

May 2014

FREE!

Clarksville Family



Serving Clarksville, Fort Campbell & the Surrounding Areas



10 month old Aiden Calcese and his beautiful mother, Rosemary, enjoying a lovely spring day.

Photos by Kellie

Dance Force



June

Presenting our 2014 Spring Production
"A Moment In Time"

Located at APSU Mass Comm Building
June 4 (6:00), June 5 (6:00), June 6 (6:00),
June 7 (6:00), Encore Show June 7 (1:00)
Tickets \$10 In Advance & \$12 at the door.



July

SUMMER CAMPS

July 21-25 (Beginner/Intermediate & Performance Camp)
July 28 - August 1 (Advanced & Competitive Camp)
**You must attend camp as your audition for any of our teams



What We Offer: Ballet, Pointe, Tap, Jazz,
Contemporary, Hip Hop, Musical Theatre,
Modern, Acro & Lyrical.

OPEN HOUSE



July 20
(1-4 pm)

August 2
(1-4 pm)

*Sign up &
get your Fall Schedule



*Enrolling
Ages
3 & up
*unless
pottytrained

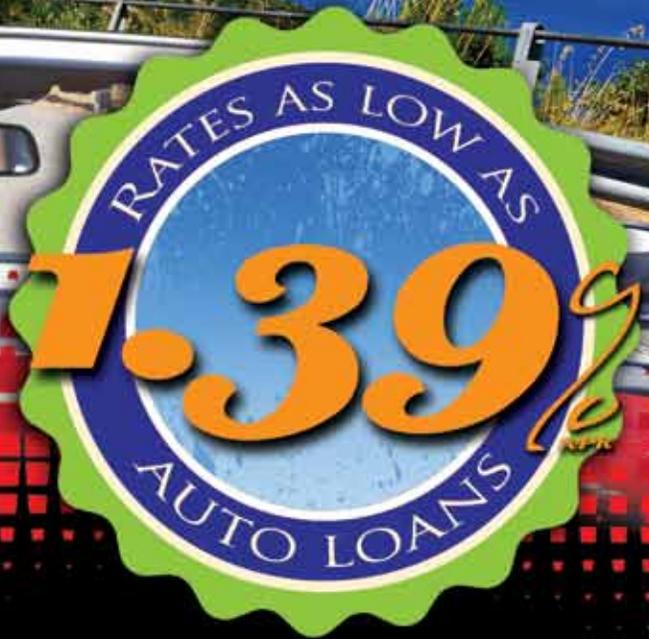
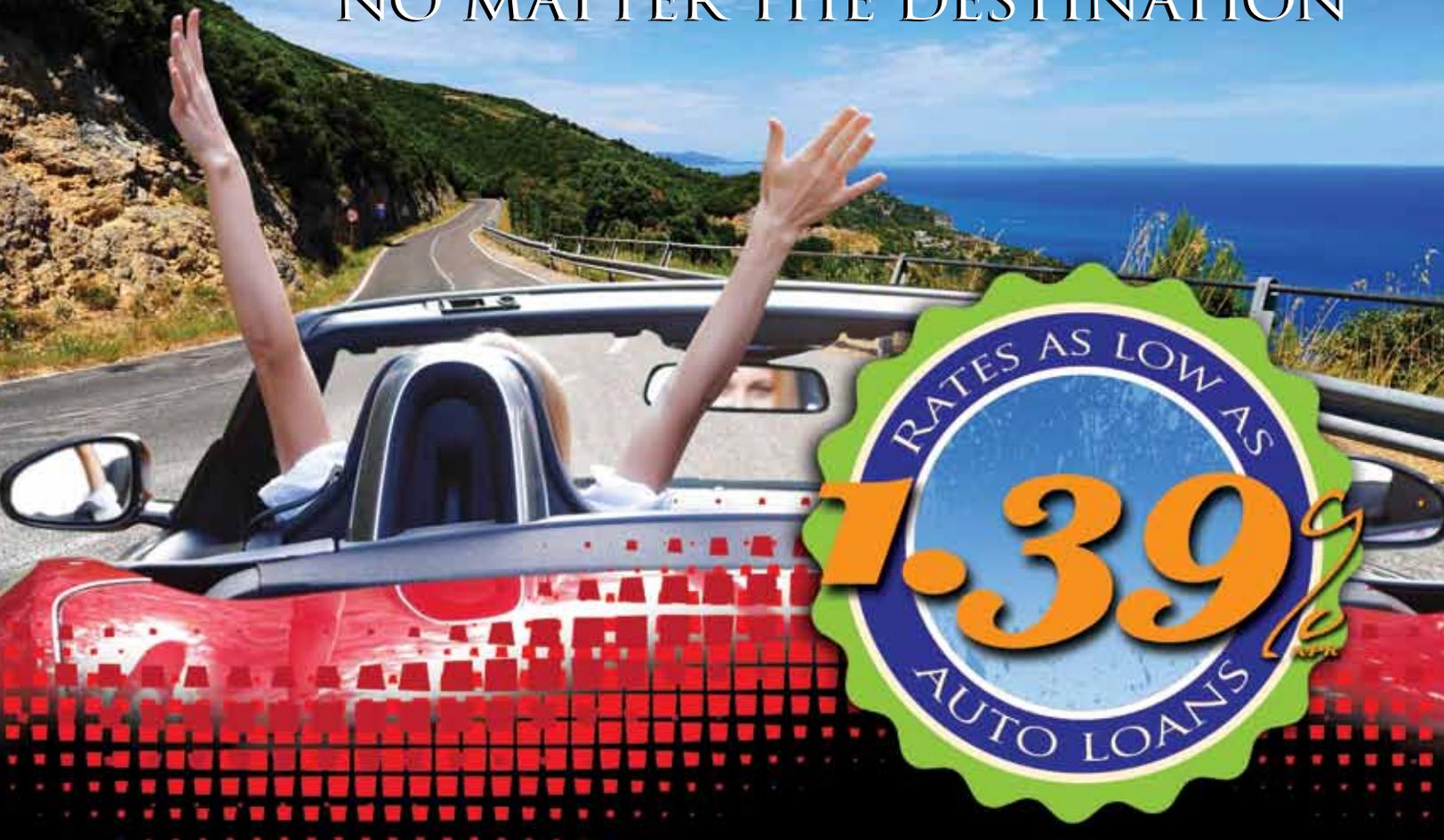
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Publisher's Message

For May we want to wish all the moms a Happy Mother's Day. We also want to give a heartfelt *Thank you* to our fallen military, on Memorial Day and every day. Both of these groups have given some, or all, of themselves so we can have a better life.

In addition to these important holidays, the kiddos are counting down to the end of the school year (I know mine is—but I think he has been since Christmas!). The beautiful weather seems to finally be here to stay. Soon enough it will be warm enough for a swim!

Speaking of swimming or other fun-in-the-sun stuff, if you're still not sure what your little ones want to do this summer, Pamela Roddy Magrans has it all laid out for you in our Summer Camp Guide Starting on Page 6. The issue is jam packed with all kinds of other outstanding articles and activities in our calendar.

As always, thank you for picking us up and we hope you enjoy the issue!

Sincerely,
Carla Lavergne



Clarksville Family

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

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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.

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SUMMER DAY CAMP IDEAS

by Pamela Roddy Magrans

Summer brings us sandals and swimsuits, popsicles and sunscreen, marigolds and humid days. Sometimes summer also brings us restless children, sibling spats, too much television, and countless inquiries of “Mom, what are we going to do today?”

To ward off that too often asked question, to organize the summer months, and to keep those school aged kids active and engaged this summer, a day camp might be worth considering. Summer day camps are offered by a variety of local businesses, organizations, and churches. The City of Clarksville also offers a vast array of day programs for children and youth. If you need childcare for a week, a day, or a few hours, a local day camp can provide instruction and fun for your little ones or for your budding youth.



Countless day camps and activities are available in the Clarksville area and it would take an entire issue of *Clarksville Family Magazine* to inform readers of them all. Below is just a sampling of some local day camps available for your child or youth this summer.

Read the list and visit the associated websites. You are certain to find something that would

interest your children and give them a chance to play, be active, and engage with friends while learning something new this summer.

Harris Holt Martial Arts Summer Camp

Harris Holt Martial Arts, located at 1810 Alpine Drive, will be hosting a variety of summer day camps for ages 6-12. Camps run every week throughout June and July. The camp themes range from a Nerf Camp, to Star Wars Camp, to Ninja Warrior Camp. All camps teach the principles of martial arts, focusing on physical skills, respect, and mental focus. Weekly camps cost \$125 per week and include a camp T-shirt, snacks, and a drink. Drop off times are between 7:30 a.m. and 8:00 a.m. and pick up times are between 5:30 p.m.

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and 6:00 p.m. Children should bring an extra change of clothes, in case water activities are involved. Space is limited, so register now. Call (931) 542-1151 or visit HHMartialArts.com for details.



Action Gymnastics

Action Gymnastics, located at 221 W Dunbar Cave Road, will be offering a variety of camps on the following weeks: June 2-6, June 9-13, June 16-20, June 23-27, July 14-18, July 21-25, and July 28-August 1. Camps run from 9:00 a.m. to 2:00 p.m. daily. Members and non-members are welcome to participate. Camps are geared for ages 4 and up. The cost is \$30 a day for preregistered children and \$35 for walk-ins. All campers must bring their own lunch. Formal gymnastics instruction and free playtime will be incorporated. Participants enjoy music and games along with playing on a bounce house, using trampolines, and air tracks. On each Friday afternoon the weekly camp is wrapped up with an awards ceremony. Every camper who attended that week receives a gold medal to wear home. Action

SUMMER CAMP & AFTER SCHOOL PROGRAMS

Classes are available for ages 6 - 12.
DROP OFF 7:30 - 8:00 AM • PICK UP 5:30 - 6:00 PM

- KARATE KICKIN' IT CAMP**
- SUPER HERO CAMP**
- NERF CAMP**
- NINJA WARRIOR CAMP**
- KARATE OLYMPICS**
- KARATE MOVIE STAR CAMP**
- KUNG FU PANDA CAMP**
- STAR WARS CAMP**



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**Title Boxing Club
Clarksville**

Title Boxing Club Clarksville, located at 1719 Wilma Rudolph Boulevard, will be offering "Boxing Camp for Kids" for ages 7-17 year olds (as well as 6 year olds if they are a minimum of 60 pounds). Camps will take place on the following dates: June 23-27 or July 21-25. Every kid will receive their own boxing gloves, wraps, boxing award certificate, t-shirt, and a cup. On the last day of camp kids will get their picture taken in the ring with their boxing trainer. To register call (931) 245-2820, stop



by in person, or visit clarksville.titleboxingclub.com or [Facebook.com/titleboxingclubclarkville](https://www.facebook.com/titleboxingclubclarkville).

The Dance Force

The Dance Force, located in the Tradewinds South Shopping Center at 1955-B Madison Street, will be offering a wide range of summer day camps, available for both the skilled dancer and for the beginner. Day camps at The

Dance Force range from \$95-\$225. Beginner/Intermediate Camps occur July 21-25. Advanced Camps will occur July 28-August 1. Camp times range from morning to afternoon sessions.

Classes offered consist of Ballet, Tap, Jazz, Lyrical, Hip Hop, Modern, Acro (Tumbling), and Contemporary. In addition, children and youth can also enroll in Yoga, Self Defense, Nutrition, Musical Theatre, Cardio Meltdown, Zumba, Pilates, and Choreography.

For more information about signing up for a day camp at The Dance Force, call (931) 552-2223 or visit danceforceofclarkville.com.

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Golf Lessons with The First Tee

The First Tee of Clarksville, located at 429 Ironworkers Road, offers a summer golf program. Weekly golf classes for youth ages 8 – 17 are offered for \$45 for 8 weeks of instruction. Classes are offered on weekdays between 9:00 a.m. and 10:00 a.m., depending on skill level. Registration begins in May. Call (931) 362-4353 or email daveipc@charter.net for details.

Kid-N-Play

Kids-N-Play, located at 525B Alfred Thun Rd, is offering a variety of exciting camps for children

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throughout June and July. Some of the camps offered are Dinosaur Adventure Camp, Kids Cooking Camp, Lego Building Camp, Space Adventures Camp and many more. Some camps have age requirements, so check their website for a description of each camp. The camp fee is \$135 plus

tax weekly. Camps run Monday through Friday from 9:00 a.m. to 2:00 p.m. Registration is required and space is limited. Register online at www.kidsnplay.com. For more details call Kids-N-Play at (931) 896-1328.

Little Scholars

Little Scholars, located at 1844 Memorial Drive, is hosting a variety of educational and exciting day camps throughout June and July. Some weekly camps to choose from are: Outdoor Olympic Games, Little Einstein's STEM academy, Heroes and Villains' Literacy Camp, Cheer and Dance camp, Performing Arts, Monsters and Screamer's Recycle, and Splash Camp. The cost is \$165 per week. For more details visit littlescholars.info/school-news-events.aspx, call (931) 320-3640 or email director@littlescholars.info.

The Settlement Preschool

The Settlement Preschool, located at 2724 Trenton Road, is now enrolling for summer day camp. Camps will occur each week between May 27-August 1. Cost is \$140 and includes all activities and meals during camp times. Enroll your child for a week of fun, learning, and time with friends. For details email settlement.preschool@cdelightband.net or call (931) 647-1900.

The Giving Tree

The Giving Tree Child Care Center, located at 3216 Hwy 41-A South, will be offering day camps from May 27-August 1 for kindergartners through 5th grade. Camps run from 6:00 a.m. to 6:00 p.m. Breakfast, lunch, and a snack are served. Activities include on-site tutoring twice a week, splash park, and field trips three days a week.

Special events such as magic shows, bounce house days, art fairs, animal rescue and prevention program, family cookouts, snow cone and ice cream truck visits will also occur throughout the summer day

JUST FOR KIDS

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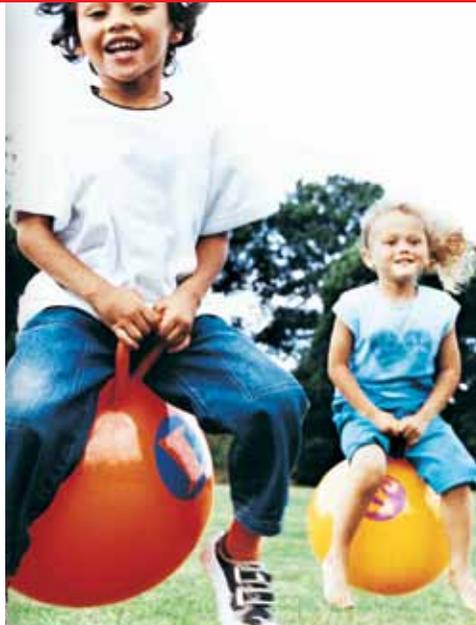
Just For Kids Early Learning Centers

Offers childcare for children 6 weeks through 12 years

Currently serving the Sango area. Including Barksdale, Moore Magnet, East Montgomery, and Sango Elementary Schools.

New SECOND location opening Needmore Rd. behind Hobby Lobby!

New location will serve Glenellen, Northeast, St. Bethlehem, and Rossvie Elementary Schools.



Open Monday through Friday
5:30a.m. until 6:00pm

Check out our amazing summer programs!!!

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931-905-2525 (St. B location)
931-245-1460 (Sango location)

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LICENSED
FROM 6 WEEKS
THROUGH
12 YEARS OLD

YOUR
CHILD WILL
THANK YOU
FOR THIS
EDUCATION!

SUMMER CAMP HIGHLIGHTS

- Breakfast, Lunch & Snacks
- Field Trips Three Times a Week
- Swimming Twice a Week
 - Tutoring activities
 - Computer lab access



Splash
Park



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931.358.0028

www.thegivingtreechildcare.com

camps. For details, call (931) 358-0028 or email thegivingtreechildcare@gmail.com.

Just For Kids

Just For Kids Day Care Center will be hosting summer programs for anyone needing a fun and safe environment for their school aged children this summer. There are two locations for Just for Kids Day Care: Just For Kids is located at 239 Needmore Rd.; Just For Kids II is located at 2388 Ashland City Rd.

Just for Kids and Just for Kids II will be offering summer programs beginning June 27th and ending July 1st. Summer activities are designed to give the children a variety of programs to keep them



active, learning, and having fun this summer. Summer programs will include field trips. The cost is \$100 per week with a one-time enrollment fee of \$150. Just for Kids and Just for Kids II are open Monday through Friday from 5:30 a.m. to 6:00 p.m. Field trips are taken with children grouped by age and grade level. Some of the field trips may include vacation bible schools, swimming, Monkey

Jo's at Rivergate Mall, Chuck E Cheese, bowling, American Twisters, Pottery Barn, Harris Holt Martial Arts, Grand Old Golf, and much more. Most field trips last from 9:00 a.m. and end by 4:15 p.m. Visit childcare@justforkids2.com for details.

YMCA Day Camps

The Clarksville Area YMCA offers a variety of camps throughout the summer. Day camps at the YMCA are about learning skills, developing character and making friends. Camps are also places where youth become a community as they engage in physical, social and educational activities that teach them how to be more independent and how to contribute to a group.



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the YMCA

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Thursday Lessons	May 29th - July 3rd	
	Preschool (3-5 yrs.) Morning	9:05-9:50 am
	Preschool (3-5 yrs.) Evening	5:00-5:50 pm
	Youth (6-12 yrs.)	5:50-6:35 pm
Saturday Lessons	May 3rd - May 31st	
	Adult (13+ yrs.)	8:30am-9:00am
	Preschool (3-5 yrs.)	9:05-9:50 am
	Youth (6-12 yrs.)	9:55-10:40 am
	Parent&Child (6-36 Months)	10:45-11:15am
Lifeguard Classes		
May 14th - 17th		
	May 14th, 15th, & 16th	4:00-9:00pm
	May 17th	8:00am-2:00pm

Visit www.ymcamidtn.org - Click on 'Register for Programs'

NEED MORE INFO? CONTACT MOLLY WALTERS @
mwalters@ymcamidtn.org or (931) 647-2376

YMCA Day Camps' normal hours are 9:00 a.m. to 3:00 p.m. However, each camp program provides free before- and after-care, if needed. The YMCA is committed to making camp available to every child, regardless of ability to pay. Ask the YMCA about financial assistance that may be available for your child. For details about the Clarksville Area YMCA day camps, call Rebecca Lyons at (931) 647-2376 or email beckylyons@ymcamidtn.org.

City of Clarksville

The City of Clarksville Parks and Recreation offers a variety of summer youth programs throughout June and July. Offering a variety of ways to keep your child active and learning this summer, the City of Clarksville Youth Camps are affordable and are always a community favorite. Their summer youth programs consist of tumbling class, archery camp, summer playhouse, and tennis camp. In addition, a Civil War Day Camp will be held at Fort Defiance Civil War Park and Interpretative Center. The Civil War Day Camp was so popular last year that they are offering that camp on two different weeks this summer. Locations for other camps and age requirements vary,



SUMMER YOUTH PROGRAM

Activities: Monday - Friday
Monday, June 2
Friday, July 11
9 AM - 3 PM

*12 sites for ages 6-12
& 3 sites for ages 13-16*

www.cityofclarksville.com for more information

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Monday, June 9 - Wednesday, July 30 • 6:00 - 9:30 PM

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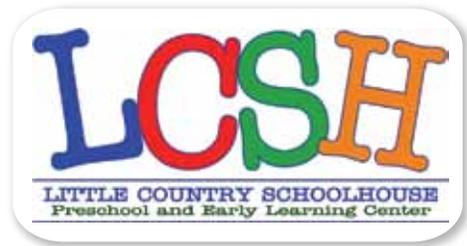
Madison Street United Methodist Church
319 Madison St.
Clarksville, TN 37040



This VBS is a breed apart!

Friday, June 20th ~5:00-8:00pm
 Saturday, June 21st ~9:00am-3:00pm
 Sunday, June 22nd ~9:00am-12:00pm
 For children age 4 (by August 15th) - rising 6th grade

Please join us!
 Register online through June 15th at
www.madisonstreetumc.org
 or by calling 931-647-0221



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www.littlecountryschoolhouse.com

so check the website or the City Summer Program Guide for details. Register for the summer day camps at the Parks & Recreation main office or at recpro.cityofclarksville.com. The City Summer Program Guide can be downloaded at www.cityofclarksville.com.

Clarksville Academy (CA)

Clarksville Academy (CA), located at 710 N 2nd Street, will offer over thirty different camps this summer. Summer programs consist of sports camps (soccer, basketball, softball, baseball, football, cheer, and dance), academic camps (science, reading, writing, math, etc.), fine art camps (art, drama, etc.), and general fun camps (American Girl, Lego, and many more). CA Camps run June 2 through August 1. Most camps run



from Monday through Thursday between 9:00 a.m. and 11:30 a.m. Summer camps at CA are open from pre-kindergarten through 12th grade. Students do not have to currently attend CA in order to attend. Costs range from \$75-\$110. All registrations and payments must be made online. For more information call (931) 647-6311 or visit clarksvilleacademy.com/summercamps/events/.

Woodlawn Community Church

Woodlawn Community Church, located at 2100 Woodlawn Road, offers Upward Co-ed Flag Football/Cheerleading Camps for kindergarten through 6th grade. Participants will gain team experience, make new friends, and engage in a skilled activity. Camp is offered June 4-6 from 6:30 p.m. to 8:15 p.m. Family Day will be June 7 from 11:00 a.m. to 1:00 p.m. Camp price is \$29 and includes a t-shirt, water bottle, football flags, and cheerleading pompoms. Registration deadline is May 17. Register online at <https://ssl.demosphere.com/73970/>. Contact Susan Elrod at (931) 624-3582 or email pastorsusan@bellsouth.net.

CLARKSVILLE ACADEMY SUMMER CAMP

A unique variety of camps
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us online at ClarksvilleAcademy.com

REGISTRATION
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**Madison Street United
Methodist Church Vacation
Bible School**

Madison Street United Methodist Church, located at 319 Madison Street, is hosting a free Vacation Bible School (VBS). VBS is open to both members and non- members.

This year's VBS is titled "Weird Animals—Where Jesus' Love is One of a Kind," and is designed to show the children how God is at work in our everyday lives. Children will be introduced to an important Bible truth each day—communicated through creative drama, fun science activities, crafts, team-building games, and music.

Madison Street United Methodist Church VBS will be held on Friday, June 20th from 5:00 p.m. to 8:00 p.m., Saturday, June 21st from 9:00 a.m. to 3:00 p.m. and Sunday, June 22nd from 9:00 a.m. to 12:00 p.m. Call (931) 647-0221 or visit www.madisonstreetumc.org for more information.

**First Baptist Church
Vacation Bible School**

First Baptist Church, located at 435 Madison Street, will be hosting a Vacation Bible School (VBS) for ages kindergarten through 6th grade. In addition, a program for the older children, grades 7th and 8th will also be offered. Both programs will be held June 9-13 from 9:00 a.m. to 12:00 p.m. These free programs will allow children and youth a chance to have fun and interact with peers and adult leaders while learning about God this summer. Visit fbct.org/vbs to register.



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June 23 - June 27 Heroes and Villains Literacy Camp	July 21 - July 25 Splash Camp

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WHY WE LOVE OUR MOTHERS YEAR ROUND

by Taylor Lieberstein

Mother by definition is “a woman in relation to a child or children to whom she has given birth.” However, we all know a mother is so much more than that. She is the woman who has dried countless tears, the woman who has seen us through the best and worst of times, and the one woman

we can always count on for help no matter how big or small the task may be. This month in honor of Mother’s Day our readers are sharing their favorite memories and details about the dear mothers they love and have loved since the beginning. Although her holiday only comes once a

year, below are a few reasons these women (and one man) love their mothers year round.

Brandi Whitfield Bryant

Mother’s name: Pam Whitfield

My mother in three words: humble, genuine, steadfast

Phrases my mother was fond of: “Lord willing” and “the creek don’t rise”

Values my mother instilled in me: She taught me how to love unconditionally, to be myself at all times, to laugh often, and that the two most important things in life are faith and family. I get my strength and independence from her. We love sports—but hate to lose. We would both rather high five than hug (except when it comes to our children), and we are both loyal as the day is long. When it comes to me and my mother, if you don’t want the truth, then you probably shouldn’t ask.

If my mother were a flower she would be a violet.

Special details: She gave birth to two children, but I have shared my mother with the thousands of children she has loved throughout her career at Clarksville High School. She is loved so much by so many; I am pretty sure she could change the world by herself. If she smiles and talks through her teeth, she’s really mad and you should probably do whatever she says or get out of her way.

Ross Vardy

Mother’s name: Barbara Pedersen-Vardy

My Mother in three words: beautiful, debonair, unblemished

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Phrases my mother was fond of: “It’s either the hanger, or the wooden spoon—your choice” and “Who am I to judge another, when I walk imperfectly?”

Values my mother instilled in me: My mother has always taught me to speak the truth, because it is the first step that will lead me to success. She taught me to be honest with everyone and in everything I do. She raised me to respect my elders and to love those who are younger.

Similarities between us: We both understand that success is walking from one failure to another, without losing any stride. We would rather be golfing, fishing or lounging around the cabin in Lake Tahoe than dealing with the daily obstacles that life throws our way.

If my mother were a flower she would be a Stargazer lily.

Special details: She has always welcomed anyone into her home, with an open heart and open arms. No matter your walk of life, she is one of the only women I know who will lift you up and help you succeed, rather than stand by and pass judgment.

Valerie Evans

Mother’s name: Mary Ann Pagel

My mother in three words: Loving, compassionate, and humble

A phrase my mother was fond of: “Always be the bigger person”

Values my mother instilled in me: My mother taught my five siblings and me about love. She taught us to love with our whole heart. She instilled in us that everybody is somebody and they deserve to be loved.

Similarities between us: I am most like my mother when it comes to not meeting strangers. She always made people feel welcomed and loved no matter who they were. She always made them feel like she had known them forever. I feel I exemplify that same attribute she instilled in me and I carry that as a treasure in my heart.

If my mother were a flower she would be a geranium.

Special details: My mother was a giver. She gave to people even if they had more than she did. She gave with humility and grace and never expected

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anything in return. Her joy was to see smiles on the faces of people she would help. She was the true meaning of what love really is. She brought comfort to all that new her, she was a very special lady who left a legacy of love to anyone she met.

Michelle Stoneham

Mother's name: Leann Stoneham

My mother in three words: beauty, vivacious, ineffable

Values my mother instilled in me: My mom taught me at a very young age to laugh

at myself and not take life so seriously. She instilled the fear of strangers into my life so much that the sight of a van still gives me the creeps. She showed me how to make things beautiful, from home décor to clothing to hairstyles. Most importantly, she taught me to pray.

Similarities between us: We are both sarcastic women who have a hidden temper and loving soul. We both enjoy caring for people and contain a servant's heart. We think too much alike and look very similar; she is prettier (even though she will never admit it).

If my mother were a flower she would be a hydrangea.

Special details: My mom carries light in her smile and warmth in her laugh. She gives life to each day by being in it. She is one of God's most precious creations and she is humble enough to never realize it.

Terri Denise Nelson-Suiter

Mother's name: Mary Lucille Thompson

My mother in three words: graceful, caring, compassionate

Phrases my mother was fond of: "Be nice, be sweet and be still" when appearances mattered most; and "Crime in Italy" was the phrase she used when she was upset.

Values my mother instilled in me: Always do things the right way the first time.

Similarities between us: Our eyes. We like to keep things organized and tidy. We have exceptional multi-tasking skills and we both have four children.

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If my mother were a flower she would be an orchid.

Special details: She truly is the backbone of our family and I hate to see her growing old and becoming delicate and fragile. She cares about others and treats them like family whether they are or not.

Brittany Vorreyer

Mother's name: Gina Givens

My mother in three words: beautiful, generous, inspiring

A phrase my mother was fond of: "You are my sunshine."

Values my mother instilled in me: My mom has taught me responsibility and that you have to work hard in life for the things you want. She has also taught me to always be respectful,

truthful and kind to people. She taught me not to hold grudges because tomorrow is not promised.

Similarities between us: My mother and I are most alike by our kind, giving hearts. We are always trying to see the best in people. Also we both have the ability to make people smile and laugh with our sense of humor. I was lucky enough to inherit her good looks, crafty mind and great cleaning skills.

If my mother were a flower she would be an iris.

Of course we all love our mothers but they all possess qualities that make us love them the way that we do. Before Mother's Day sneaks up on May 11, put some extra love into

preparations to surprise that leading lady known as Mom with a gift that is as special as she is. When planning for Mother's Day this year pick out flowers with meaning and tell her why you chose the bouquet you did, and personalize her card by specifically telling her why she is so special to you. Happy Mother's Day.



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RELAY FOR LIFE UNITES COMMUNITY TO FINISH THE FIGHT AGAINST CANCER

Hundreds of participants will come together May 16, 2014 at Hilldale Family Life Center, 250 Old Farmers Road, to honor cancer survivors, their caregivers, and to pay tribute to those for whom the cure did not come soon enough. The American Cancer Society **Relay For Life of Montgomery County** ignites team spirit among participants and works to raise funds used to save lives and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

WHO

The American Cancer Society, hundreds of volunteers, walkers, families, caregivers, cancer survivors, schools, companies, individuals, and teams.

WHAT

The American Cancer Society **Relay For Life of Montgomery County** is an overnight celebration where people take turns walking, running or otherwise circling around a track “relay” style to raise funds to fight cancer. You don’t need to be a track star to be a winner in this race for life. The idea is to enjoy your time, dance, play games, and enjoy the presence of others all while raising money to finish the fight, and provide services to cancer patients and their families. One of the many highlights of the event is the luminaria ceremony, or candlelight vigil, held at 9:00 p.m. to honor cancer survivors, caregivers, and to remember those lost to cancer.

The American Cancer Society **Relay For Life** reminds us that those lost to cancer will never be forgotten and that those who face cancer will

always be supported. More than anything it makes us hopeful that one day, cancer will be eliminated for good. This event is therapy for the mind, spirit, and the heart. Since 1985, **Relay For Life** has spread to more than 6,100 communities in the U.S. and has become a worldwide movement, taking place in more than 20 countries.

WHERE

Hilldale Family Life Center, 250 Old Farmer Road, Clarksville.

WHEN

May 16, 2014, from 6:00 p.m. to 6:00 a.m.

About the American Cancer Society

The American Cancer Society is a global grassroots force of more than three million volunteers saving lives and fighting for every birthday



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threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 20 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates. Thanks in part to our progress nearly 14 million Americans who have had cancer and countless more who

have avoided it will celebrate more birthdays this year. As we mark our 100th birthday in 2013, we're determined to finish the fight against cancer. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continuing the fight for access to quality health

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EFFIE AND MACK

by Nancy Sneed

The first time I laid eyes on Effie and Mack was in the third grade. They were introduced to my class and shown to desks in the back of the room. Effie was huge, probably bigger than my mother. She wore a loose, faded, flour sack of a dress that was several sizes too big for her. She had long blonde hair that needed a good brushing and a body that could have used a good scrubbing.

Mack wasn't any better. He wore worn out jeans that obviously belonged to someone else. They were

hiked up practically under his armpits so he wouldn't get tangled up in them. He had on an old plaid shirt buttoned up to his chin and was just as dirty as Effie.

I figured their father was a sharecropper on some farm close to town.

They both had these stupid grins and I assumed they were just that: stupid.

I was a nice, polite little girl. Brought up in a Christian home with parents who knew and practiced what the Bible said. I was never disrespectful to my

elders, had good manners and generally was well behaved. I made good grades and usually got an A in deportment, though on occasion I brought home an A- due to excessive talking.

I was never unkind to Effie and Mack though they repulsed me. I would never have teased them or called them names or made them cry. I was not that kind of little girl. What I did do was probably just as painful. I ignored them. I didn't acknowledge them at all. They were not necessary

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Saturday, May 10:

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Monday, May 12:

FAMILY NIGHT

Children come and make a hand-print flower craft. 5-7pm

Thursday, May 15:

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in my day to day life so they had no significance to me.

When I said my prayers each night before bed I was always thankful for my parents, friends, home, dog and my A on the spelling test. I always remembered to ask healing for those who were sick. But when it came to asking for forgiveness I couldn't think of anything I had done wrong. I knew the Ten Commandments and couldn't think of one I had broken. I hadn't stolen anything, or lied, or murdered anybody so I figured God and me were square.

Effie and Mack moved away sometime after eighth grade because I don't remember them in high school. I guess they left just like they came, unexpectedly. I don't think I've thought of them until now: over fifty years later.

I don't know why I thought of them today. Maybe because I'm wiser now. I realize that sometimes our sin is not overt, sometimes we sin by omission. That's what



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I did in my behavior toward Effie and Mack. I was not overtly mean to them; they just were not on my radar. I ignored them completely. Treated them as if they did not exist. Can you imagine anything worse than being treated like a non person?

If I had it to do over again, knowing what I know now, things would have been different. Maybe I would have shared my cookies at lunch with Effie and Mack (I'm sure they didn't have any). Maybe I would have brought an extra brush from home and offered to

fix Effie's hair. Maybe I would have invited them to play jacks or catch at recess. Maybe.

I know today, when I ask forgiveness, to include the many sins of omission that I have committed. All the times in the day that I should have done something that I didn't do. I'm sure there are many such occurrences. I may not have broken one of the Ten Commandments, but I may not have kept the golden rule.

I don't know what happened to Effie and Mack. If they are alive or dead. But if I knew how to find them I would want them to know that I am sorry. There are no do-overs, but I would want them to know that I have learned the most important rules of all: Love your neighbor as yourself and do unto others as you would have them do unto you.

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A SOLDIER

by Taira G. McAfee

*A Soldier is born to live and
that's no lie*

*A Soldier is born to die, and of
course everyone asks why,
why, why*

*A Soldier is hated, a Soldier is
loved, but when a Soldier
is in trouble a Soldier looks
to his Father up above*

*A Soldier who can, is a Soldier
who commands*

*A Soldier travels far, a Soldier
stays home, but when so
many Soldiers are gone,
this Soldier knows where
he belongs*



*A Soldier never gets enough
rest, but no matter how
hard the task, a Soldier
always does his best*

*A Soldier rarely sleeps, but
a Soldier still prays to the
Lord for his or her soul to
keep.*

*A Soldier is a son, a Soldier
is a daughter, a Soldier
is a husband, a Soldier
is a wife, a Soldier is
your sister, a Soldier is
my brother, a Soldier is
a father, a Soldier is a
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Joel

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to gardening. For added stress busting, perform exercises that focus the mind on the present moment. Yoga, martial arts and dance have all been shown to have excellent stress-relief benefits.

Be mindful. Take time each day to ground and center your mind. Meditation or prayer, whether accompanied by yoga or performed in stillness, can help bring focus and peace to your daily life.

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THANKING OUR TEACHERS THIS MONTH

by Taylor Lieberstein

The second week of May is Teacher Appreciation Week. This year the week is May 5-9. Traditionally families present their child's teacher with a gift to say thank you. Most teachers already have plenty of apples, paperweights and coffee mugs. Consider these tips before you put together your teacher's gift this year.

Think simple. Although they may seem outdated, a sincere handwritten thank you note goes a long way. Include something specific that the teacher has said

or done that has made a difference in your child's life such as extra time spent working on math skills or helping them to make new friends during recess.

Involve the student. Teachers tell me they treasure personal notes from their students. Give them a sentence starter such as "Thank you for..." or "This year you have taught me..." Make the gesture memorable by adding a photo of your child or the teacher and your child together if you have one handy. Make a

classroom scrapbook by putting all of these notes together in one place to save your child's teacher a step.

Involve the classroom. Get with other parents to arrange a week of thank you gifts. Have each child bring in their small gift on a designated day and place it in a basket, at the end of the week the teacher can go through the basket at her own pace. Pick up on hints about what the teacher may want when visiting the classroom. Is she wearing

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Spread the love. Have each homeroom adopt one teacher so that in middle and high school levels all teachers still get recognized. Each student (and their parents) in their homeroom class can contribute to a gift for the classroom to alleviate some of the financial responsibility they face when decorating the classroom. Think about a framed map for a history teacher or an Amazon gift card if you are unsure.

Teachers deserve some admiration and gratitude. Help students think back on all that their teachers did for them. Give them a way to say "thanks" to a special mentor who has made a positive difference in their lives.

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WHY ARE BABY TEETH SO IMPORTANT?

by Scott Bridges, DMD

It is very important to maintain the health of the primary teeth—also known as “baby” teeth or “milk” teeth. Decay and cavities often lead to problems, which affect developing permanent teeth. Primary teeth are very important:

1. They assist in proper chewing and eating.
2. They provide space for the permanent teeth and guide them into the correct position.
3. They permit normal development of the jawbones and muscles. Primary teeth also affect the development of

speech and add to an attractive appearance. While the front 4 teeth last until 6-7 years of age, the back teeth aren't usually replaced until age 10-13.

4. Untreated decay can also be painful for children, causing loss of sleep, irritability, and interfering with eating and nutrition.

Good oral care begins before a baby's first tooth

Babies are born with all their teeth. You can't see them because they are hidden in the gums. Baby teeth start to break through the gums

around six months. But it is important to start good oral care even before the first tooth comes in. From healthy gums come healthy teeth.

Kids have all their baby teeth by age three. These are called primary teeth. Baby teeth start falling out around age six; that's when the permanent, or adult, teeth start coming in. Gaps between baby teeth are normal. They make room for the permanent teeth. Most permanent teeth come in by age 13.

What is Baby Bottle Decay?

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referred to as baby bottle tooth decay. Baby bottle tooth decay happens when sweetened liquids or those with natural sugars (like milk, formula, and fruit juice) cling to an infant's teeth for a long time. Bacteria in the mouth thrive on this sugar and make acids that attack the teeth.

At risk are children whose pacifiers are frequently dipped in sugar or syrup. Giving an infant a sugary drink at nap time or nighttime is particularly harmful, as the flow of saliva decreases during sleep. Although baby bottle tooth decay typically happens in the upper front teeth, other teeth may also be affected.

Baby teeth are necessary for chewing, speaking, and smiling. They also serve as placeholders for the adult teeth. If baby bottle tooth decay is left untreated, pain and infection can result. Severely decayed teeth may need to be removed.

If teeth are infected or lost too early due to baby bottle tooth decay, your child may develop poor eating habits, speech problems, crooked teeth, and damaged adult teeth. In addition, the chances that adult teeth will end up being crooked are greatly increased.

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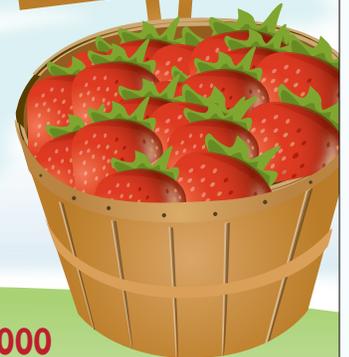
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Techniques to help prevent baby bottle tooth decay:

- Don't fill bottles with sugar water and soft drinks. Bottles are for milk, water, formula, and special electrolyte-containing solutions

when the child has diarrhea. Juices, mixed half and half with water to avoid empty calories, are a way to interest your child in a "sippy cup." Soft drinks are

not recommended for children, as they have no nutritional value.

- Never allow your child to fall asleep with a bottle containing anything but water.
- Never give your child a pacifier dipped in anything sweet.
- Reduce the sugar in your child's diet, especially between meals.
- It's never too late to break bad habits. If your child drinks sweetened liquids from the bottle and/or sleeps with a bottle, break the habit now and cut the risk of baby bottle tooth decay by gradually diluting the bottle contents with water over two to three weeks. Once that period is over, fill the bottle only with water.

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Here are some ways to implement good oral hygiene at an early age:

- Wipe the baby's gums with a clean gauze pad or washcloth after each feeding.
- Begin brushing your child's teeth, without toothpaste, when his or her first tooth comes in.
- Clean and massage gums in areas without teeth.
- Floss once all the baby teeth have come in.
- Make sure your child is getting enough fluoride,

which helps lessen cavities. If your local water supply does not contain fluoride, ask your dentist or doctor how your child should get it.

- Schedule regular dental visits by your child's first birthday. Dentists also offer special sealant coatings, which can help prevent tooth decay in children.

Remember that healthy baby teeth will lead to healthy permanent teeth.

Your Child's First Dental Visit—Do's and Don't's

According to the American Academy of Pediatric

Dentistry (AAPD), your child should visit the dentist by his/her first birthday. You can make the first visit to the dentist enjoyable and positive. Your child should be informed of the visit and told that the dentist will explain all procedures and answer any questions.

Never use words around your child that might cause unnecessary fear of the dentist, such as *needle, pull, drill or hurt*. Modern dental offices make a practice of using words that convey the message in a pleasant and non-frightening way to the child. For example, if your child needs a tooth extracted

we may say that we are going to "make the tooth sleepy and then wiggle it out."

Dental offices of today are very different from those of 20-30 years ago. With your help, we can make each dental experience a positive one for both you and your child!

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Dr. Bridges is a credentialed member of several national dental organizations and has published articles on a variety of dental topics. He is the owner and operator of Bridges Dental Care in Clarksville.

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A CALL TO THE GREAT OUTDOORS

by Pamela Roddy Magrans

Dunbar Cave is steeped in tradition, both ecological and historical. The area has been a state park since 1973. The 110-acre natural area and cave are home to a bounty of wildlife and plants. In an attempt to offer local children education and appreciation for our local natural resources, Tennessee State Parks is sponsoring a free three-day camp at Dunbar Cave.



The first annual Junior Ranger Day Camp at Dunbar Cave will be held June 18, 19 and 20. The daily activities will last from 9:00 a.m. to 12:00 p.m. Activities are designed

for ages 8-9. If participants attend all events on all three days, they earn a Tennessee State Parks Junior Ranger badge and certificate.

The goal of the day camp is to help children build a deeper relationship with the great outdoors and have fun, while learning. Participants will make the following pledge, *"I will love and care for the nature and history of Tennessee,*



Wonder Kids Triathlon

Clarksville's Second Annual Wonder Kids Triathlon will be held Saturday, August 2nd at New Providence Pool.

{ \$25 per child }

Includes: shirt, medal, and photo opportunities.

Open to boys and girls ages 3-12.

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its plants, animals, and people that make it special to me.” Certainly that is a pledge we all should be taking!

Topics covered during the three-day camp will be: safety, bats and the cave, plants, insects, canoeing, water critters, birds of



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prey, and snakes. On the last day of camp, live hawks, eagles, and snakes will be on hand for campers to see close up.

Campers will also participate in a service project. The service project may include making a birdhouse or feeder, or helping to beautify the park.

This free program is sponsored by Tennessee



State Parks. It is limited to the first 30 registered participants. Reservations will be taken via telephone between 8:00 a.m. and

4:30 p.m. May 15 through 31. To register your child, call (931) 648-5526. Once registration is complete, a packet of information will be mailed out to the participants.

Space is limited, but potential Junior Rangers can still earn a certificate and badge, even

if they cannot attend the day camp! For nature loving kids who want to explore the great outdoors

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on their own time, Tennessee State Parks has developed a wonderful family friendly interactive activity where children can earn their Junior Ranger badge and certificate anytime this summer!

The online sign-up process is easy. Interested youth ages 6-14 may complete a series of activities found in the downloadable Junior Ranger Adventure Guide. The activities in the Adventure Guide cover the elements also discussed in the day camp. Children will learn how to identify a poisonous snake from a harmless one. They will learn about the water cycle and food web, essential items you should always take on a hike, and many more vital lessons about the great outdoors.

Free Junior Ranger Adventure Guides are available at any state park. To download a copy of the Adventure Guide, visit tnstateparks.com/get-involved/jr-rangers.

Reminding children that a “healthier you means a healthier planet,” the Dunbar Cave Junior Ranger program prepares youth to be better stewards of our natural resources.

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LIPOSUCTION FOR MEN AND WOMEN

by Dr. Mitchell D. Kaye

The concept of liposuction is surprisingly simple. Liposuction is a surgical technique that improves the body's contour by removing excess fat from fatty deposits located between the skin and muscle.

Although women and men tend to accumulate fat in different areas, the technique is the same for both. It is important to remember that liposuction is designed to reduce out



of proportion fatty deposits and is not a weight loss procedure.

Liposuction involves the use of a small stainless steel tube, called a cannula. First, large volumes of diluted local anesthetics are infiltrated into the fatty tissue and make the

tissue swollen and firm, or tumescent. The Tumescent Technique completely numbs the fatty area that is to be treated by liposuction. The cannula is connected to a very powerful suction pump and

is inserted through small skin incisions. The removal of fat is accomplished as the suction cannula creates tiny tunnels through the fatty layers. After surgery, these tiny tunnels collapse resulting in an improved body contour.



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The incisions are so small that no stitches are used. The incisions heal by themselves and are extremely difficult

to detect. Additional technologies such as laser, ultrasound and water-assisted liposuction have not been proven more effective than Tumescent Liposuction, and in some cases are more expensive and less safe.



and hips of a woman, especially after pregnancy, or love handles in men. For many people who have inherited excessive accumulations

Body fat

tends to increase gradually over the years. After the age of 30, an individual tends to add fat according to a genetically predetermined pattern. This fat distribution is often resistant to exercising and dieting. An example of this is the fat that appears on the abdomen

of fat, liposuction is the only realistic means of changing the body's silhouette.

Liposuction for the Abdomen, Hips and Love Handles

In short, liposuction is adequate to correct isolated pockets of fat above and



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Mitchell D. Kaye, M.D., FACS

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below the belly button, hips, flanks and back, if the skin is capable of shrinking back down and resuming the desired shape after the healing period is over. Age is also a potential factor, with older skin being less likely to contract well after liposuction. Liposuction alone in these circumstances will simply remove more fat, making the skin fit even less well. Simply put, if the skin is too loose or



removal of excess skin is not necessary.

Besides the abdomen, hips and love handles other areas that can also be treated

are the thighs, knees and beneath the chin or neck. In men, the most commonly treated areas are the love handles, abdomen, breast or chest and the neck/chin area.

damaged to contract after liposuction it will not give an optimal result. Skin that is hanging over itself in a fold before liposuction almost certainly will not go away with liposuction. The reverse is true as well. Good quality skin generally will re-conform after well performed liposuction and

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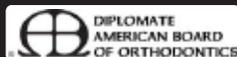
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accumulations of fat, which are often inherited and prove impossible to eliminate by exercise or dieting, can now be removed permanently by this liposuction technique.



the tumescent technique in other *Clarksville Family* articles, but in essence it involves using a very weak anesthesia solution to numb

the breast thoroughly. When done in this manner, this procedure has an excellent safety record and a very quick recovery time.

For men the story is much the same. The same techniques are used and a much more masculine breast shape is the result.

Changing Breast size and shape WITHOUT surgery for both men and women...

Traditionally, women with overly large breasts have had breast reduction surgery, to reduce the

size of the breast. While necessary in some women, it can produce long and sometimes unsightly scars as the inevitable result. In instances where the breast is mostly fatty tissue, using liposuction can produce a significant size reduction without surgical incisions. I have previously described

He may need your foot steps to follow...

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In both sexes, we recommend a compression garment and no upper body workouts for a month to enhance the result. Time off from work or non-athletic activities is usually a day or two. The effects are dramatic and very positive, as people are no longer self-conscious or pre-occupied with this area of their body. These are some of our happiest patients and the results are permanent, assuming



Liposuction for the Face

It is common for both men and women to accumulate extra fat under the chin and in the upper neck. This

the person does not gain excessive weight from that point on.

Liposuction to reduce breast size for men and women is safe, effective and avoids surgical incisions to achieve long lasting and very positive results.

often runs in families. This area is effectively treated with liposuction and can produce a dramatic improvement in the contour of the neck to improve the aesthetic balance between the neck and face. When a person has a small chin, a

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chin implant combined with liposuction can produce a “wow” result, as shown in these pictures.

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Dr. Mitchell D. Kaye performs an array of cosmetic surgery and non-surgical services. His office is located in Hopkinsville, KY. 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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SPINAL FUSIONS, PRIME EXAMPLE OF WHEN “PROFITS COME BEFORE PEOPLE”

by Dr. Dale Brown

Spinal fusions serve as an example of how some medical procedures have been proven to harm far greater than benefit, yet the procedure continues due to lobbying efforts from medical associations.

By some measures, Federico C. Vinas was a star surgeon. He performed three or four surgeries on a typical weekday at the Daytona Beach, Florida hospital, nearly five times as busy as other neurosurgeons. Why was Vinas so busy? A former hospital compliance official, along with the

Justice Department, say the hospital paid him hundreds of thousands in illegal incentives to perform the surgeries. These payments are illegally incentivizing doctors like Vinas to perform unnecessary and unsafe procedures. In all, he earned as much as \$1.9 million a year.

A review was conducted by board-certified neurosurgeons working for AllMed, a company accredited to audit health-care businesses. Of 10 spinal fusions by Vinas that were

reviewed, nine were deemed “not medically necessary,” according to the report.

Among the patients who felt they had received an inappropriate surgery are a dentist who says he had to sell his practice because after the surgery he could no longer stand for long periods; a pipe fitter who can no longer work and became unsteady on his feet; and a retired aerospace engineer who developed cognitive troubles after the surgery. Three patients said Vinas pressured them into surgery by telling them that they were

going to be “crippled” or “in a wheelchair” if they didn’t accept the procedure.

To fully understand the harm that is far too often caused by spinal fusion, take Eunice Murphy for example. Eunice was a retiree playing tennis four times a week, who went to Vinas for simply having numbness in her thumb and forefinger. Vinas convinced Murphy that a fusion would correct her issues and fused her neck. Three months later, the numbness was still there and she underwent another fusion by Vinas for



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back pain and leg trouble that developed after the initial surgery.

Before the surgeries, Murphy was active and enjoying life but now she says she has trouble even walking. Though Murphy can no longer sue Vinas, as the two year mark has already passed, she wishes to tell Vinas, "This is the cruelest thing one person could do to another. Why did you ruin the rest of my life?" Murphy continued, "I wasn't his patient. I was his victim."

William Scott, 62, the pipe fitter, had been having back pain for years and was tired of taking medication for the

problem and decided to see if the surgery would help. He was diagnosed with lumbar stenosis and degenerative issues. For these conditions, surgery has been proven to do more harm than good and cause significantly more disability than those who choose not to undergo the surgery.

"Vinas told me I'd be back on my motorcycle in time for Bike Week" in a few months, Scott said. But instead of curing him, Scott had to sell his motorcycle. The surgery has all but crippled him. He can't stand for long, can't take

walks because he is prone to falling and can no longer work.

"He took my life away," Scott said, his voice rising. "He took being a man and a husband away from me. And for what?"

Despite the overwhelming evidence to the contrary, patients still believe their doctor to be focused on their best interest. Steven Hunt, 62, a heavy-equipment mechanic, said Vinas operated on him four or five times. "I'd have one and then another," he said. "I can't explain it, but I had to have them. Dr. Vinas said if I didn't have it, I'd have been paralyzed."

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“He’s a gentle, kind man,” Huntt said. “I don’t think he ever did a surgery that was unnecessary.”

Now are surgeons truly trying to harm patients? Most surgeons, I’m sure, are very sincere in wanting to help their patients, but in most cases of spinal fusion, the surgeon can be very sincere but sincerely wrong in what they are doing.

There is also the financial gain that can cloud one’s judgment. With hundreds of thousands of dollars to be made, it’s very difficult to get someone to believe

something when their livelihood depends on them not believing it.

In 2011, Medicare estimated they alone wasted more than \$200 million in taxpayer money on spinal fusions that should never have been performed. That number is most likely far greater than that, when one takes into account that conservative care like chiropractic has been proven far more effective for long-term outcomes of the patient and reduces disability rather than increases disability like spinal fusions.

Today, by its own admission, Medicare may be spending billions annually on unnecessary medical treatment. This is a significant amount of money, especially when healthcare and insurance costs are bankrupting more American families than anything else.

So why does this continue?

Example 1: In 1978, Congress created the National Center for Health Care Technology, which among other things, recommended to Medicare what procedures it should and shouldn’t cover. The

government program targeted such procedures as spinal fusions. However, two influential groups opposed the agency’s mission: the American Medical Association and the Health Industry Manufacturers Association. With billions of dollars on the line, these two groups campaigned to shut down the government program and succeeded in 1981, thus nothing was improved. Then, in 1994, another government agency published guidelines on back pain, discouraging spinal fusion.

The reaction from some surgeons was furious.

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The North American Spine Society suggested that the effort was a waste of taxpayer money. A letter-writing campaign was launched. A Virginia spine surgeon founded a group called the "Center for Patient Advocacy," which fronted itself as a group advocating for better care of the patient when in reality it was protecting the surgeons' profits. **This is one of the most evil ways medical associations harm patients. They name their "charity" or "advocacy" group something like "Center for Patient Advocacy" so that**

it appears to the general public as being in favor of helping people, when in reality they are fooling people and patients into advocating against their own good. The real bottom line? Know where your money/vote is going before you support another group or charity.

At the time, there were medical doctors supporting the changes but when it was all over, the agency's budget was significantly cut, disabling the efforts. "The larger damage was the message sent by Congress: 'If you get too close to actually

changing how clinical or reimbursement decisions are made, Congress is going to slap you down,'" said Sean Tunis, former Chief Medical Officer at the Medicare agency.

Even worse, after another failure to stop a procedure from harming patients, the use of spinal fusions has skyrocketed from 56,000 in 1994 to 465,000 in 2011. Putting the overuse in perspective, the US spends \$5.1 billion on the spinal equipment alone. That number is doubled when you compare it to every other country **combined!**



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MCREYNOLDS NAVE & LARSON
Funeral Home

Mind you, that is just “parts,” it doesn’t include the actual labor.

Again in 2006, Medicare hired an advisory committee of nine doctors, three of which owned stock in the makers of the spinal equipment. On a scale of 1-5 (1 indicating fusion as “not likely” to benefit, 5 being “very likely”) the surgeons voted a 1.5. Yet Medicare never changed a thing and spinal fusions continued their upward trend.

All in all, with profits far too often dictating doctors’ decisions, it is now even more evident that patients

must begin to educate and protect themselves when accepting medical treatment.

When could a spinal fusion be necessary and possibly beneficial?

When there is significant instability or major deformity, a spinal fusion may help according to the research.

What if you are dealing with back pain?

The evidence is clear, chiropractic is the most effective treatment shown to date. A study administered by medical and healthcare professionals

outside the chiropractic profession concluded that chiropractic care had more effectiveness on low back pain in comparison to treatments by physicians or physical therapists. **In total, chiropractic patients frequently achieved better outcomes, less use of opioids (narcotic pain relievers), lower medical expenses, less disability and shorter initial periods of disabilities, compared with recipients under the care of medical physicians and/or physical therapists.** The study “Health Maintenance Care in Work-

this month at
Chick-fil-A

kids Madison Street
Every Monday
Kids Night from 5-7 pm.



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

Join us for crafts & fun family events!



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

1626 Madison St., CLARKSVILLE, TN 37040 • (931) 648-4468

[facebook.com/chickfilamadisonstreet](https://www.facebook.com/chickfilamadisonstreet)

MON TO SAT 6:30 AM - 10:00 PM • CLOSED SUNDAY

GREAT BACKYARD GRILLED TASTE



New Marinade with a blend of sea salt, lemon, garlic and herbs.
Just 340 calories

NEW GRILLED NUGGETS, NOT JUST FOR KIDS

Great for a meal or snack; only 140 calories



Related Low Back Pain and its Association with Disability Recurrence,” appeared in *Journal of Occupational and Environmental Medicine*, 2011.

Another recent study even showed amazing results for our military! **73 percent of active duty soldiers rated their improvement as “pain completely gone, much better or moderately better,” compared to 17 percent in the standard medical care group.** This study was published in the *Journal Spine*, April 15, 2013.

Please be informed and make educated decisions regarding your health. Know that surgery and drugs are supposed to be used once all other means of treatment have failed, never should they be your first option.

Marathon Chiropractic:
A Maximized Living Health Center

1715 Wilma Rudolph Blvd, Suite E

Clarksville, TN 37040

(931) 591-2010

drdalebrown@gmail.com

MaximizedLivingDrBrown.com



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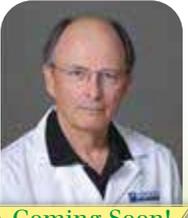
Dr. J. Jason James,
DO, FACOI



Elaina Higgins,
FNP-BC



Dr. Christopher Standley,
DO



Coming Soon!
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Offering patient-centered Primary Care and wound care in office, at home, and in assisted-living facilities.
Privileges at Northcrest Medical Center and Gateway Medical Center.

Now Accepting New Patients!



NOW ENROLLING for our SUMMER LESSON PROGRAM!

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Huge Selection of New Instruments!

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Mary's The Music Store

305 North Riverside Drive, Clarksville, TN **931.552.1240**
Mon-Fri 9am-6pm Sat 9am-5pm www.marysmusicofclarksville.com



MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

5:00 PM - 8:00 PM ON STRAWBERRY ALLEY

FIRST THURSDAY

== OF EACH MONTH ==

FREE PARKING DOWNTOWN AFTER 5PM, M-F & ALL DAY ON WEEKENDS!

931-614-0255 • info@artwalkclarksville.com • artwalkclarksville.com

CANDID *Clarksville*



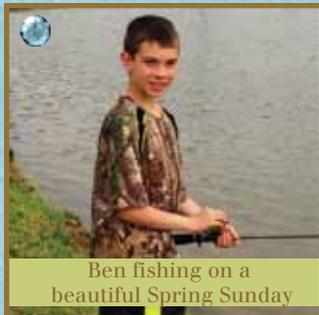
Look who lost her first tooth!



Joycelyn picking flowers for her MaMa



Darrianna's ridin' in the sun!



Ben fishing on a beautiful Spring Sunday



BROTHERS - Logan, Jacob & Ethan



Johnathan & the Easter Bunny



Fun @ Coy Lacy park



At Honeysuckle Hill: Kyleigh Koyama, Meghan Routzahn, Bonny Powell and Annlee Head



ready for some summer fun!



TaZaiah..looking fa fun!!!!



Enjoying kids night at CFA!



Enjoying kids night at CFA!



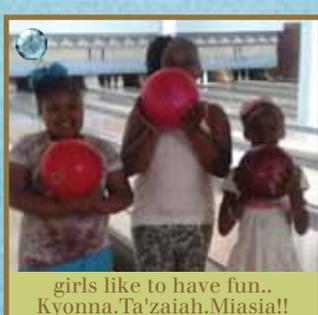
Khaydee enjoying her first taste of Spring!



Kyonna's shining brite like a Diamond!



Special family time @ CFA



girls like to have fun.. Kyonna.Ta'zaiah.Miasia!!



Egg hunting @ Liberty park



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

A GARDEN FULL OF FRIENDS

by Brenda Hunley Illustrated by Willie Bailey

“Good Morning, Chester!!” Dart the bluebird called, as he landed on a nearby branch.

Chester Chipmunk, Dart’s best friend, had called all his friends together to help him with his garden. For the last month the group had turned over a small area of ground, they had worked hard to get all the rocks out, and had removed all the grass and weeds they could.

Two weeks ago they planted a row of strawberries. They had worried over them as there were a couple of cold evenings and they thought they might lose them, but today in the sunshine they could see there was still green poking out. It was going to be okay. Today was the day

each friend was going to plant a row each of the vegetables they were growing from seed.

“Hey!” Chester smiled. “Did you bring them?”

Dart brought his small basket over for Chester to see what was inside.

“They have grown since I last saw them!” exclaimed Chester.

“Morning!” called Lily the dragonfly, as she buzzed overhead. The sunshine made her wings sparkle. She too was carrying a small basket.

“Hi, Lily!”

“I’m just checking out Dart’s tomato plants.”

“Oh, I want to see!” she said, landing nearby.



“Nice, Dart. They look strong,” Lily said.

“How are your peppers?” asked Chester.

“They have been slow growers. I wonder if I didn’t plant the

Put **READING** on your Summer to-do list!

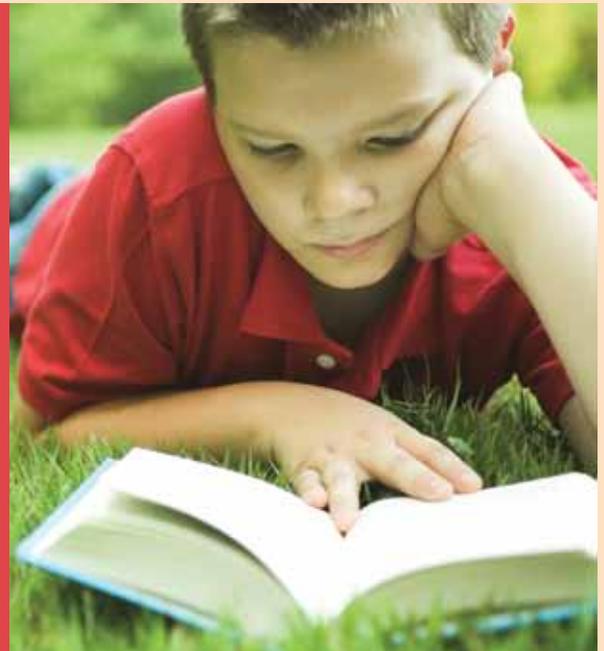
Summer Reading Program at Beyond the Books!

WHO: Students entering grades K-5

WHEN: Mon/Wed or Tues/Thurs from 9-11:30 from June 2nd-July 31st

Call us for more information and to register. Class sizes are limited.

*all other services will continue throughout Summer.



Our services include: Tutoring in all subject areas • Dyslexia reading curriculum Evaluation of reading, math & writing skills • ACT preparation • Study skills



2535 Madison Street • Suite F • Bluestone Center
Clarksville, TN 37043
931.249.2330 or 931.980.1097

www.beyondthebooks.info

seeds too deeply," Lily answered, lifting the small cover on her basket. Her plants weren't as tall as Dart's plants.

"Ah, they will be okay. The last frost was several weeks ago."

"Sorry, I am late!" called Boomer the chipmunk, as he ran toward the group.

"We haven't started yet, its all good!" Chester said to his brother.

"How are your plants doing?" asked Lily.

"I am proud of them," Boomer said, lifting the lid on the tray he was carrying.

"What vegetable did you pick?" Dart asked.

"I've got green beans, and..."

"And?" asked Chester.

"Well, I found some squash seeds and I planted ten of them also."

"Okay, cool."

"Did the party start without me?" asked a small voice coming out of the woods.

"Hi, Mom!" called Boomer.

Mom Chipmunk had come to help the group plant. By the looks of it, she also brought items to make lunch!

The friends went to work on their rows in the garden.

They took turns hoeing the rows so they would have nice, loose soil. Once everything was ready, the



CLARKSVILLE DOWNTOWN MARKET



JOIN US FOR OPENING DAY ON MAY 24
8AM-1PM ON PUBLIC SQUARE

Shop from over 70 vendors featuring fresh
produce, baked goods, crafts & more!

- 2014 Market Swag to the first 600 visitors
- Crafts for kids
- Entertainment by Dustin Overbeck
- Photo Op with new mascot, "Corny"
- Food Basket Giveaway

PRESENTED BY.



SATURDAYS, 8AM-1PM, MAY 24-OCT 18 - WWW.CLARKSVILLEDOWNTOWNMARKET.COM



The source of many purchases to come.

Clarksville Family
MAGAZINE

Advertise smarter not broader.

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

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



group started planting. After a few hours, the friends stepped back, wiped the sweat out of their eyes, and looked at the neat little green rows of plants. At the beginning of each row was a stake with their vegetable's name written on it, so each could tell whose row was whose, and identify what was growing there.

Dart noticed that on the far left end there were still eight blank rows. "Chester, what are you planting over there?"

"Well, we have a row for mid summer vegetables, a row of mums for Mom, four rows for sweet corn, and the last two rows are for pumpkins."

"Pumpkins! We won't be able to pick them up!" laughed Lily.

"That is what Ranger Bill is for!" Chester said, smiling.

"The Rangers would like to have some for the Ranger station this fall. They even talked about having a pumpkin carving contest!" Boomer added.

RING! RING! RING! The group could hear Mom Chipmunk ringing the dinner bell.

As the friends cleaned and put their tools away, each was very proud of the work they had done today.

"Mom? When do you plant pumpkins?" asked Boomer, while washing his paws.

"The first day of summer, Boomer. That's next month."

"Yay for summer!!" Boomer cheered.

"Gardening is hard work, but you get to enjoy fresh vegetables all season long," Mom Chipmunk said, as she poured five tall glasses of fresh lemonade. "Now, who is ready to eat?"

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



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at CLOUD9

SATURDAY, MAY 24th

6PM - CLOSE

Special Themed Dinner by CHEF NICHOLAS NICOLETTA

Complimentary Chocolates & Gift bags

to every lady that is decked out in GOLD and GLITTER.

CALL TO RESERVE YOUR TABLE! #everythingthatglitters #itscloud9time

136 Franklin St. Downtown Clarksville (at the corner of Franklin & 2nd)

FB.com/cloud9clarksville + Twitter.com/itscloud9time

Instagram @itscloud9time

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

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

HAPPY BIRTHDAY!



Happy 1st Birthday, Ally & Emily!
We love you!
Momma, Daddy & Mia



Happy 1st Birthday Ava Bryant!
Mommy, Da Da, and Jordyn love you



Happy 1st birthday Blaise!
Love Mom and Dad



Happy 1st Birthday Deklin
Love from all your family



Happy first birthday James!
Love Daddy, Mommy, Drew, & Ricky



Happy 1st Birthday to our
blessing, Kaelynn!!
Love mommy, daddy, & your brothers!!



Happy 1st Birthday
Khaydee Bug!
Love Twins, Ma & Daddy!



Happy 1st Birthday, Warner
Love Mom & Dad



Happy 3rd B-Day Constance!
Mom, dad and Isabella



Happy 3rd Birthday Khloe!!
Love you princess!!



Happy 4th Birthday!
Love Daddy, Mommy & Drew



Happy 4th birthday Drew!
Love Daddy, Mommy,
Ricky, & James



Happy Birthday Landen!
Love, Mommy & Nana



Happy 4th Birthday Landon!
Love Mommy & Daddy



Happy, Happy, Happy 4th
Birthday Laney!!!
Momma, Daddy, & Brantly



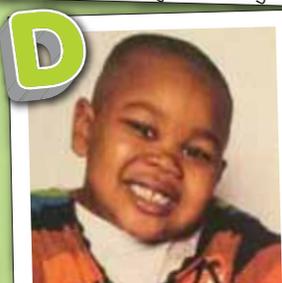
Happy 4th Birthday Mason!!
Love, Daddy, Mommy,
Parker & Oliver



Happy 4th Birthday Tyler
Love Mommy & Daddy



Happy 4th Birthday Zayden!!
Love always -
mommy, daddy & sissy!!



Happy 5th Birthday DaiQuan!
Love Mama, Nana, and Family



Happy 6th Birthday,
Princess Aramae!
We love you! The DoVanne Clan

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

HAPPY BIRTHDAY!



Happy Birthday Avery Kate!
Love, Mommy, Daddy,
Charlotte & Wyatt



Happy 6th Birthday Isabella!!
Love ya, Mommy,
Daddy & Cecilia!!



Happy Birthday
Kenneth Johnson Jr.
love mom and dad



Happy 6th Birthday Noah!
Love, Mom, Dad & Becca



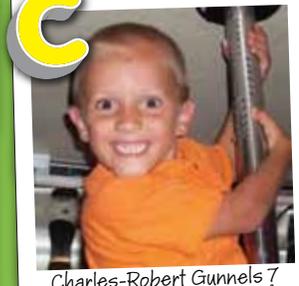
happy 7th birthday!!
Love mama, daddy n baby brothers!!



Happy 7th Birthday Chloe!



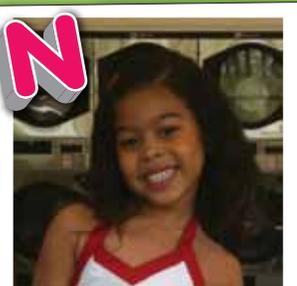
Happy 7th Birthday Jacob!
Love, Dad, Mommy, Logan & Ethan



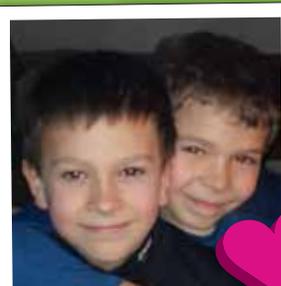
Charles-Robert Gunnels 7
Love Mommy Daddy an sisters & from
ur Daddy all the way in heaven.



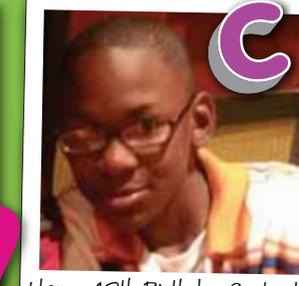
Happy 8th Birthday, Magnus!
We love you soo much!
The DeVanne Clan



Happy 8th Birthday, Nevaeh!



Happy 9th birthday Vincent
& 8th to Levi!! Love you,
Mom, Dad, Dalton, Crystal & Koda



Happy 12th Birthday Cortez!!!
Love Qonda, Dai Dai,
Auntie, and Family



Happy 14th bday Steven.
Love Mom, Natalie & Ethan.



Happy Birthday Mom!
Love, Rosalee, X, Carli, Lani,
Mateo, & Dallas



James CORLEW
CHEVROLET · CADILLAC

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

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

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

Ongoing

CELEBRATE RECOVERY

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

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

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

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

CLARKSVILLE CHESS CLUB

6:30 p.m. Thursday evenings.

Freedom Deli
2088 Lowes Drive
Contact: Roy
clarksvillechessclub@charter.net

CLARKSVILLE DOWNTOWN MARKET

Saturdays, 8:00 a.m. to 1:00 p.m., through October 18. See ad on page 53.

Clarksville City Hall
One Public Square
www.clarksvilledowntownmarket.com

CLARKSVILLE SCRABBLE CLUB

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

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

CLARKSVILLE WINTER MARKET

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

Smith Trahern Mansion
101 McClure Street
smithtrahernmansion.com

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

Hilldale Baptist Church Family Life Center
250 Old Farmers Road
www.hilldale.org

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN

Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. Recycling bin is located at:

Clarksville Restore
(931) 645-4242
408 Madison Street
RecyclingHabitatMCTN@gmail.com
Recycling Coordinator: Denny Mihalinec

HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30 a.m. Bible Study every Friday at 6:30 p.m. at 1140 Gratton Road. Ride each Sunday at 11:00 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

May

1 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
ArtWalkClarksville.com
(931) 614-0255

2 FRIDAY KICKOFF OF MOVIE WEEKEND AT PRIZER POINT

Free popcorn during movie. See ad on page 37.

Prizer Point
1777 Prizer Point Road
Cadiz, Kentucky
(270) 822-3762
prizerpoint.com

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

Tuesday, May 6
4pm to 7pm
ROSSVIEW ELEMENTARY SPIRIT NIGHT

Saturday, May 10
2pm to 5pm
BUY ONE GET ONE SMALL SHAKE FOR MOMS

Monday, May 12
5pm to 7pm
FAMILY NIGHT

Thursday, May 15
10:30am to 10pm
NATIONAL CHOCOLATE CHIP COOKIE DAY

Monday, May 26
10:30am to 10pm
MEMORIAL DAY

SEE AD ON PAGE 22

SPRING INTO SUMMER EVENT

5:00 p.m. - 7:00 p.m. Join us for the best pricing of the summer on: Water-assisted lipo, Microdermabrasion, Skin pen treatments, Botox, Artefill & Radiesse, 25% off all product lines & more!

PLEASANT VIEW Montessori

Please join us for an **OPEN HOUSE**
6:00 to 8:00 p.m.
Thursday, May 8th

Now enrolling students ages **18 months to 4 years.**

2511 Highway 49 East, Pleasant View, TN 37146
615-746-0975 office@pleasantviewmontessori.com

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

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

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Dr. Donald Jones & Dr. Jennifer Cornell IN OFFICE FINANCING
Preferred providers for most insurance, including all military.
www.back2basicsdentistry.com

Bella Medical Spa
400 Franklin St.
Clarksville, TN
(931) 542-4868
www.bellamedspa.com

3 SATURDAY GREAT AMERICAN CLEAN UP

8:00 a.m. Clarksville Montgomery County main kick-off event. Would you or your group like to invest in our community? For more information about becoming a participant please contact Mary Anderson, Bi-County Solid Waste, (931) 648-5751 ext. 5510.

Montgomery County Courthouse
2 Millennium Plaza

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

9 FRIDAY ANNUAL CHARA USED CURRICULUM SALE

9:00 a.m. to 12:00 p.m. For the local homeschooling community. Admission is free to attend.

Hilldale Family Life Center
250 Old Farmers Road

CARECAMP WEEKEND AT PRIZER POINT

Come camp with us. Stay with us Friday night and get Saturday for free. See ad on page 37.

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

10 SATURDAY PROJECT LINUS MAKE A BLANKET DAY

9:00 a.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

VISITOR DAY 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.

These exciting and energetic classes are for new students only. Class size is limited. Pre-registration is required, (931) 472-1008.

Kriegisch Martial Arts
Sango Market Place (next to
Anytime Fitness)
2690 Madison Street, Suite 190
kriegischmartialarts.com

CELEBRATING MOMS SHOW

12:00 p.m. to 5:00 p.m. Join us for a special event dedicated to recognizing and celebrating moms!

If you would like to participate in this event, please email marketing@governorssquare.net for show details.

Governor's Square Mall
2801 Wilma Rudolph Boulevard

MOVIES IN THE PARK- PRETTY IN PINK

Movies are free and begin at dusk. See ad on page 17.

Heritage Park
1241 Peachers Mill Road

11 SUNDAY MOTHER'S DAY

12 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

13 TUESDAY VISITOR DAY 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, (931) 472-1008.

Kriegisch Martial Arts
Sango Market Place (next to
Anytime Fitness)
2690 Madison Street, Suite 190
kriegischmartialarts.com

SPRING FLING

11:00 a.m. to 3:00 p.m. Free! There will be inflatables, hot dogs, nachos, cotton candy, popcorn, snow cones, desserts and drinks galore. Also, we will have our annual silent auction to raise funds for our missions work in Jamaica. Items included in auction are Beech Bend tickets, movie night basket, Holiday World tickets, family game night basket, Dollywood tickets, Nashville Shores tickets, Chocolate Basket, Jewelry Basket, Child's bicycle, Sports theme basket, Food baskets to local restaurants, beach/poolside basket, Venture River tickets, and so much more. Come out and join us for some fun!

Pardue Memorial Church
1895 Memorial Drive

15 THURSDAY VISITOR DAY 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, (931) 472-1008.

Kriegisch Martial Arts
Sango Market Place (next to
Anytime Fitness)
2690 Madison Street, Suite 190
kriegischmartialarts.com



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COLLISION & TOWING

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

931.431.6096
2631 Ft. Campbell Blvd



Woodlawn Community Church

Upward Co-ed Flag Football & Cheerleading Camp 2014

\$29 Fun for your child, right for your family!
Learn the sport, add skills & values while making new friends!

June 4th - June 6th • 6:30 - 8:15PM • **Family Day** - June 7th • 11 - 1PM
Registration Deadline: May 17th
Registration online @ ssl.demosphere.com/73970

Fall Co-ed Flag Football & Cheerleading League

Registration begins **May 18th**

- First practice is August 19th • First game is September 13th

Price before July 17th: \$75.00, After July 17th: \$85.00
register online at: registration.upward.org/UPW54782

Children welcome from Kindergarten - 6th grade

Need more information?
Visit: www.wcnaz.org OR Call: 931-624-3582

Woodlawn Community Church • 2100 Woodlawn Rd., Clarksville, TN

16 FRIDAY SPRING AUTO DEALER SHOWCASE

Through Sunday, May 19. Visit the Auto Dealer Showcase to check out the latest vehicle models from local dealerships.

Governor's Square Mall
2801 Wilma Rudolph Boulevard

RELAY FOR LIFE

6:00 p.m. to 6:00 a.m. The American Cancer Society Relay For Life of Montgomery County is an overnight celebration where people take turns walking, running or otherwise circling around a track "relay" style to raise funds to fight cancer. See article on page 20.

Hilldale Family Life Center
250 Old Farmers Road

JAMMIN IN THE ALLEY- JOEL BROWN BAND

7:00 p.m. to 10:00 p.m. Free and open to the public. See ad on page 54.

Strawberry Alley
Downtown Clarksville

17 SATURDAY ARMED FORCES DAY AT PRIZER POINT

In appreciation for our active and retired military. Show your military ID and receive a day pass to enjoy our amenities. See ad on page 37.

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

WELLNESS RESOURCE EXPO

9:00 a.m. to 12:00 p.m. This a FREE event open to everyone. The event's goal is to connect the community to existing resources that promote personal wellness in a variety of

ways. This annual event is brought to you by Montgomery County Health Council, Clarksville YMCA, Susan G. Komen and Saint Thomas Health's Mobile Mammography Coach. To set up a mammogram contact the YMCA.

Clarksville Area YMCA
260 Hillcrest Drive

HEALTH FAIR

9:00 a.m. to 2:00 p.m. Nia Association will have a free family Health Fair on open to the general public.

Nia Association, Inc.
375 Dover Road
(931) 906-3993

H&S STRAWBERRY JAM

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

H & S Farms
400 Seven Mile Ferry Road
(931) 387-4000

SUMMER CAMP SHOW & FAMILY FUN DAY

12:00 p.m. to 5:00 p.m. Join us where parents can learn more about available camps and summer activities for their kids while the kids enjoy fun activities! If your business is interested in showcasing information about your programs or activities, please contact marketing@governorssquare.net.

Governor's Square Mall
2801 Wilma Rudolph Boulevard

20 TUESDAY 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 Dietitians at (931) 502-1692.

Gateway Medical Center
651 Dunlop Lane

21 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

24 SATURDAY SPRING INTO SUMMER FESTIVAL

12:00 p.m. to 9:00 p.m. Free and open to the public. Thomas Rhett in concert at 7:00 p.m. See ad on page 18.

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

MOVIES IN THE PARK- TURBO

Movies are free and begin at dusk. See ad on page 17.

Heritage Park
1241 Peachers Mill Road

25 SUNDAY SPRING INTO SUMMER FESTIVAL

12:00 p.m. to 6:00 p.m. Free and open to the public. See ad on page 18.

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

26 MONDAY MEMORIAL DAY

MEMORIAL DAY MURPH HOSTED BY CROSSFIT CLARKSVILLE

7:00 a.m. to 2:00 p.m. This Memorial Day Murph event is a fundraiser for the 5th Special Forces Group Scholarship Fund. It's based on a CrossFit workout called "Murph," named after Medal of Honor recipient Michael Murphy. The idea is to honor ALL of our fallen military members with a challenging workout.

Anyone can participate! You don't have to be a member of CrossFit Clarksville, nor do you have to be able to do the entire workout to participate, just do what you can.

Registration is \$30, and includes an awesome event shirt. All profits go to the 5th Special Forces Group Scholarship Fund. We have ZERO paid staff for this event and minimal overhead. It is our goal to maximize your donation.

You can find information at: www.crossfitclarksville.com or on the registration page: <https://www.eventbrite.com/e/memorial-day-murph-hosted-by-crossfit-clarksville-registration-11297664619>

The Gilroy Pub
140 University Avenue

28 WEDNESDAY ANNUAL CLARKSVILLE HIGH SCHOOL MINI CHEER CAMP

8:00 a.m. to 11:00 a.m., through Friday, May 30. Sponsored by CHS Varsity Cheerleaders. Learn core cheerleading basics, dance, cheer, receive a t-shirt and a small, personalized gift. \$45 with early registration; \$55 at the door. Be sure to fill out registration form and

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Dr. Barbara Aquino



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submit your payment to a varsity cheerleader or Mrs. Ashley Karch. For more information contact ashley.karch@cmcss.net.

CHS Auxillary Gym
151 Richview Road

31 SATURDAY DU THE DREAM DUATHLON

In life, we have aspirations, goals for our future. Everybody has a dream. This May, the Dream Factory of Clarksville will host the Du the Dream Duathlon. This run-bike-run event will be held at Beachaven Winery and be the first multi-sport event of its kind in Clarksville.

The race is perfect for those interested in testing the waters of multi-sport, especially because there is no actual water! The traditional multi-sport event, a triathlon, is a swim-bike-run competition that requires people to enter some type of body of water. The thought of getting in the water makes many first time participants nervous. Du the Dream has replaced the swim portion of the event with an additional run.

Participants will begin at Beachaven Winery, 1100 Dunlop Lane, and run four miles in an out-and-back course on International Blvd towards Rossvie Road. Upon return, they hop on their bike and ride a 15.5-mile route out in scenic Montgomery County. That loop brings them back to Beachaven where they ditch the bike and head out for the final four-mile run.

If you and your friends are looking for an event to compete in together, Du the Dream has relay teams available for two and three person relays. Participants can sign up as a team and compete in one or two segments of the race. More information about relay teams is online at duthedream.com.

Children 10-and-under have their own course, designed with them in mind.

The Kids' Course is a 400-meter run, one-mile bike and 400-meter run. The kids' race takes place at 11:00 a.m., right after the adult race is complete, so parents can compete and then watch their children. If your older child has never competed in a multi-sport event before, and cannot complete the longer course, they may sign up for the Kids' Race.

The kids' race is important to this event because the children of Montgomery County are the reason this event was created. All proceeds from the Du the Dream Duathlon go directly to the Dream Factory of Clarksville. Many probably recognize the Dream Factory through their work with the annual Camp Rainbow event for terminally ill children. The proceeds from this event will not only support those efforts, but the mission of the Dream Factory year round. To learn more about the Dream Factory visit clarkvilledreamfactory.org.

Those interested can register online at www.duthedream.com. The adult, relay and kids' registrations are also on Active.com. The adult race will begin at 7:00 a.m. and the kids' race will begin at 11:00 a.m. Packet pick up will be at the Clarksville Welcome Center, 180 Holiday Drive. Day of registration will be available but shirt size is not guaranteed. Prices start at \$40 for the adults (\$60 for two person relay,; \$80 for three person relay) and \$10 for the kids, but both races will see a price increase closer to the event.

For more information, contact us at (931) 647-2331 or email Jessica@clarksville.tn.us.

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

REAL TEENAGERS DO KARATE!

TAKE OUR KMA CHALLENGE!
6 wks of classes, KMA t-shirt, karate pants & white belt.
May 16-June 28
Classes for ages 2 years and up!
Deadline to register is Wednesday May 14.

CALL TODAY! 931.472.1008
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www.kriegischmartialarts.com

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Please use by May 31, 2014
Not valid with any other discounts or sale items

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LES MISÉRABLES

In 19th century France, Jean Valjean is released from 19 years of unjust imprisonment, but finds nothing in store for him but mistrust and mistreatment. Breaking his parole in hopes of starting a new life, he initiates a life-long struggle for redemption during which he is relentlessly pursued by police inspector Javert, who refuses to believe Valjean can change his ways. Epic, grand and uplifting, its powerful affirmation of the human spirit has made this popular masterpiece an international smash-hit.

8:00 p.m.—May 2, 3, 9 & 10

7:00 p.m.—May 1, 7 & 8

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

DISNEY'S TARZAN

Taken in and raised by a tribe of gorillas after being orphaned on the shores of West Africa, a young boy strives for acceptance by his ape father while grappling with his uniqueness. When a human expedition enters the jungle, Tarzan — now a man — encounters strangers like himself for the first time. Based on Edgar Rice Burroughs' story and the hit Disney film, this action-packed musical features the songs

of pop icon Phil Collins, including the Grammy and Oscar-winning "You'll Be in My Heart."

6:00 p.m.—May 16, 17, 21, 22, 23, 24, 28, 29, 30 & 31

2:00 p.m.—May 17, 24 & 31

Tickets \$10

LITTLE SHOP OF HORRORS

A down-and-out Skid Row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, R&B-singing carnivore who offers him fame and fortune in

exchange for feeding its growing appetite, finally revealing itself to be an alien creature poised for global domination! Charming, tuneful and hilarious, with tongue firmly planted in cheek, this affectionate spoof of 1950s sci-fi movies never fails to entertain.

8:00 p.m.—May 30 & 31;
June 6, 7, 13, 14, 20, 21, 27
& 28

7:00 p.m.—June 4, 5, 11, 12,
18, 19, 25 & 26

2:00 p.m.—June 7

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

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

350 Pageant Lane • (931) 648-8826 • www.clarksville.org

HOLA! BILINGUAL STORY TIME

Tuesday, May 13,
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.

LEGO PROGRAM

Saturday, May 10,
2:00 p.m. to 3:30 p.m.
Families with kids of all ages are encouraged to

grab a tub of Legos and have fun being creative and building something special while making new friends.

ANIMEFEST

Saturday, May 3, 10:00 a.m. to 4:00 p.m. All day

Animefest for Teens in grades seven through twelve. Teens will enjoy watching Anime, sharing drawings, engaging in games and enjoying snacks. Please bring a bag lunch.

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CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • 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 27.

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.

ANNE BAGBY: LAYERED EXPRESSIONS

Bagby's work combines traditional drawing, painting and printmaking, using several layers to play with the boundaries between design and texture. May 8 through July 6.

FIGURATIVELY SPEAKING: NATIONAL JURIED EXHIBITION

Artists from across the nation portray the human figure in various media, including painting, photography, sculpture,

and more. May 9 through July 13.

ILLUSTRATED POETRY: THE ART OF JIM DIEHR

The acrylic paintings in this exhibition are collaborations between visual artist Jim Diehr and author David Huddle. Through June 1.

ACTIVITIES:

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 journey to Oz and back. Paper bags will be provided to make your own cast. This activity is free with paid admission or your museum membership.

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. This activity is free with paid admission or your museum membership.

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. Free admission to lecture; bagged lunches welcome!

The Museum will be closed Sunday, May 11th for Mother's Day.

Sue Lewis
Curator of Education
(931) 648-5780
slewis@
customshousemuseum.
org

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Clarksville Cumberland Presbyterian Church

Sunday

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

Wednesday

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

Steve Louder, Pastor

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

ADOPTION & FOSTER CARE

CLARKSVILLE FAMILY ADOPTION GROUP

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

CLARKSVILLE MODEL RAILROAD CLUB

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik

classes for infants and toddlers, through lessons and performing ensembles for

school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact (931) 221-7508, csa@apsu.edu, or visit csa.apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.mcwgs.org, if you would like more information regarding who we are and what we do or contact Linda VanMaanen at (931) 368-1636 or Linda Westfall at (931) 648-6350.

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

www.flyballdogs.com/qcrr for more information about this exciting canine sport.

CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, info@clarksvilleimpact.us or www.clarksvilleimpact.us.

CLARKSVILLE TENNIS ASSOCIATION

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

CLUB WEST VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

SWIMMING EAGLES

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILDBIRTH & PARENTING EDUCATION ALPHA CHRISTIAN CHILDBIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

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/LLLClarksville. If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for

breastfeeding help contact us at (931) 206-9659 or www.wholewomanlactation.com.

CHILD CARE CHILD CARE AWARE

Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. www.childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

www.tennessee.gov/humanserv/childcare/63/37040/

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

www.tennessee.gov/humanserv/childcare/63/37043/

PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, clarksvillepin.net.

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare

good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamera Adjei at (931) 648-5725 or tadjei@utk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

At 1030 Cumberland Heights Road, is open to all youth ages 9-19. Involves participation in 4-H through school clubs, community clubs, special interest groups, and a variety of camps. Contact Julie Newberry at (931) 648-5725.

BOY SCOUTS OF AMERICA

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

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

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

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

COMMUNITY OUTREACH

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

The 101st Airborne Division Association is a non-profit organization, which was organized by General Maxwell D. Taylor, Division Commander and first President of Association, and the other members of the division at the end of World War II. The 101st Airborne Division Association welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served.

For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m.

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

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landscaping, mowing, & more

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2010 THE LEAF CHALLENGE Readers Choice Awards

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Monday through Friday at (931) 431-0199 or at our website ScreamingEagle.org.

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. Spring Semester classes begin February 2. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit www.studythescriptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or www.ed2go.com/apsu.

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

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

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities, develop a better understanding of our ethnic Filipino history, and promote our unique and diverse cultural heritage. Our group participates in various community services. Many Filipino soldiers assigned in Fort Campbell Post and their families join our social and civic activities in the community of Clarksville and Kentucky. The organization extends its services to donating clothes, shoes, and canned goods to various local organizations. The organization is also teaching

Tagalog lessons to those interested in learning another language. Membership is open to all. For inquiry, call Mario Wong at (931) 431-6786 or Pat Lowry at (931) 494-1080.

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/

DAGAN FOUNDATION

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

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

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

FREE CAKES FOR KIDS KY & TN

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on [facebook.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.

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](https://www.facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at outdoorclarksville.com.

FRIENDS OF ROTARY PARK

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

Those interested in joining Friends of Rotary Park can do so by contacting Chad Eaton at (931) 624-7787 or chadeaton@hotmail.com. Or visit www.facebook.com/FriendsOfRotaryPark/ to keep in touch with other members and events at the park. Dues are annual at \$15 for individuals / \$25 for a family / \$50 business membership.

GATEWAY HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

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

HABITAT FOR HUMANITY AND RESTORE

Habitat a non-profit ecumenical Christian organization partners with qualified applicants to build new home construction within Montgomery County. Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, www.habitatmctn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii,

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

HOPE CENTER

A community service branch of the Family Guidance Training Institute, Inc. provides a number of community activities to include summer camps for seriously emotionally disturbed children, S.T.E.P. into the Light, a women's holistic wellness group, and Women's Share community. The Hope Center also offers a multitude of workshops for community organizations. For further information regarding our programs, please call (931) 431-7880.

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MANNA CAFE MINISTRIES

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

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

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

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

Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School

Systems Office located in the large parking lot on Crossland and Gracey Avenues.

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

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

MEALS ON WHEELS

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

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 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. Sittin, TRAEYC President, at (931) 221-7308 or visit www.traeyc.org.

UNITED WAY

At 1300 Madison Street, provides the leadership to increase the organized capacity of people to care for one another. Monitors and provides support for agencies serving Clarksville and Fort Campbell, as well as Montgomery, Houston and Stewart counties. (931) 647-4291.

VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at webbm@apsu.edu. You can also visit our website at www.apsu.edu/VUB/.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

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

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

ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family

education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

BRADFORD HEALTH SERVICES

Bradford Health Services at 231 Dunbar Cave Road, Suite A, creates effective and affordable substance abuse programs through a variety of innovative services. (931) 542-9816.

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit www.clarksvillefirst.com.

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

810 Greenwood Avenue, (931) 920-7330. 1820 Memorial Circle, (931) 920-7300. Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025. 511 Eighth Street, (931) 920-7200.

HEALTH CONNECT AMERICA

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

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering

quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

For ages 18+ Centerstone's HOPE program serves adults with substance use and/or mental health disorders who are homeless or at-risk of becoming homeless and who live in Clarksville. (931) 920-7300.

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based Case-Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in their homes with parenting and behavior management in addition to linking them to needed resources in the community. Initial intake assessments are offered within one week and at no cost. MHC welcomes TennCare recipients. Located at 1808 Haynes Street. For more information or to make a referral please call (931) 645-5440 or visit www.mhc-tn.org.

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

Through The Path Life Coaching (www.ThePathLifeCoaching.com), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where

you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at JuleeSPoolePHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

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.

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

Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afs.org and (865) 617-0665 and the local web site Miss Tennyk Area AFS Volunteer Leadership Team at www.afsusa.org/misstennyk.

PARENT GROUPS

CLARKSVILLEMOMMIES.COM

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

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

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

CLARKSVILLE HOMESCHOOL NETWORK

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

FIRST BAPTIST CHURCH HOMESCHOOL GROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in 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 momsclubofclarksvillewest@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. We look forward to meeting you!

FT. CAMPBELL MOPS

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

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Tuesday of the month from September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Amanda Grubbs at thegrubbsfamily07@gmail.com. Find us on Facebook at Spring Creek MOPS.

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCOrley77@aol.com for more information.

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

ARMY COMMUNITY SERVICE

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

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. 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, Jennifer Allen at (615) 854-2165 or 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 Tuesday of each month at 5:30 p.m. in the Liberty Rooms of the Hospital, 651 Dunlop Lane. For more information, contact Registered Dietitians at (931) 502-1692.

FOCUS AUTISM NOW

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

GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, 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 cvoiland-free@jdrf.org.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

PARENTS HELPING PARENTS

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

PARKINSON AWARENESS AND FELLOWSHIP GROUP

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

For corrections or to include your group's information e-mail info@clarksvillefamily.com.

THERE'S A NEW FUNERAL HOME IN TOWN



Being a part of the Clarksville community, we felt the families of this area needed another choice. A choice in affordable, quality services to meet the budget of every family. As the prices of funerals have continued to rise, we wanted to offer our community a more affordable solution.

It is with this idea we are opening Gateway Funeral and Cremation Center.

We are privileged to serve the families in our community. Call us today for more information on our burial and cremation package prices.

THE BEST DOESN'T HAVE TO COST YOU MORE.

On average, we can save families \$2,000 on burial and cremation services.
The best doesn't have to cost you more, in fact, it may cost you less.



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www.GatewayFH.com

KIDS-N-PLAY

CHILDREN'S ENTERTAINMENT & PARTY CENTER



SUMMER CAMP!

June 9th – 13th

SPACE ADVENTURES

GET AN OUT OF THIS WORLD EXPERIENCE!

Learn about the solar system and explore the lack of gravity.

Children grades 1-5.

June 16th – 20th
July 21st – 25th

LEGO BUILDING

Campers will have a daily "building theme." While exploring engineering, architecture and physics.

Children ages 5-12.

June 16th – 20th

ARTS & CRAFTS

Kids will get to explore their creative side with arts & crafts projects each day.

Children grades 1-5.

June 23rd – 27th

NATURE QUEST

Exploring all that nature has to offer. Making bird feeders, rainbows, and more!

Children grades 1-5.

June 23rd – 27th
July 14th – 18th

LITTLE ADVENTURERS

Hands-on learning activities, arts & crafts, music and movement, story time with puppets and tons of fun.

MUST BE POTTY TRAINED

Children ages 3-5 years.

July 7th – 11th

DINOSAUR ADVENTURES

Campers will get a chance to discover something new in the field of dinosaur exploration.

Children grades 1-5.

July 14th -18th

KIDS SCIENCE LABS

Science camp offers the perfect combination of innovative, hands-on Science and FUN!

Children grades 1-5.

July 21st – 25th

KIDS COOKING

Campers will learn kitchen measurements, temperatures and vocabulary of the everyday kitchen.

Children grades 1-5.

REGISTER ONLINE TODAY!

www.kidsnplay.com/summer-camps-for-kids

\$135 plus tax (\$147.82) for each weekly camp, Monday - Friday, 9am-2pm.



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