Aquino Pediatrics!*

Community Church. For more details 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)

### 13 SUNDAY PROJECT LINUS

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

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

For more information please contact: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church  
1410 Golf Club Lane

### 14 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

### 15 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.

April's special guest will be Mr. Tracy Jackson, Master Gardener. We will be planting a tree at The Post House in observance of Arbor Day.

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.

The Post House  
3190 Fort Campbell Boulevard  
[tndar.org/~wmedmiston/](http://tndar.org/~wmedmiston/)  
[CaptWilliamEdmiston@tndar.org](mailto:CaptWilliamEdmiston@tndar.org)

### 16 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

### 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

### 18 FRIDAY KIDS-N-PLAY EASTER EGG HUNT

10:00 a.m. Free with paid admission. Indoor, warm and dry! Hundreds of eggs. Take photos with the Easter Bunny. Kids will be split into age groups. Find us on Facebook. See ad on page 63.

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

### EASTER WEEKEND AT PRIZER POINT

Easter Egg Hunt on Saturday, April 19 with prizes for all. Board game Sunday begins, Sunday, April 20. See ad on page 33.

Prizer Point  
1777 Prizer Point Road  
Cadiz, Kentucky  
(270) 822-3762  
[prizerpoint.com](http://prizerpoint.com)

### 19 SATURDAY HABITAT FOR HUMANITY OF MONTGOMERY COUNTY TN 5K/1 MILE FAMILY FUN RUN

8:00 a.m. to 12:00 p.m. We will have Jumpies, Tacky Recycling Costume Contest, Easter Egg Hunt, music entertainment, games and Water Wars!! Come join us for this fun filled day! Music entertainment featuring Lydia Walker, Jacob Finn and up and coming local singer, Alexis Mihalinec.

Beachaven Vineyards & Winery  
1100 Dunlop Lane

### SPRING EGGSTRAVAGANZA

1:00 p.m. to 4:00 p.m. Hunt over 20,000 filled eggs and visit with the Easter Bunny. For kids 3-10, free admission. See ad on page 46.

Heritage Park  
1241 Peachers Mill Road

### 20 SUNDAY EASTER

### 22 TUESDAY EARTH DAY

### VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Try KMA's Fitness Kickboxing for adults (ages 16 and up). It is a fantastic way to get in shape and build self confidence in a safe and friendly environment. Class time is 7:30 p.m. to 8:15 p.m. These exciting and energetic classes are for new students only. Class size is limited. Pre-registration is required.

Kriegisch Martial Arts  
2690 Madison Street Suite 190  
(931) 472-1008  
[kriegischmartialarts.com](http://kriegischmartialarts.com)

### 24 THURSDAY RIVERS & SPIRES FESTIVAL

Through Saturday, April 26. See article on page 26.

### 26 SATURDAY RIVERS & SPIRES CHILDREN'S PARADE

1:00 p.m. in downtown Clarksville. Free to enter for individuals, groups or businesses with small floats, decorated wagons, strollers, child-size vehicles or walking. No full size cars or trucks allowed. Children ages 12 and under must have an escort. No animals other than identifiable assistant dogs allowed.

Licensed, Insured & Locally Owned.



## SPACE WALK™

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

THIS ONE'S FOR THE BOYS!  
**BOYS GONE MUDDIN'**  
GET THE NEW ATV/4 WHEELIN' BOUNCE HOUSE TODAY!



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

**\$20 OFF ATV/4WHEELER BOUNCE RENTAL.**  
WHEN YOU BOOK IN APRIL.



# Summer

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

Take our **KMA Challenge!**

6 weeks of classes  
KMA t-shirt  
karate pants & white belt  
for one low price!  
\*For new students only

**May 16-June 28**  
We offer age specific classes  
for students 2 years and up!

**CALL TODAY!** Deadline to Register is Wed., May 14



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

Entries displaying the theme "OUR IMAGINARY WORLD" may compete for awards. For registration and information go to [riversandspires.com](http://riversandspires.com). You may also find registration slips in the children's area of the Public Library, Customs House Museum or City Parks and Recreation office. Direct further questions to Shirley Taylor at [secretarytaylor@yahoo.com](mailto:secretarytaylor@yahoo.com).

### CLARKSVILLE CHEER EXTREME TRYOUTS

We offer competitive cheerleading, tumbling classes, private lessons, and stunt classes. Find us on Facebook! See ad on page 23.

[pantherallstars.net](http://pantherallstars.net)  
(931) 647-9000

## May

### 2 FRIDAY

**KICKOFF OF MOVIE WEEKEND AT PRIZER POINT**  
Free popcorn during movie. See ad on page 33.

Prizer Point  
1777 Prizer Point Road  
Cadiz, Kentucky  
(270) 522-3762  
[prizerpoint.com](http://prizerpoint.com)

### 3 SATURDAY STEWART COUNTY BAZAAR

10:00 a.m. to 3:00 p.m. There will be 30 vendors showcasing jewelry, art, sewn creations, knit and crochet items, wood work, quilts, baked goods, jellies, and homemade candy and other types of handmade items. Everyone is welcome to come out and enjoy the day.

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

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

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THE ART AND SCIENCE OF PURE ESSENCE AND PLANT ESSENTIALS

# give mom less stress

Mother's Day is May 11  
stress-fix™ body care with aroma proven to reduce feelings of stress

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

## 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.

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

## JUST FOR ME STORY TIME

10:30 a.m., Tuesdays, April 1 and 8. Designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

## BUSY BEES

9:30 a.m. Monday, April 7. 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, April 3 and 10. 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!**

## HOLA! BILINGUAL STORY TIME

5:30 p.m. to 6:30 p.m. Bilingual Story Time in Spanish and English presented by Marielvis Magnuson and Rosa Ponce. Stories and songs as well as a simple craft. Come join us and enjoy the fun.

## FAMILY STORY TIME

10:30 a.m. Mondays, April 7, 14, 21 and 28; 9:30 a.m. Tuesdays, April 1 and 8. Programs will feature stories centered around a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together.

## LEGO PROGRAM

2:00 p.m. to 3:30 p.m., Saturday, April 12. 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.

## ANIME PROGRAM

2:00 p.m. to 4:00 p.m., Saturday, April 5. Teens will enjoy watching Anime, sharing drawings and enjoying snacks.

## TWEEN PROGRAM

5:00 p.m. to 6:00 p.m., Thursday, 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., Tuesday, April 1.

# GOVERNOR'S SQUARE MALL



## events

### Photos with the Easter Bunny

Now - April 19, Center Court  
Mon.-Fri., 11am-8pm,  
Sat., 10am-8pm, Sun., Noon-5pm

### Military Appreciation Day

Saturday, April 12. Active duty and retired military service members and their families receive special discounts at participating stores.

www.GovernorsSquare.net



www.MallGiftCards.net



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

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



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# CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

## EXHIBITS:

### **THE WONDERFUL WIZARD OF OZ**

Follow the Yellow Brick Road to an award-winning interactive experience! Step into the pages of the literary classic written in 1900 by L. Frank Baum and illustrated by W. W. Denslow. Designed to engage and challenge guests to step into reading, *The Wonderful Wizard of Oz* invites visitors into large pop-up book pages that frame each section of this exhibit. Visitors learn through play with brain teaser games, role playing, dress-up, and other educational activities incorporated throughout. This exhibit involves 11 sections, or "chapters," each addressing a different element of the story, such as Dorothy's House, Tornado, Emerald City, and Glinda's Castle. Exhibit sponsored by Planters Bank. The Wonderful Wizard of Oz is produced and toured by Great Explorations Children's Museum, St. Petersburg, Florida. Through June 29.

### **THERE'S NO PLACE LIKE OZ**

Memorabilia from the collection of Dr. John Olson, including Madame

Alexander dolls, original scripts, books, autographs, and more. Through June 29.

### **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.

### **THE FASCINATING MR. WARHOL: PHOTOGRAPHS BY RAEANNE RUBENSTEIN**

Rubenstein made her name in New York City shooting celebrities such as John Lennon, Muhammad Ali, Jimi Hendrix, Janis Joplin, Mick Jagger, The Beatles, and Andy Warhol, with whom she became friends. Through May 4.

### **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.

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

Nashville artist Peach McComb brings the outdoors in, painting in both impressionistic and representational styles. Through April 27.

### **EASTER PARADE**

Lobby exhibit of women's hats, gloves, hankies, and handbags. Through April 27.

### **ACTIVITIES:**

#### **LET'S FIND: GREEN ("IT'S NOT EASY BEING GREEN")**

April 2 and 3, 10:30 a.m. to 11:30 a.m. Preschool age children visit the Emerald City with three green friends: the Grinch, Shrek, and Kermit the Frog. We will also read a story and make a craft. Program is free with Museum Membership or paid admission.

#### **A GALLERY TALK WITH RAEANNE RUBENSTEIN**

April 8, 7:00 p.m. to 8:30 p.m. Free admission. Raeanne Rubenstein has worked with some of the biggest names in movies, music, and pop culture. Join her as she

discusses her photography in *The Fascinating Mr. Warhol*.

### **LADIES NIGHT**

April 11, 6:00 p.m. to 8:00 p.m. Free Admission. Celebrate Women's History Month with a gallery talk with artist Sher Fick, a discussion on vintage clothing and jewelry with Karen Parr-Moody, and Women's health information. Light refreshments will be served. Vintage hat and glove attire is encouraged!

### **FAMILY DAY ACTIVITY: ANIMALS IN ART & LITERATURE**

April 12, 10:00 a.m. to 4:00 p.m. Second Saturday is FREE admission day! Meet illustrator W. W. Denslow's Winged Monkeys, Cowardly Lion, and Toto in Frank L. Baum's book *The Wonderful Wizard of Oz*, as well as other animals that are found in children's books with a family arts and crafts activity.

The Museum will be closed Sunday, April 20th for Easter.

Sue Lewis  
Curator of Education  
(931) 648-5780

[slewis@customshousemuseum.org](mailto:slewis@customshousemuseum.org)

## Meeks & Meeks

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## ADOPTION & FOSTER CARE

### CLARKSVILLE FAMILY ADOPTION GROUP

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information, contact Jaime at (931) 980-8498 call/text. To be added to the contact list, please send your e-mail address and/or phone number to [jaimeforjewelry@gmail.com](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, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or [ninemonthsandbeyond.com](http://ninemonthsandbeyond.com).

## WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

## DEPARTMENT OF CHILDREN'S SERVICES

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

## LEGAL AID SOCIETY

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

## MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

## SAFEHOUSE

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

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

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

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

## GIRL SCOUTS OF MIDDLE TENNESSEE

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

## LEAP ORGANIZATION

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

## COMMUNITY OUTREACH

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

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other members of the division at the end of World War II. 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 [www.studythescriptures.net](http://www.studythescriptures.net) or call (931) 648-8844 for more information and to register.

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

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## APSU EXTENDED EDUCATION

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## 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.

## 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 us 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.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](http://www.facebook.com/FriendsOfRotaryPark) to

keep in touch with other members and events at the park. Dues are annual at \$15 for individuals / \$25 for a family / \$50 business membership.

## GATEWAY HOME HEALTH & HOSPICE

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@clarksvillerestore.org](mailto:donation@clarksvillerestore.org).

## HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

## HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community

organizations. For further information regarding our programs, please call (931) 431-7580.

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

## LATINA ASSOCIATION

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

## LOAVES AND FISHES

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

## MANNA CAFE MINISTRIES

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

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

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

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

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

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

We are committed to uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

## MEALS ON WHEELS

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

## MONTGOMERY COUNTY WIC CLINIC

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

## PREVENT BLINDNESS TENNESSEE

Offering free vision screenings for adult diabetics (aged 40 and over). Call for appointment at our office. For groups of

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

### **RADICAL MISSION**

Meets Tuesdays and Thursdays from 9:00 a.m. to 1:00 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, clothing, furniture, volunteer opportunities, and friendship. For more information contact Heather Byrd at (931) 648-1496.

### **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. Sittou, 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.pastoralcounselingctr.org](http://www.pastoralcounselingctr.org).

### **THE PATH LIFE COACHING**

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

### **WESTERN KENTUCKY MEDICAL OPIOID TREATMENT**

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and

individual counseling to address the patients specific treatment needs. Please give us a call at (270) 877-8333.

### 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. 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 Tennyky Area AFS Volunteer Leadership Team at [www.afsusa.org/misstennyky](http://www.afsusa.org/misstennyky).

### PARENT GROUPS

#### CLARKSVILLEMOMMIES.COM

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

#### CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTHOUSNESS ACADEMICALLY

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

### CLARKSVILLE HOMESCHOOL NETWORK

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

#### FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

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

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

#### HOPKINSVILLE SAHM MEETUP GROUP

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

#### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [www.facebook.com/LLLClarkville](http://www.facebook.com/LLLClarkville). 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 [momsclubofclarksvilwest@gmail.com](mailto:momsclubofclarksvilwest@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- Coordinators, 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 [the grubbsfamily07@gmail.com](mailto:the grubbsfamily07@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 (SECLAR 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 [wwilson@bellsouth.net](mailto:wwilson@bellsouth.net).

### 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 [shelleytaroli@gmail.com](mailto:shelleytaroli@gmail.com).

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

### CAMP WILLOW CREEK

Camp Willow Creek is designed for young people ages six to sixteen who have lost a loved one due to death in the past two years. The child must have turned six years old by January 1, 2014. Camp Willow Creek teaches these young people coping skills to grieve in a healthy manner through group sessions which are developmentally appropriate for each age group. In addition to the group sessions, campers have the opportunity to participate in arts and crafts, swimming, fishing, canoeing, karaoke, and other activities. The community is also very involved in providing presentations by Tender Paws of Clarksville pet therapy, Stewart County EMS, Stewart County Volunteer Fire Department, and Dr. Rita Tinsley/K9 Search and Rescue. A wonderful aspect of Camp Willow Creek is there is no cost to the participant. Camp Willow Creek is held at Camp Brandon Springs, a retreat center located at Land

Between the Lakes, 65 miles northwest of Clarksville. Round-trip transportation is also provided free. Camp is sponsored by Gateway Hospice and funded by the Gateway Medical Center Volunteer Auxiliary. Camp Willow Creek is staffed by volunteers including social workers, teachers, school counselors, and others who are trained through Gateway Hospice. Nurses are available on site, if needed.

Camp Willow Creek will be held June 20-23, 2014. For further information visit our website at [www.campwillowcreek.org](http://www.campwillowcreek.org). You will find pictures from previous camps and the camp application. If you have questions or need further information please contact Gateway Hospice at (931)552-9551. Volunteer opportunities are available through Gateway Hospice; please call the office for further information.

### 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@tnvoices.org](mailto:mcausey@tnvoices.org), Jennifer Allen at (615) 854-2165 or [jallen@tnvoices.org](mailto:jallen@tnvoices.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 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).

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