

June 2014



FREE!

Clarksville Family

Serving Clarksville, Fort Campbell & the Surrounding Areas



The Lee-Moon Family,
enjoying a beautiful
morning at Dunbar Cave:
Jason Moon (5),
Dr. Grace Lee,
Dr. Young Moon,
Christian Moon (4),
Sean Moon (6).

Photos by 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.



SUMMER CAMPS

July

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

552-2223

1955 Suite B
Madison Street
Tradewinds South
Shopping Center
www.danceforceclarksville.com

or visit us on
facebook



Earn
2.25%
APY

ATM
Refunds

No
Monthly
Fee

Free
Debit
Card

Largest
ATM
Network

Mobile
Apps

No
Minimum
Balance

Anytime
Deposit

A+
Checking

- Earn 2.25% APY*
- No minimum balance
- No monthly fee
- One of the largest ATM Networks
- Up to \$20 in ATM Refunds*
- Free Debit Card
- Free Mobile apps with remote deposit

GROWS with you and **GOES** with you...

931-552-3363 • www.altra.org

1600 Madison Street &
184 Stone Container Drive • Clarksville

800-755-0055 • www.drivealtra.org

Altra
Federal Credit Union

*Membership eligibility required. A+ Checking available for personal accounts only. Qualifying accounts earn currently posted Annual Percentage Yield (APY) on balances up to \$15,000; Portion of balance over \$15,000 earn 0.50% APY. Account earns 0.10% APY if all requirements are not met in any given cycle. Rates subject to change monthly. A "cycle" begins the last day of one month and ends on the second to last day of the next month; this allows Altra to calculate and post dividends and ATM refunds on the last day of each month. All requirements must be completed and/or posted in each cycle to be considered a qualifying account. Debit card transactions processed by merchants and received by Altra as ATM transactions do not count towards qualifying debit card transactions. Only debit card transactions processed by merchants and received by Altra as POS transactions count towards qualifying debit card transactions. ATM fee refunds available for ATM withdrawals made from A+ Checking only. Dividends calculated and paid each calendar month on the daily balance. **Festival Foods 28 Copeland Ave. La Crosse. Contact Altra for complete details. Federally insured by NCUA.

NCUA
Member Since 1970

Publisher's Message

My son just turned TEN in May, and will be in the FIFTH grade next year. It seems that he went from: baby, to little guy, to this big ol' tall thing before I barely had time to blink! Of course, I am very proud and excited for him, but a little shocked at how fast 10 years have flown by. I'm sure you all can relate to this with your little ones.



Something else I am excited about is that it seems that the warmer weather is here to stay. Endless winter was really starting to depress me! We never really even got a fall so I am hoping we will get a nice taste of spring before the humidity kicks into overdrive.

With school finally out and the onset of summer, be sure to check out the calendar (starting on pg. 58) to see the many fun camps, fairs, festivals and more that are going on around town. There is plenty to keep the kids busy! Just remember to check them out now, in case you need to sign up early.

Another local favorite that's back is our Downtown Market. It happens every Saturday from now through October 18th downtown in the Public Square (8:00 a.m. to 1:00 p.m.) with fresh, local fruits and vegetables, baked goods, local honey, musicians, onsite chefs and more. Come early and often. It's not to be missed.

Happy Father's Day to all the Dads out there!

Here's to another great summer in Clarksville, and as always, thank you for picking us up!

Sincerely,
Carla Lavergne

DISCLAIMER

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

Clarksville Family

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

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

For all other information:

Phone: (931) 320-9869

E-mail: info@clarksvillefamily.com

Fax: (931) 919-1234

Mail: PO Box 31867
Clarksville, TN 37040

Web: clarksvillefamily.com

Look for us on Facebook 

Owner/Publisher

Carla Lavergne

Editor

Cliff Lavergne

Graphic Design

Colleen Devigne
Carla Lavergne

Advertising Sales

Rachel Phillips
(931)-216-5102
rachel@clarksvillefamily.com

Staff Writers

Brenda Hunley
Taylor Lieberstein
Pamela Roddy Magrans

Contributing Writers

Dr. Scott Bridges
Dr. Dale Brown
Dr. Gregory Fryer
Dr. Mitchell D. Kaye
John McDonald
Dr. Catherine Meeks

Special Thanks

Paul and Paula

TABLE OF CONTENTS

FEATURE • 6

Aiming Straight

SPOTLIGHT • 16

Clarksville Country Club: 100 Years

HEALTH • 20

Three Best Practices for Skin Protection

COMMUNITY • 22

Parks & Rec Summer Theatre and Internships

HEALTH • 28

Waking Up with Migraine Headaches?

HEALTH • 32

High Blood Pressure is High Risk with High Stakes!

FEATURE • 38

The Protective Force of Fatherhood

BEAUTY • 44

School's Out...Skincare is In!

HEALTH • 48

Diabetes, Cholesterol and Blood Pressure—Oh My!

CANDID CLARKSVILLE & FORT CAMPBELL FAMILIES • 51

STORYTIME • 52

Summer Plans

THE FRIDGE • 56

CALENDAR • 58

FAMILY RESOURCE NETWORK • 64

You think

“YOU DESERVE MORE.”

We agree.

Adult learner programs @ APSU
apsu.edu/adult

AP Austin Peay
State University

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

GRACE  DENTAL
FAMILY & COSMETIC DENTISTRY

931-648-4100

www.gracedentaltn.com

facebook.com/gracedentaltn 

ARE YOU
LOOKING FOR A
FAMILY DENTAL
experience?



\$89 New Patient Special
Initial exam, x-rays & oral cancer screening.

(New patients only without insurance.)

304 Providence Blvd. | Clarksville, TN 37042

Monday - Thursday 8 am - 5 pm

clarksvillefamily.com

AIMING STRAIGHT

by Pamela Roddy Magrans

When the East Montgomery Elementary School (EMES) Archery team boarded the school bus on that rainy Friday morning it was the culmination of a year of practice. The 7:30 a.m. practices every Tuesday and Friday in the gym before school had paid off. The additional after school practices for the past month had ingrained muscle memory. The back-yard practices had honed skill and focus. These twenty-one boys and girls finally had arrived at the day to showcase their archery talents.

Led by Coaches Jared Hill, Ann Crouch, and Brandy Biggar, this group of 4th and 5th grade East Montgomery Elementary students



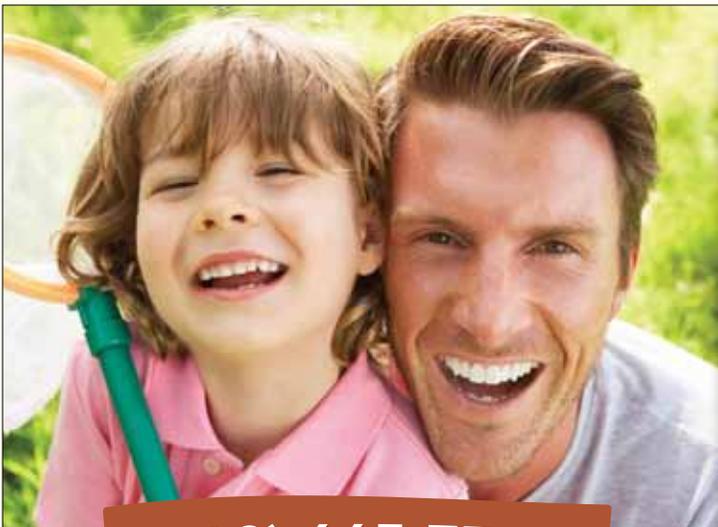
had sharpened their archery talents over the past year, through hours of disciplined practices. The EMES Archery team's recent placement at the state competition in Murfreesboro, TN landed them an invitation to the prestigious national tournament in Louisville, KY.

On that rainy Friday, May 9th, the group of students traveled via

school bus to Louisville, KY. For the first time, the EMES Archery team had the chance to showcase their skills at the National Archery in the Schools Program (NASP) national tournament. Dressed in blue jeans and their EMES Archery team shirt, this group of talented boys and girls remind us that the straightest way to any bull's-eye is through concentration and practice.

National Archery in the Schools Tournament (NASP)

Over 10,000 students from across the nation converged on the Kentucky Fair and Exposition Center to showcase their archery skills. Over forty states were represented, and each school



(888) 665-7744

ClarkvilleDentalSpa.com
ClarkvilleDentalSpa4Kidz.com

DENTAL SPA
clarkville
& For Kidz!

Take Good Care of Your Smile

With us! At Clarksville Dental Spa we provide the finest oral health care in a relaxing and caring environment. Our patients' health and wellness is our top priority - we pride ourselves in maintaining long-standing relationships with our dental community. Become a member of the Clarksville Dental Spa family today and let us take good care of you!

Services We Provide

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

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

★ We Accept All Major Insurances

Dr. Lance Harrison, Jr. | Family and Cosmetic Dentist

800 Weatherly Drive Suite 103-B, Clarksville, TN 37043

Dr. Lance Harrison is licensed as a general dentist in TN.

KIDS-N-PLAY

TAKING PLAY TO A NEW LEVEL



WEEKLY SUMMER CAMP 9AM-2PM DAILY

June 9 – 13 SPACE ADVENTURES <i>Children grades 1-5.</i>	June 16 – 20 & July 21 – 25 LEGO BUILDING <i>Children ages 5-12.</i>
June 16 – 20 ARTS & CRAFTS <i>Children grades 1-5.</i>	June 23 – 27 NATURE QUEST <i>Children grades 1-5.</i>
June 23 – 27 & July 14 – 18 LITTLE ADVENTURERS <i>Must be potty trained. Children ages 3-5 years.</i>	July 7 – 11 DINOSAUR ADVENTURES <i>Children grades 1-5.</i>
July 14 -18 KIDS SCIENCE LABS <i>Children grades 1-5.</i>	July 21 – 25 KIDS COOKING <i>Children grades 1-5.</i>

PIZZA PARTY, AND BUNGEE JUMPING ON THE LAST DAY!

REGISTER NOW AT:
WWW.KIDSNPLAY.COM/SUMMER-CAMPS-FOR-KIDS



FREE SUMMER CAMP T-SHIRT

**\$135 plus tax (\$147.82)
FOR EACH WEEKLY CAMP.**

**\$10 OFF
REGISTRATION**

If registered by June 25th.

REGISTER ONLINE!
Use promo code: **CF0614.**

proudly represented their communities as they each took their place at the line. A colorful array of Genesis bows dappled the crowd, as each student carried their equipment to the range. Soon, the sound of arrows cut through the air, penetrating the shuffling of feet and the clicking

of countless camera shutters. The concentric ring of circles, from black to yellow, stood at the end of the range as arrows hurdled through the air.

The sound of fletching fighting with air created a music all its own. Throughout the day's event, students took their positions

first at 10 feet, then at 15 feet—demonstrating their skill, concentration, and aim. One by one, each student shot their designated arrows, aimed for the bull's-eye, and created a memory that will not soon be forgotten.

After an afternoon of shooting, the EMES Archery team placed 39th out of 114 teams, earning the highest score from Tennessee.

A Community Endeavor

The EMES Archery team is sponsored annually by Mac Plumbing. This year's excursion to Louisville, KY to the NASP national tournament was going



to require an additional \$1,300 to cover registration and transportation to the national tournament. To ensure that every student could participate in the event, the coaches asked other local businesses to donate funds to the archery team. Grandpa's Outdoors, Mid-South Shooter's supply, Source Chiropractic, Eastview Veterinary, Family Pet Hospital, MAC Plumbing, and Twin Oaks Bow Club offered financial assistance to the team.

CLARKSVILLE'S BEST BURGER SINCE 1965



Johnny's
BIG BURGER

FRESH MEAT

DELIVERED DAILY

NEVER FROZEN!

Burgers & Fries
MADE TO ORDER!

Call In Orders Welcome
931-647-4545

428 College Street • Across from APSU
Open Monday - Saturday 5AM - 11PM

THE PLACE

to go for the

BEST BURGERS & FRIES

in Town!

TRY THE

Honey Bun & Ice Cream!



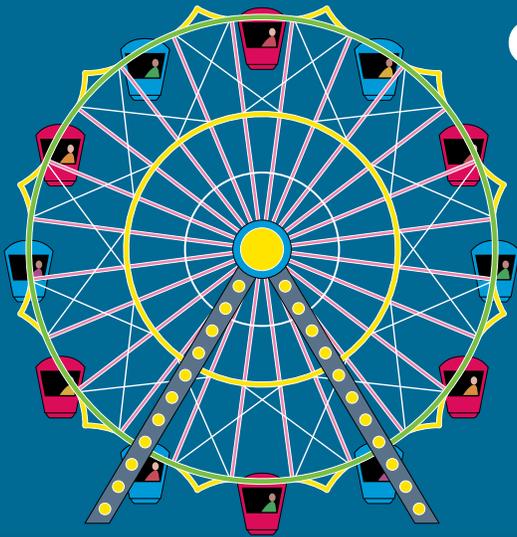
Clarksville Speedway Fair

Tuesday June 17- Saturday June 21

Presented by:



MONSTER TRUCKS ★ MUD DRAGS
PETTING ZOO ★ ROLLER DERBY
DEMOLITION DERBY ★ TRUCK PULLS
ARTS & CRAFTS



Title sponsors:



NIGHTLY ATTRACTIONS

Tuesday-Thursday 6-11PM

Friday 6PM-Midnight

Saturday 1PM-Midnight

RIDES AND MIDWAY

Open at 6PM

BELLE CITY AMUSEMENT, PETTING ZOO AND PONY RIDES

6PM-9PM

ADMISSION

\$3 ADULT / \$1 CHILD

FAIR FREE WITH EVENT ADMISSION



DRAGSTRIP RACING - EVERY FRIDAY NIGHT

Gate opens 5PM • Time Trials 6:30PM • Racing 8PM
Adults \$10, Kids 10 & under free

MIDNIGHT MADNESS

Gate Opens 9:30PM • Racing 11PM
\$5 per person • \$10 Car to Race

**LIVE
CONCERT**

NIGHTLY

7PM

Clarksville Speedway Fair Events

TUESDAY, 17TH: Dollar Day & Monster Trucks PM • Military (w/ID) \$18 / Adult \$20 / Kids \$10

WEDNESDAY, 18TH: Student Armband \$20, Monster Trucks PM • Roller Derby PM

Military (w/ID) \$18 / Adult \$20 / Kids \$10

THURSDAY, 19TH: Military Night Armband \$20 (w/ID) • Stock Truck Pulls

Adult \$10 / Kids 6-10 \$10/ Kids 5 & under Free

FRIDAY, 20TH: Mud Drags • Adult \$10 / Kids 6-10 \$10/ Kids 5 & under Free

SATURDAY, 21ST: Kids Armbands \$20 1PM-6PM • Car, Truck, & Bike Show 12PM

SATURDAY NIGHT, 21ST:

Demo Derby Show & Mud Drags • Hot Dog & Watermelon Eating Contest

Adult \$13 / Kids 6-10 \$5/ Kids 5 & under Free

**FREE
PARKING**

ClarksvilleSpeedway.com - 1600 Needmore Rd. - 931-645-2523

Benefits of Youth Archery

East Montgomery Elementary School offers archery to every 4th and 5th grader as a part of the P.E. curriculum. This introduces each student to the art and sport of archery. The school owns equipment for this purpose. The EMES Archery team is selected through a try-out process. In 2014, twenty-one EMES students participated in the NASP Tournament.

Archery offers students a way to practice concentration, patience, and dedication to a sport, but it also helps students use those same skills in other areas of life. The skills honed in



shooting a bow and arrow will no doubt carry over into other areas of their lives.

Watching the EMES Archery team is an awakening, not only to the beauty of the sport, but also to the potential of every student who tries. Archery is a symbolic illustration of goal setting and completion. With focused determination, each

archer must align their body, their arrow, and their mind with the target before them. That stillness requires focus and it symbolizes the same actions needed for any goal to be reality.

EMES P.E. teacher, Jared Hill, has coached the EMES Archery team since it's inception in 2010. "EMES students have been exposed to archery, which is a lifetime activity. The NASP national tournament was proof that archery is growing by leaps and bounds from people of all walks of life," said Coach Hill. "Just seeing the amount of growth these students have had, both in character and shooting ability, has been so gratifying. Seeing

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

LICENSED FROM
6 WEEKS THROUGH
12 YEARS OLD

PRE-ENROLL
NOW
for Preschool
in August

Gearing up for
**SUMMER
FUN!**



SUMMER CAMP HIGHLIGHTS

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

Field
Trips

Splash
Park

YOUR CHILD WILL THANK YOU
FOR THIS EDUCATION!

THE
Giving Tree
CHILD CARE CENTER, INC.

3216 US 41-A South Clarksville, TN 37043

931.358.0028

www.thegivingtreechildcare.com

INDEPENDENCE DAY CELEBRATION JULY 3, 2014

LIBERTY PARK 6:30-10PM
LIVE MUSIC FROM COVER DOWN
FIREWORKS SHOW AT 9:30PM

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

FOR MORE INFORMATION CONTACT: PARKS & RECREATION OFFICE 931.645.7476
WWW.CITYOFCLARKSVILLE.COM/EVENTS

Clarksville
NOW 40.1

ESPN
CLARKSVILLE 1987-2014

Clarksville
Family
PARKS

LEAF
Media Group
Clarksville, TN

Z 97.5

Q 108
102.9 WCVG

BEAVER
ON Guard 1987-1987

REWIND
94.3
American History

the students so excited to participate in the NASP National Tournament, and knowing that this will be a memory they carry with them always, reminds me that we are making a positive difference in the lives of these students.”

Nathan Barksdale, 5th grader, placed 5th in his age division for the NASP IBO 3D optional tournament on Saturday, May 10. The NASP IBO 3D tournament gave youth archers a chance to shoot at life size animal targets. This is Nathan’s second year on the EMES Archery team. The NASP archery competition offered Nathan, and all others, a valuable experience.



“When you get tired, you have to keep your focus. You shoot 40 arrows in a competition and it gets tiring after you constantly pull back your bow with a 25 pound drawback. You also have to keep your cool after you mess up,” Nathan said. “You can’t let it get to you. You have to learn from your mistake, reset and shoot again. When you mess up,

you need to let it go. The next try you get you need to learn from your mistake and stay controlled,” said Nathan.

That’s a lesson we all need to learn.

The benefits of youth archery are bountiful. Not only is archery a lifetime sport, both for hunting purposes and target shooting, but also archery encourages youth to get outdoors. It is a team and individual sport, encouraging students to be their individual best. It is also a sport that can be shared with parents.

The proverbial arrow usually does not fall far from the target. As such, Nathan’s father, Tommy Barksdale, is also an avid archer.



Madison Street

IT’S BACK!

FOR A LIMITED TIME ONLY

PEACH
hand-spun milkshake



1626 Madison St., CLARKSVILLE, TN 37043 • (931) 648-4468

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

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



Kids Night

Every Monday
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

FREE Peach Milkshake
(Small) with the
purchase of the same.

Coupon not valid with any other offer. One coupon per person per visit.
REDEEMABLE AT MADISON ST. LOCATION ONLY.
Original coupons only, no photocopies please.
Please use by 7/15/2014.

SUMMER fun

AUGUST 2ND



**REGISTRATION
OPENS
JUNE 2ND**

**\$25 ENTRY FEE
SPOTS ARE LIMITED**

FOR MORE INFO



CLARKSVILLE
PARKS + RECREATION

931-645-7476

"I taught myself to shoot at about 16 years old in order to prolong my deer season. We now have a deer target in the back yard for target practice at home and it keeps us ready for deer season."

Due to his own interest in archery, Tommy got his son interested in archery at a young age. "Nathan used to tag along with me on 3D archery tournaments around Clarksville starting when he was around five years old," said Tommy. "We usually shoot several 3D tournaments a year around Clarksville with my favorites being Twin Oaks Bow Hunters Club (on Ashley Road in Cheatham County) and



Montgomery County Bowhunters Club (Haynes Bottoms WMA)," he said.

Tommy Barksdale and his son, Nathan, often participate in

local archery tournaments, when Nathan is not busy with the EMES archery activities.

"Archery is a great activity because it is enjoyed in the outdoors and it is great for all ages and the entire family, not just the boys. It also opens the door for other outdoor activities such as hunting and fishing," said Tommy.

To Explore Archery

Any youth who shows interest in archery can get involved in local activities. Several local archery clubs host tournaments throughout the year. Twin Oaks, Montgomery County Bowhunters, and Cheatham County Bowhunters are three clubs around Clarksville that cater to youth. In addition,

THEY LEFT. YOUR TATTOO DIDN'T.

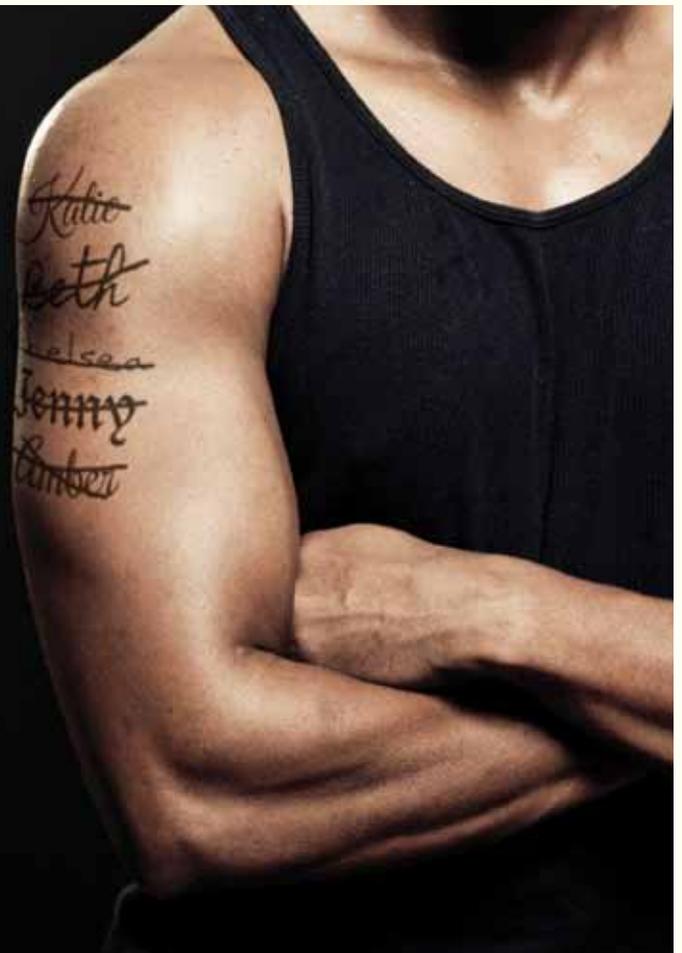
"Introducing the most advanced technology in laser tattoo removal."



CUMBERLAND
LASER CENTER

Call or visit us online
to learn more or schedule
your complimentary
consultation.

931-552-3292 • cumberlandlaser.com
2285 RUDOLPH TOWN ROAD SUITE 200



the Clarksville City Parks and Recreation Department offers archery camps throughout the summer aimed at introducing archery to youth. Several local businesses sell archery equipment and offer lessons. To learn more about the National Archery in the



Schools Program, visit www.naspschools.org. To watch a riveting video of the EMES archery team in action visit, cmcssfocus.net/2014/04/02/east-montgomery-elementary-archery-team.

YOU'RE INVITED ...

LIFEWAY'S
Agency D3
DISCOVER DECIDE DEFEND | PETER 3:15

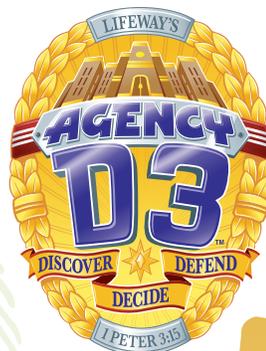
435 Madison Street
Clarksville, TN 37040
fbct.org



FIRST BAPTIST
Clarksville

CLASSIFIED

VACATION BIBLE SCHOOL



JUNE 9-13 9:00-NOON
REGISTER NOW @ FBCT.ORG/VBS

TOP SECRET



FRIDAY, JUNE 13 | 6:00PM

FX Live is for the entire family. With lights, fog, a unique sound track and loads of action, your family will experience Biblical truths communicated through high octane games and challenges! Join us in the Grace Worship Center on Commerce Street. Doors open at 5:30pm.

EVERYONE'S INVITED. FREE!

CLARKSVILLE COUNTRY CLUB: 100 YEARS

by Taylor Lieberstein

The Clarksville Country Club boasts a colorful century-long history. Their family oriented approach to business ensures that history will be made on its grounds for centuries to come.

A Century Old Country Club

Since Clarksville Country Club came into being in the early part of 1900, the club has seen its share of golfers. From legendary pros to amateur champs to leisure golfers, they have shared the same green. Last year the club had its one hundred year anniversary. The club's administration is intent on putting into place family friendly events and activities that promise entertainment for anyone who wants to be involved with one of Clarksville's most historic landmarks. The CCC we know today welcomes not only golfers

but also the entire family to enjoy the ins and outs it has to offer. However, this was not always the case.

Headed in a New Direction

The club was established as a place for businessman to enjoy a round of golf and southern cuisine before heading home. In present years the course has had to work diligently to re-brand itself as a family friendly environment. General Manager, Rocky Papachek, is working towards the enrollment of new members. "We continue to expand our offerings in an effort to provide a source of entertainment for every member of the family," said Papachek.

One of the first steps in their membership drive was to reach out to the Army's 101st Airborne Division. Active military can join

the club without paying an initiation fee and their monthly dues are cut in half should they deploy during their membership.

As a member, enjoy the beautiful 18-hole golf course, driving range, putting green, outdoor swimming pool, tennis courts, a fitness room, banquet facilities, the Fairway Vista (the new outdoor event space that is available for events), Greenside Grille and endless family friendly events throughout the year. Some of these amenities are available to non-members as well, such as the reservation of the Fairway Vista. Have you ever attended a wedding at the Clarksville Country Club? The Club gives each event a unique approach, working with local vendors in the area to give you the

Play, Relax, Enjoy For Less Than \$300.00
Dues Ranging from \$130.00-\$290.00/Month!

Tax and Food Minimum Apply

- Championship 18-Hole Golf Course
- Driving Range and Putting Green
- Outdoor Swimming Pool
- Two Lighted Tennis Courts
- Fitness Room
- Casual and Fine Dining
- Banquet Facilities
- Family Friendly Activities
- Summer Youth Sports Camps

**Initiation Fee Waived
 With 12 Month
 Dues Commitment!**

Learn About Our Family Memberships!
 Contact Jenna Hunter, Membership Director
 931.647.5674 or jhunter@clkcountryclub.com
 or visit clarksvillcountryclub.com

Professionally Managed by Troon Privé

best possible experience. Their elegant surroundings lend an added benefit to any event.

Currently, new members have the advantage of a waived initiation fee with a 12-month commitment. Now would be a perfect time to become a part of

a growing country club that has deep roots in our community. One of the club's biggest assets is its privacy. The Clarksville Country Club, which lies five miles east of historic downtown Clarksville and

40 miles northwest of Nashville, guarantees to be one of the quietest retreats around.

Enjoy the Summer Nights (and Days) at the Country Club

Keep the entire family engaged this summer at the Club. Dates

Expect Great Things



Catch *The Wonderful Wizard of Oz* exhibit at the Customs House Museum through June 26.

Customs House Museum • Clarksville, TN

Committed to Clarksville #GenerousSponsor



Planters Bank likes this.

Visit GreatThingsBank.com and
Submit Your Own Great Thing for a chance
to win an **iPad** and **\$100 iTunes Gift Card!**

Finalists Chosen Weekly.

931.552.0654

Member FDIC

Join us on



Planters Bank

are already set for parent “date nights,” a night of enjoying an upscale dinner at the club’s main dining room, while the kids keep busy with crafts and a movie. Their private Fourth of July event will be a day of golf and poolside celebrations followed by a fireworks display on the lawn. They have dedicated six nights this summer to their Poolside Cinema and late night swim events. Swim lessons are held throughout the course of the summer. The club offers a 90-day summer fitness program under the instruction of Courtney Mambourg from Monday Morning Fitness. This fitness program is open to the general public. Junior

golfers’ after school programs will start back up in August and run through October.

Registrations for four different youth sports camps (ages five+) are currently underway, and will be open until each camp reaches its maximum capacity. There are two golf and tennis camps that include use of the pool as well as two golf, tennis, and basketball and soccer camps that include open swim. The camps run from 9:00 a.m. to 12:00 p.m. and lunch is included. Non-member families are welcome to enroll children. For more information or to register, call (931) 647-5674.

A large pool provides the perfect escape for Clarksville’s hot summer days. The Clarksville Country Club pool features a deep-end diving board, sun chairs, awn-covered picnic area, and toddler pool. A nearby pool house offers a full kitchen with dining areas inside and out to service poolside guests. Certified lifeguards monitor all pool activity, and are present during the posted pool hours of 11:00 a.m. to 7:00 p.m., Monday through Sunday. Guards are also on duty during members’ private pool functions. As a member, bring a guest twice a week to enjoy the sunshine. The CCC pool is open through Labor Day weekend.



“OUR COMMUNITY,
MY MISSION.”

BRANDI BRYANT

FOR COUNTY TRUSTEE

Change brings new vision, a new set of eyes, a new perspective, and prevents any mismanagement of funds and complacency.

VoteBrandiBryant.com

Paid for by Campaign to Elect Brandi Bryant, Brittany Singer, Treasurer

If you are not a swimmer, look to the dining facilities at the Club to host business meetings, showers, or other special events. The Clarksville Country Club's Greenside Grille boasts a casual atmosphere for dining and was updated just a few years ago. A large projection screen and flat screen television make the Greenside Grille the ultimate spot to catch the game, race, or golf tournament. The eatery offers their full menu Wednesday, Friday and Saturday. On the other days they offer deli sandwiches and a full service bar. Lunch is served daily with the exception of Monday. They offer patio seating if you prefer eating your meals while taking in a gorgeous green landscape.

Imagine days at the pool and later, dinner served on the outdoor patio among friends as well as fellow members who will soon become familiar faces. With several types of memberships offered, the CCC is certain that one set of privileges will meet your expectations and private club needs. They currently offer Regular, Social, House, Junior, Pre-Junior, Non-Resident, and now Military Memberships. To request additional information, contact their Membership Director, Jenna Hunter at (931) 647-5674 or email jhunter@clkcountryclub.com. The Country Club is located at 334 Fairway Drive. Schedule your tour today and be entered into a drawing for a free round of golf!

Karate After School Program

Fit perfectly into our **Child Focused** after school program.



Grades **K-8**

Children from all schools are welcome.

Transportation from the following schools can be provided **FREE**:

Glenellen, Pisgah, Northeast Elementary and Middle, Rossvie Elementary & Middle, Barkers Mills, & Hazelwood Elementary.

PRE-REGISTRATION SPECIAL PROMOTION

Pre-register before **June 30th, 2014** & receive a discounted rate...

\$50.00 per week.

No registration fees, no activity fees free official black belt uniform, 2 weeks free and 2 free Summer camps!

Summer Camp

AGES **6-12**



- | | |
|------------------------|------------------------|
| 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. |

CAMPS WILL BE HELD AT OUR SECOND LOCATION 1810 ALPINE DR.

DROP OFF 7:30 - 8:00 AM • PICK UP 5:30 - 6:00 PM



HARRIS HOLT
MARTIAL ARTS ACADEMY

www.HHMARTIALARTS.COM

(931) 542-1151



THREE BEST PRACTICES FOR SKIN PROTECTION

Brought to you by Gateway Medical Center



As you head outside to work in the yard, go for a swim, or enjoy a round of golf, protect yourself.

Sun damage comes from two kinds of rays—ultraviolet A (UVA, or long-wave) and ultraviolet B (UVB, or short-wave).

UVA penetrates skin deeply and contributes to tanning, as well as wrinkling and other signs of aging. It can also cause skin cancer. UVA penetrates cloud cover and window glass, meaning it damages skin even on cloudy days.

UVB penetrates more shallowly. It leads to sunburn, as well as other skin damage. UVB can harm eyes and cause skin cancer.

Why Does Sun Exposure Matter?

Sun exposure can lead to the most common form of cancer in the United States: skin cancer. If a mole or mark displays one of the following ABCDEs, ask your doctor to check it for cancer.

12 physicians. 7 specialties.
1 name to trust.

Gateway Medical Group

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

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

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



GatewayMedicalGroup.com



- asymmetry, meaning the sides are shaped differently
- an uneven border
- more than one color
- a diameter wider than an pencil eraser
- evolution, meaning change over time

Sunscreen Label 101

The number of sunscreen options in your neighborhood drugstore can seem overwhelming. And how can you know whether the claims on the bottle are actually true? The Food and Drug Administration recently changed labeling standards for sunscreen. Here's what you should know.

- Sunscreen that protects against both UVA and UVB rays is labeled "broad spectrum."
- Products that are broad spectrum and have a sun protection factor (SPF) of at least 15 can state that they protect against sunburn and can reduce the risk of skin cancer and skin aging.
- Products that are not broad spectrum, or that have an SPF 14 or less, carry a "Skin Cancer/Skin Aging Alert" label.
- Water-resistant sunscreen labels must identify how long the SPF will be effective—either 40 or 80 minutes.

- Sunscreens can no longer be labeled as "waterproof," "sweatproof," "sunblock" or "instant protection."

Have you noticed a change in your skin? Let your doctor take a look. If you don't already have a physician, you can find a list on our website, TodaysGateway.com.

Discover more health tips and healthy recipes by following us on **Twitter @TodaysGateway** or visit **TodaysGateway.com** to sign up for our **free eNewsletter**.

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

JUST FOR KIDS

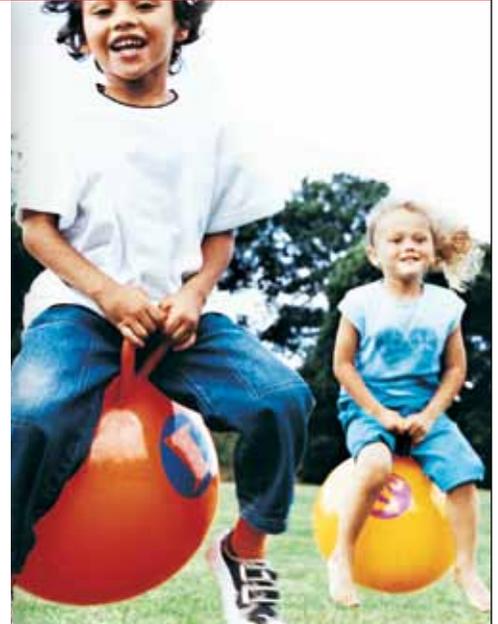
EARLY LEARNING CENTER

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!
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!!!

You will be amazed and your kids will have a blast!!!

Call Now to Enroll!

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

Proud supporter of our troops and partnering with NACCRRRA to offer subsidized care for all military families.

NAEYC accredited and Three Star Rating

Want more health information and recipes?



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



Not on Twitter? No problem. Receive all of those great resources right in your inbox each month when you sign up for our free monthly eNewsletter. Visit TodaysGateway.com and click the eNewsletter icon.

PARKS & REC SUMMER THEATRE AND INTERNSHIPS

by John McDonald

The cold of winter is at last behind us.

It was the worst winter I had experienced in my entire life. Perhaps age had something to do with it.

Nevertheless, I felt deep down that spring would never come—not to mention my favorite season, summer. I can honestly say that I never complain about the heat, at least not much, for it is in the summer when I have that great opportunity to engage, enliven and enlighten a whole new group of young, hopeful, would-be thespians.

“To get to wake up every morning and do



The Little Mermaid, Jr. (May 2013)

*something I love is a gift.
I treasure my summers.
They never disappoint.”
[Amy Wyer, 17]*

Back in 1988 when Starlene Shackelford (then head of Parks and Rec) and Dr. Richard Gildrie (Roxy board member

and friend) first proposed expanding the summer program to include theatre, I was pleased that such a project would be accepted so eagerly, but I had no idea of the numbers it would generate. Starlene’s granddaughter writes:

*“I love everything about this theatre. I can’t (and don’t want to) imagine my life without the Roxy.”
[Georgia Smith, 13]*

I have been busy each summer with Parks and Rec Summer Theatre ever since. This will be my 26th year.

So many young people have passed through this program.



Behavioral Healthcare Center at Clarksville

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

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

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



930 Professional Park Drive
Clarksville, TN 37040
www.tnhealthmanagement.com/BHC/Clarksville

Some go on to have careers in theatre or related fields, many become avid theatregoers, and all feel more at ease speaking in public. They become more comfortable in their own skins and, more importantly, find others who share an interest, love and desire to join the world of make-believe and pretend—at least for six weeks.

“Every year I’ve participated, I’ve grown as an actress and a person. I’ve learned a lot about myself and the person I want to be. Most of all, the Roxy has made me confident. I’m naturally not that sort of person, but now I am. I’ve gained lifelong friends, had brilliant teachers, and found a place where I can be myself.”
 [Lauren Mund, 13]

Of course, some technique is taught and learned, but above all through theatre games, improv, and script development, they simply have some summer fun.

“I love to find new stories and relive old ones. The Roxy gives me opportunities to do that every day. Not only that, but the Roxy has taught me responsibility and the value of one’s word.”
 [Sidney McCarty, 16]

Beauty and the BEACH

YOUR BEAUTIFUL SUMMER AWAITS



Water-Assisted Liposuction First area only \$2,999



www.bellamedspa.com

We Offer Complimentary Consultations.
 Carecredit Financing Available.

Water-Assisted Liposuction • Laser Resurfacing
 Tattoo Removal • Botox • Restylane
 Artefill • Chemical Peels • Microdermabrasion
 Massages and more!

400 Franklin Street • 931. 542.4868 • APSU & Military Discounts Given

Shop online at store.bellamedspa.com, purchase services and products!

This year's Parks and Rec Summer Theatre program runs June 2 through July 10, with classes meeting Mondays through Thursdays from 1:00 p.m. until 3:00 p.m. Registration, which is \$30 for the entire six-week program, is available at the Parks and Recreation office on Public Square or online at recpro.cityofclarksville.com. You may register any time after June 2, but the fee remains the same.

"I feel that the time spent working closely with fellow actors forces me to open up and share my feelings in constructive



13: *The Musical* (May 2012).

ways. My ability to articulate and express myself verbally and physically has grown since starting this class. I wish to further my acting knowledge so I may one

day pursue a career in performance." [Regan Lawton, 12]

My group of interns are part of the program as well, having gone through either a summer of Parks and Rec or the Roxy's Saturday School of the Arts, which is a more intense program for those whose hearts are set on making this art form a future career choice.

"I can't imagine my future without performing. It gives me an amazing feeling of, yes, I can accomplish anything. And I have

School's OUT for summer... Let the Road Trips Begin!

**STARTING AT \$299 PER MONTH
OR CHOOSE 0% APR!**



#220345-9
2014 SUBURBAN



#226245
2014 TAHOE



#226144-9
2014 TRAVERSE



#226163-8
2014 EQUINOX



Located in Historic Downtown Clarksville, Across from Austin Peay State University.
722 COLLEGE STREET • CLARKSVILLE, TN
931.552.2020 • 1.800.685.8728

\$299 payment based on stock #226163-8 includes all rebates and incentives, plus tax, title, license and fees. Payments based on 84 months at 2.9% APR with approved credit with \$3000 down due at signing. 0% available on select models in lieu of rebates. Due to deadlines rebates and incentives are subject to change without notice. See dealer for details.






been so fortunate to be a part of the Roxy.”
[Ashley Knowles, 17]

Interns are a devoted lot. We traditionally take on no more than twelve, a handful at best. From 9:00 a.m. to 10:30 a.m. each day, they perform their pre-assigned tasks: sorting props, painting sets and just rearranging the basement—which becomes chaotic and confused during the winter months, when no one wants to spend much time there in the cold. But come summer, the basement becomes a cool hangout and a great time to catch up on cleaning.



Heidi (Jan/Feb 2013)

“I learned this past summer how much work it takes and what goes into the production of a show. I never, ever expected to learn the things that I did, and to make the friendships that

I have now. Knowing in that one moment you can make someone happy or give them joy in their life is a feeling that cannot be replaced.” [Grace Davis, 14]

Around 10:30 a.m., interns break to clean up and prepare for rehearsal. This year’s project is *A Midsummer Night’s Dream*, which will be presented as an “informance” picnic at High Meadow. Our friends Jimmy and Lena Orgain have offered their back lawn as a playing area.

“The reason I want to be a summer intern is because I enjoyed

the **1 YEAR RULE**
if you have not...
WORN IT USED IT OR PLAYED WITH IT IN ONE YEAR DONATE IT AND HELP PEOPLE LIKE

Kenneth

After serving three years in prison, Kenneth went to work for a local company. Thirteen months later, his past came back to haunt him. “The company knew I had a felony, but when new management came in, they ran a background check and let me go.” That’s when Kenneth turned to Career Solutions for help. Three months later, Goodwill offered him a job. “When I lost that job five years ago, it dampened my spirits, but Goodwill has uplifted me and given me another chance at life,” he said. “I can now provide for my family.”



giveit2goodwill.org/oneyearrule

Your donations are changing lives

watching the interns last summer perform in Happy Journey from Trenton to Camden. I enjoyed every minute of Summer Playhouse and the School of the Arts. In the School of the Arts we have done some pieces from William Shakespeare's A Midsummer Night's Dream...I really liked doing pieces from it."
[Riley Jenkins, 11]

A bag lunch is brought from home and eaten al fresco at noon under the marquee, as no intern is allowed to leave the theatre once they have signed in.



The Sound of Music (Jul/Aug 2011)

At 1:00 p.m., the interns join the Parks and Rec program, adding some seasoned knowledge and good examples to the newbies, want-to-bes and soon-to-bes. Each new face is greeted warmly with a "welcome to

the Roxy" and each critique is answered with a simple "thank you."

"Acting is not something you do for a few minutes every day. It includes hard work and is built around dedication and a love for entertaining others. My life is being directed and strengthened by my teachers and mentors at the Roxy. I learn more than just how to perform...I am learning how to be a gentleman."
[Jacob Johnson, 12]

Scripts are handed out and workshopped. My partner, Tom Thayer, puts students

WARRIOR WEEK
MILITARY APPRECIATION PICNIC
 SATURDAY, JUNE 14
 1:00 TO 5:00 P.M.
 HERITAGE PARK, CLARKSVILLE
 (MILITARY ID REQUIRED)

THE CITY OF
CLARKSVILLE
 TENNESSEE'S TOP SPOT

Clarksville Family MAGAZINE

through an innovative dance routine, and longtime friend, Leslie Greene, teaches theatre games and improv.

“I love nothing more than getting onstage, becoming a character and immersing myself in their story and how they feel. For that little while, I can be someone else and forget about the ‘real world’ and the problems that go along with it.”
 [Addisyn Bryant, 14]

This all culminates on Thursday, July 10, at 2:00 p.m., with what we refer to as an “informance,” a chance for family and friends to be informed as to what has been going on, Monday through Thursday, for the past six weeks.

All participate. As Neil Simon writes in *Barefoot in the Park*, “There are watchers and doers; the watchers sit around watching the doers do.” All are doers here.

“I have had multiple opportunities to work with professionals—that is a chance a lot of kids don’t get, and I’m very thankful for that.” [Katherine McCarty, 16]

REAL HEROES

Realty Works For American Heroes

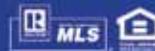
- Veterans and Military Spouses can receive free training, certification, licensing, and materials to become a Prudential PenFed Realty Sales Professional.
- Minimum two year agreement with Prudential PenFed Realty.
- Everything our heroes need to get started is provided, including world class company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



LEARN MORE

Contact: Bobby Powers
 Office: 931-503-8000
 Cell: 931-320-0458
 Email: Bobby.Powers@PenFedRealty.com

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



© 2014 BRER Affiliates, LLC. An independently owned and operated broker member of BRER Affiliates, LLC. Prudential, the Prudential logo and the Rock symbol are registered service marks of Prudential Financial, Inc. and its related entities, registered in many jurisdictions worldwide. Used under license with no other affiliation with Prudential. Equal Housing Opportunity. Prudential PenFed Realty is an independently owned and operated member of BRER Affiliates, LLC. PenFed Membership is not required to conduct business with Prudential PenFed Realty. We are proud to be an equal employment opportunity employer. m/1w/d.

Trusted, effective representation for over 17 years. A diligent focus on criminal defense and family law.

Gasaway Law Firm

Professional Limited Liability Company



Carrie Gasaway



Our entire experienced legal team offers:

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

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

931-245-0077
 info@gasawaylawgroup.com

Free Bankruptcy Consultation
www.gasawaylawgroup.com

clarksvillefamily.com

WAKING UP WITH MIGRAINE HEADACHES?

by Scott Bridges, DMD

Do you ever wake with sore jaw or cheek muscles, a tender scalp, or headaches? Do you have frequent migraines? If so, the culprit may be clenching. Many of us clench our jaw muscles while sleeping or working—and most of us don't even realize we're doing it. That's the principle behind the newest and most successful preventive weapon in the war against migraine and tension headaches—a tiny



one-inch device fit over your two front teeth and worn during sleep.

What is it?

Approved for use by the U.S. Food and Drug Administration as a device not only to minimize migraine pain, but also to

actually prevent it, the prototype device was first developed by Dr. James Boyd after he spent years studying existing research on the relationship between neuromuscular tension and headaches. This new device is called the Nociceptive Trigeminal Inhibition Tension Suppression System, or "NTI" for short, and it's as simple as it is effective: Clinical trials have shown that 82% of migraine and headache sufferers who use the

No Dental Insurance? *No problem!*

Join Our Premier Dental Plan!

Receive these benefits at no extra charge:

- Teeth cleanings twice per year
- Complete annual dental exam
- Necessary X-rays
- 15% discount on most dental care procedures
- Free take-home teeth whitening kit

Unlike conventional dental benefit plans:

- no deductible
- no yearly maximum
- no waiting period to begin treatment

Call 931-647-3960
for complete details.

www.bridgesdentalcare.com
2313 Rudolphtown Road, Clarksville TN



Bridges
DENTAL CARE

device experience an average 77% reduction of migraine pain attacks within two months. The device is custom made only at your dentist's office, is painless, does not involve surgery or injections, and there is no risk of side effects.

How does it work?

Since clenching starts with an imbalance between the temporalis muscle and the teeth's proprioceptive feedback mechanism, this device interrupts the involuntary tug-of-war between the two, reducing clenching intensity. This causes the muscles to relax in a stable position, so that they can rest, also preventing back molar and canine teeth from touching each other, thereby reducing the temporalis muscle forces by two-thirds. This is an important point, since traditional "bite guards" allow the molars and canines to contact, counteracting the anti-clenching effect.

Prevention vs. Rescue Drugs

Twenty-three million Americans suffer



Little Scholars
CLARKSVILLE'S ONLY MONTESSORI SCHOOL

Now Enrolling...
ALL ELEMENTARY GRADES
for the 2014-2015 School Year.

- Student-directed learning.
- Individual lesson plans for each student.
- Classroom placement based on developmental ability rather than age.

SIGN UP NOW FOR SUMMER CAMPS:

June 2 - June 6 Little Scholars Outdoor Olympics Games	June 30 - July 4 Cheer and Dance Camp
June 9 - June 13 Doodles and Dots (Art Appreciation)	July 7 - July 11 Performing Arts/STEM
June 16 - June 20 Little Einsteins STEM Academy	July 14 - July 18 Monsters and Screeners Recycle
June 23 - June 27 Heroes and Villains Literacy Camp	July 21 - July 25 Splash Camp

Summer Camp Details here:
www.littlescholars.info/school-news-events.aspx

CALL 931-320-3640 OR STOP BY FOR A TOUR! 1844 MEMORIAL DRIVE
WWW.LITTLESCHOLARS.INFO

Senior Portrait Sessions
50% OFF IN JUNE!

Don't Let Your School Decide Where You Get Your Senior Portraits!
EXPERIENCE the DIFFERENCE
with a Certified Award Winning Professional Photographer.



DAPHNE'S
PORTRAIT DESIGN

931.647.0860
DAPHNEPORTRAITDESIGN.COM

Be one of the **FIRST 10 SENIORS** to book a session and get **FREE FACEBOOK** images and a **CUSTOM SLIDESHOW** starring you!

from severe migraine pain with the associated loss of productivity estimated at \$17.2 billion yearly. Because the development of drugs to prevent migraines has

been disappointing, the manufacture of “rescue” drugs (that help control migraine pain after it has begun) such as Imitrex (GlaxoWellcome) is a multibillion-dollar

business. Furthermore, many of these rescue drugs can have unpleasant side effects. Some therapies involve painful surgeries or injections. The NTI is painless and effective, with over one million patients having used the device successfully.

My experience with the NTI

I first met Dr. Boyd, developer of the NTI device, two years ago at a continuing education seminar. I can tell you firsthand that he is extremely knowledgeable about the emerging science of migraine prevention, and passionate about the device he has developed. Since then, I have treated dozens of migraine sufferers with wonderful success. I can also vouch for the comfort and effectiveness of the device, since I use an NTI myself to prevent my own nighttime clenching.

Is the NTI right for you?

A thorough examination and interview by your dentist can determine if the NTI may help you. If so, the fabrication of the device is painless and usually takes less than an hour. If you’ve been diagnosed with



The Season's Hottest Bridal Show

- Couples Costume Contest
- Bridal Attire Fashion Shows
- Dance Performances
- Awesome Games
- Free Giveaways
- Variety of Vendors

Event will be held on

Sunday, August 17th, 2014

From 1:00 pm – 5:00 pm

At Valor Hall Conference & Event Center

105 Walter Garrett Lane, Oak Grove, KY
Just outside Gate 7 of Fort Campbell.

“The Bride is Right!”

◆ *Game Show* ◆

Begins at 3:30pm

www.oakgrovekyvalorhall.com

Tickets \$5.00

(\$7.00 at the door)

Call (270) 640-7144 or email: eventsales@visitoakgroveky.com | planevents@visitoakgrove.com

migraine headaches, the answer may not be more drugs and potential side effects—but a simple device from your dentist called the NTI.

For more information, please visit: www.headacheprevention.com.

Scott Bridges, D.M.D.
 Bridges Dental Care
 2313 Rudolphtown Rd
 (931) 647-3960



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.

Opening this Month!

Partyware, Balloons, Decorations, Favors, Piñatas, and more!

the PARTY SHOP

Celebrate In Style

Party Supplies for all your special occasions

210 Needmore Rd Suite B Clarksville, TN 37040
 (Behind Home Depot)

For up to date information on our opening, visit our website or find us on Facebook:

www.shopthepartyshop.com www.facebook.com/shopthepartyshop

Veteran and locally owned



DOUBLE PLAY COMBO
 INDIVIDUAL PIZZA & SIDE SALAD

ONLY \$10.95

LIMITED TIME ONLY!

GARDEN SALAD

THREE LITTLE PIGS

SPICY DECKERONI

CHICKEN ARTICHOKE

PEPPERED BACON CHICKEN ALFREDO

GATHER ROUND FOR A GREAT DEAL

Step up to the plate at your local Old Chicago this summer. Lead off with your choice of side salad and pair it with an individual specialty pizza from our all-star lineup or build your own 3 topping.

CLARKSVILLE
 2815 Wilma Rudolph Blvd.
 931.245.3300
 In front of Governors Square
 Mall www.oldchicago.com



Old Chicago and the *Old Chicago Pasta & Pizza* logo are registered TM's of Craftworks Restaurants & Breweries Group, INC. ©2013.

HIGH BLOOD PRESSURE IS HIGH RISK WITH HIGH STAKES!

by Dr. Gregory Fryer, M.D.

Having high blood pressure is a risky game like playing Russian roulette. This silent killer is a time bomb ticking inside your body waiting to explode. Many victims of this hit man are symptomless and uninformed about its dangers.

According to the Tennessee Department of Health in 2012, about 1 out of every 2.6 Tennessee adults (38%) have been diagnosed with high blood pressure. Having high blood pressure puts you at

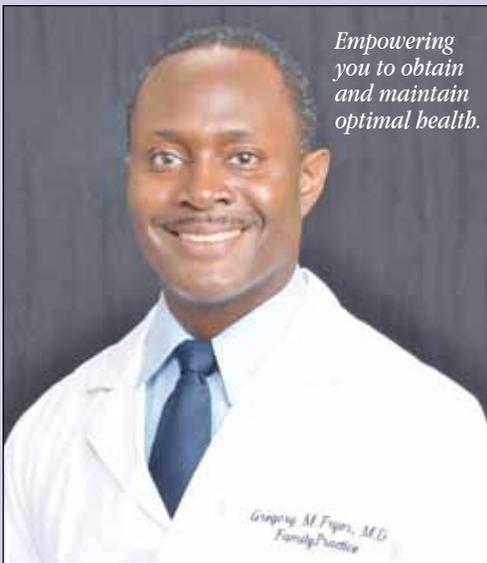
risk for heart disease and stroke, the first and fifth leading causes of death in Tennessee.

High blood pressure is also a major risk factor for congestive heart failure and kidney disease. Women are about as likely as men to develop high blood pressure during their lifetimes, but men under 45 years of age have a higher rate and women over 65 years of age have a higher incidence.

Of all black Tennesseans, 36.9% have high blood

pressure and 34.0% white Tennesseans have high blood pressure. Blacks develop high blood pressure more often and at an earlier age than whites and Hispanics. Among blacks, more women than men have the condition.

People of all ages and backgrounds can develop high blood pressure. However, it is preventable. *You don't have to develop high blood pressure.* The medical name for high blood pressure is hypertension.



Empowering you to obtain and maintain optimal health.

SUMMARY OF PROCEDURES OFFERED:
 Health Maintenance and Wellness Exams
 Commercial Drivers License (CDL) Examinations
 Chronic Disease Prevention and Treatment
 Vasectomies
 School and Sports Physicals
 Vaccinations
 Mole Removals

190 Hatcher Lane



Dr. Gregory M. Fryer, M.D.
 Board Certified Family Medicine Physician

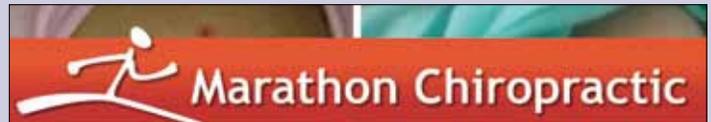


Now Accepting New Patients!
Medical Direct Care
 Total Health and Wellness Family Medical Clinic

Please check our website or facebook page call for insurance details today!

 /Medical Direct Care PLC

190 Hatcher Lane, Suite B • Clarksville, TN • 931.221.0902
www.medicaldirectcare.com




Londyn's body used to be covered from head to toe in rash. She has had every cream and lotion on the market.

After two adjustments from Dr. Dale in one week, her eczema is pretty much gone.

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



What is it? How can it be controlled?
Better yet, how can it be prevented?

Blood Pressure

Your blood pressure reading consists of two numbers: the top number is the peak pressure when the heart is at maximal pulse force (the systolic pressure) and the bottom number is the lowest pressure when the heart and arteries are totally relaxed (the diastolic pressure).

A good, normal systolic blood pressure for an adult is between 90-120 and a good, diastolic blood pressure for an adult is between 50-80. Systolic blood pressures between 121-139 or diastolic blood pressures between 81-89 are pre-high blood pressure (prehypertension) levels. Hypertension is defined as a resting systolic

EDINGTON'S *Etc.*

furniture design accessories



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



www.edingtonsetc.com

NOW HIRING CUSTOMER SERVICE & PROBLEM RESOLUTION REPRESENTATIVE



**Every great future
has a beginning.**

For anyone who dreams of a successful
career, there's a beginning – a point at
which you choose which path to take.
Convergys is that beginning.

Your future is calling... Answer now
careers.convergys.com

Clarksville, TN

A criminal background check and/
or drug screen will be required
upon offer of employment. EEO
Employer/Vet/Disabled

CONVERGYS

Your future is calling

blood pressure 140 and above or a resting diastolic blood pressure 90 and above.

Prevention and Control

In addition to hypertension population rates, 1 in 4 (25%) of American adults have prehypertension. There are usually no symptoms for prehypertension either. If your blood pressure readings are in the prehypertensive (pre-high blood pressure) range, it should be most desirable and is most beneficial for

you to take measures to prevent progression to hypertension. If you do not know your blood pressure readings, you need to get them checked with a healthcare professional. If you have hypertension it is critical for you to keep your blood pressure controlled in order to prevent strokes, heart disease, kidney disease and heart failure.

Preventing Hypertension

The best way to control hypertension is to never get it in the first place. I'm

talking about preventing high blood pressure. You can prevent hypertension by reducing your weight, exercising regularly, and eating healthy low fat and low salt foods. One of the first ways to prevent hypertension is by controlling your weight. According to Get Fit In Tennessee, in 2010, Tennessee adults had one of the highest incidences of obesity in the United States (31.7%). Over two thirds of adults (68%) in Tennessee are overweight or obese. The children of Tennessee

It Works!
INDEPENDENT DISTRIBUTOR

Hollywoods Best-Kept Secret!

Kimi
Call/Text 808.392.1710
dreambigthinkskinny.myitworks.com

HAVE YOU TRIED THAT CRAZY WRAP THING?

Gives you fast & lasting results from a botanically based Formula

IT'S AFFORDABLE
~~\$30~~ **\$25**

WITH COUPON

ASK ME HOW!

IT'S FUN
HOST A PARTY & TRY IT FREE

WITH COUPON

Before **After 45 Minutes!**

Daymar Institute - Clarksville, TN

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

DAYMAR INSTITUTE

NEW LOCATION

Classes Begin Soon

Enroll Now! (931) 552-7600

www.DaymarInstitute.edu

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

are also impacted by rampant obesity. 39% of Tennessee children's age 10-17 are overweight or obese, with the number over 50% in some counties. It has been estimated that it will cost an obese person and additional \$1,429 per year in medical costs than non-obese patients.

Regular aerobic exercising is a second way to prevent hypertension and control your weight. The best type of exercise is one that you will do on a regular basis, like the activities that you enjoy doing. Physical activities that increase your heart rate and move large muscles like those in your arms and legs and good choices: walking, swimming, jogging, and dancing. Talk to your family doctor about how much exercise is right for you. A start for many people is to exercise 15 minutes a day, 3 days weekly

DO YOU WANT A BEAUTIFUL SMILE?

Call Today For Your Free Consultation

BRACES FOR ADULTS & CHILDREN



Specialist in Orthodontics
Invisalign Certified Practice
 Outstanding Customer Service



Dr. Shawn Lehman-Grimes, DDS, MDS

www.AboutFacesAndBraces.com

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

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

Open Monday thru Friday, 8am to 5pm

THE CITY OF
CLARKSVILLE
 TENNESSEE'S TOP SPOT



movies in the park

Heritage Park

June 14 – Raiders of the
 Lost Ark (PG)

June 28 – Wizard of Oz (G)

movies are free and begin at dusk

Themed activities begin one-hour prior to each movie

Arrive early to get the best seat

Bring your own blankets/chairs

Food vendors on-site

Sorry, no pets or smoking

For more info: www.facebook.com/clarksvillemoviesinthepark

Clarksville Family MAGAZINE



and work up to 5 times weekly for 30-60 minutes at a time. You can split up your physical activity by exercising 10 minutes at a time throughout the day for daily total of 30-60 minutes. Increase your activity by taking the stairs instead of the elevator or go for a walk during your lunch break. Exercise has so many health benefits that any regular amount is better than none.

Another approach to prevent hypertension and control your blood pressure is with your eating.

Decreasing and limiting your sodium intake, limiting and avoiding fatty foods, and consuming more raw fruits and vegetables will help decrease your chances of developing hypertension. You can learn more about dietary control of your blood pressure by following the *DASH* diet, which is a balanced eating plan not a "diet." *DASH* stands for **Dietary Approaches to Stop Hypertension.**

Controlling Hypertension

The first step to control HTN is exercise and diet control. The measures to prevent hypertension are the same ones used to help control it. Sometimes medications are necessary to control your high blood pressure. If medication is needed to help control your blood pressure, continue regular exercising and following the *DASH* diet guidelines. Just because you start blood pressure medication doesn't mean you will be



TITLE BOXING CLUB
1719 WILMA RUDOLPH BLVD
931.245.2820
TITLEBOXINGCLUBCLARKSVILLE

Clarksville



BOXING CAMP
FOR Kids

Two Different Classes
June 23-27 & July 21-25

Every kid will receive their own boxing gloves, wraps, Boxing Award Certificate, T-shirt, & a cup.

REGISTER ONLINE NOW:
clarksville.titleboxingclub.com/kidscamp/

Professional picture taken with Boxing Trainer on the last day of camp.
Ages 7-17 (6 year olds must be a minimum of 60lbs.)



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

THE CHILDREN'S DENTIST



Parents welcome in treatment areas at all times.

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

Nitrous Oxide Available at No Charge

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



271 Stonecrossing Drive • Clarksville, TN
931-551-4400 • www.thechildrensdentist.net

on medication for life. Most people who get on blood pressure medication don't do the drastic steps in order to get off of the medication. Also, if medications are needed, don't stop taking your medication without close follow-up and consultation with your healthcare provider.

Please stop playing Russian roulette with your health. Don't let the silent killer get you or someone you love. Get evaluated for hypertension by your primary care doctor.

Dr. Gregory Fryer, M.D. is a Board Certified Family Medicine physician who has been in practice for over 18 years and currently works at Medical Direct Care, 190 Hatcher Lane, Clarksville, TN, www.medicaldirectcare.com.

Family Ownership... Family Values.

COMPLETE PRE-ARRANGED FUNERALS

CREMATIONS

VETERANS FUNERALS

ALL BURIAL INSURANCE POLICIES ACCEPTED

PAYMENT PLANS AVAILABLE



ED LARSON



TOM CREECH



TONY NAVE



931.647.3371

1209 MADISON ST., CLARKSVILLE
WWW.NAVEFUNERALHOMES.COM

MCREYNOLDS NAVE
& LARSON
Funeral Home

15% Discount for Active Duty Military

Pet Friendly



Kentucky Lakes & Land Between the Lakes Home for Family Fun!



Prizer Point
MARINA & RESORT
1-800-548-2048

Full Amenities Include:

"The Pier" Floating Restaurant

New Patio Sites

Lakeside Lodging & Camping

Rentals - Boats & Golf Carts

Enclosed Pool, Splash, Play & Swim Pool

"The Iceberg", "Jumping Pillow"

Full Service Marina & Mechanics

Volleyball, Hiking & Biking Trails,

Playground, Miniature Golf, Basketball

Slidezilla - Ulitimate Family Fun Boat

World's Largest Inflatable Water Slide

Hayrides - Movie Nights - Sporting Events

Themed Weekends All Season Including Halloween



2,800 sq ft Event Pavillion

Family & Class Reunions, Company Events,
Group Events and Weddings Welcome!

Hassle Free Houseboats Available



Take Exit 56 off I 24-then follow the signs
www.prizerpoint.com - Book Online Today!

THE PROTECTIVE FORCE OF FATHERHOOD: REFLECTIONS ON BLESSINGS AND CURSES

by Pamela Roddy Magrans

The father of psychoanalysis, Sigmund Freud, stated, "I cannot think of any need in childhood as strong as the need for a father's protection."

For those who had the protection of a father, it makes them whole for a lifetime. For those who did not...it makes a lifetime hole.

For many, it's a biological father, for others it's a step-dad or grandfather. Blood is not as important as consistency. A father can come in many forms, but it must come at an early age and come from a male of integrity—a masculine example of protection and stability.

A father's protection sets a child in the right direction, on a course of self-love and confidence. A



Photo by Joan Peacher Evans of Joan of Art Photography

father's protection at an early age tells a child they have value. A father's protection provides

the foundation for that child's future endeavors and emotional wellness. Even after the father is gone, that protective spirit still hovers in the child's self-image.

A father's protection, like Sigmund Freud stated, is a basic need. Like all basic needs—we cannot thrive without it.

Protection is Love in Action

We must pause to consider why Freud said "protection" and not "love." Here is my humble and non-scientific explanation. Love can exist without engagement. We can love without being present. Love can exist from afar. But protection cannot exist without being present. Love is a feeling, while protection is an act. Protection is love in action. To protect means to fortify, to

9TH ANNUAL

WILMA RUDOLPH

5K-10K ROAD RACE • JUNE 21, 2014

Sponsored by:
Clarksville Running Club

REGISTER BY JUNE 19TH

10K @ 7am | 5k @ 8:30am

RACE STARTS AT

Sango United Methodist Church
3301 Sango Road, Clarksville TN, 37043

Benefits **S.T.E.P.S**
a school program that provides school supplies to underprivileged children.

Entry Form & Race Details: www.clarksvillerunningclub.com
For questions please email: wilmarudolph2014@gmail.com

JAMMIN IN THE ALLEY

MAY 16 JOEL BROWN BAND	JUNE 20 SYD HEDRICK & THE PHALCONS
JULY 18 CROSSROADS	AUG 15 MOTHER EARTH

FREE CONCERT SERIES • OPEN TO THE PUBLIC
7-10pm STRAWBERRY ALLEY | DOWNTOWN CLARKSVILLE

THANKS TO OUR 2014 SPONSORS

defend, to safeguard. A father's protection is not an intention, or a thought, or a desire. Protection does not happen via the Internet, or on the phone, or across 2,000 miles. Protection does not end when the daughter is 18 or when the son gets his first job. Protection is a form of warfare, and fatherhood should be viewed as such. Fathers must fight for their children's well being. Protection requires presence, action, and undeniable resolve to parent for a lifetime. It is an unwavering way of life.



Photo by Joan Peacher Evans
of Joan of Art Photography

For a girl, a father's protection is sufficient. She need not look elsewhere. All future relationships with men are based on that first one with dad. Stasi and John Elderidge in their book, *Captivating*, report that "numerous studies have shown that women who report a close and caring relationship with their fathers, who received assurance, enjoyment, and

approval from them during childhood, suffer less from eating disorders or depression." John and Stasi Elderidge state that daughters get a sense of mercy and tenderness from their mothers. Daughters learn by watching their mothers. From their fathers they earn a deep respect for their own soul. "How a father related to his daughter has an enormous effect on her soul—for good or for evil," writes Stasi Elderidge. From a father, a daughter learns "that we are special...or that we are not."

For a son, the father's protection models strength and empowerment. It tells the boy he is able and competent. All boys' future self-dialogue will echo the words of Dad.

In his riveting book *Raising a Modern Day Knight*, author Robert Lewis asserts that "every father begins fatherhood with a distinct and awesome advantage; the unstinting admiration of his son."

THE CITY OF
CLARKSVILLE
TENNESSEE'S TOP SPOT

LIBERTY

Liberty Park Amphitheatre

6:00 to 9:00 PM

June 21 - Gypsy

July 19 - Tina Brown

**August 16 - Chris
Robertson**

Free admission

Beer and food vendor on-site

LIVE!

More information:

cityofclarksville.com/libertylive

or (931) 645-7476



Profound responsibility comes with fatherhood. “Every son deserves a dad who fills his life with love, affirmation, and blessing,” writes Lewis. “Every son needs from his father vision, direction, and solid answers to questions.”

This month, as we celebrate fathers, it would be a travesty to dare to underestimate the power of Dad. The strength of a nation rests in the integrity of its fathers.

Sadly, Sigmund Freud’s quote not only addresses a father’s protection—but the extreme and very dangerous opposite.

A father’s protection, if lacking, is a lifelong chasm of emotional neglect, an oozing sore that even the most fruitful

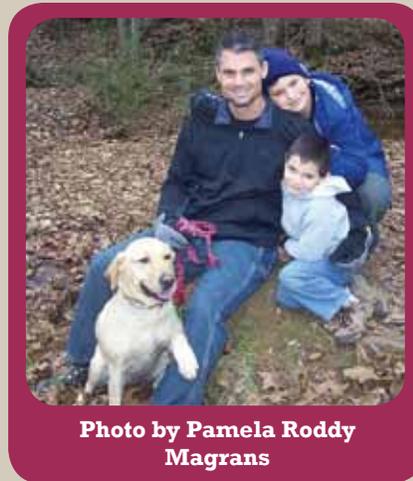


Photo by Pamela Roddy Magrans

futures cannot remedy. If a father’s protection is withheld, or non-existent, it creates the greatest of wounds in both sons and daughters. In extreme cases where parental abuse is involved, protection is replaced

with violence and that begins a cycle of misconceptions about relationships.

For those who did not have a father’s protection, the gash is still wide. Memory is fierce vinegar that ferments the wound. A child without a protective father suffers loss, fear, and helplessness. Sadly, that loss never subsides. The flood of fear and helplessness surfaces from time to time, even long after the father is gone. The sore remains and the child spends a lifetime desiring protection and validation from a father that never shows.

If a father’s protection is a blessing, then the lack of it is certainly a curse.

Staggering, But Not Surprising Statistics

It is not surprising that statistics reveal the importance of a father’s protection. Countless studies, speeches, and books support the hypothesis that children benefit from an active, protective father. The link between a father’s protection and lifelong health and productivity is clear. This is not rocket science, simply common sense. All we have to do is look next-door.

According to an article by Edward Kruk, Ph.D., published in *Psychology Today* (2013), 71% of high school dropouts are fatherless. The U.S. Department of Health and Human Services reports, “Fatherless children are at a dramatically greater risk of drug and alcohol abuse.” The

WHICH WICH?
we cater to you!

WHICH WICH? CATERS!

- FOR THE OFFICE
- FOR THE TEAM
- FOR THE SCHOOL
- FOR THE FAMILY *easy!*

20% off
Any catering order

Not valid in combination with other offers, coupons or discounts. No cash value. Tax not included. Offer valid only at Madison St., Clarksville TN location, Through June 30, 2014

WHICH WICH?
SUPERIOR SANDWICHES

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

Center for Disease Control reports “85% of all children who show behavior disorders come from fatherless homes.” In addition, a study published in *The Society for Research and Development* (Sept 2009) asserts, “children raised without a biological father in the household have earlier average ages of first sexual intercourse than children raised in father-present households.”

Researchers at Columbia University found that children living in a two-parent household with a poor relationship with their father are 68% more likely to smoke, drink, or use drugs compared to other teens in two-parent households. The US Department of Health/ Census reports that 63% of youth suicides are from fatherless homes. The correlation between a protective father figure and a child’s success is clear. Children need a dad. For more riveting statistics visit www.tndads.org/facts/index.html.

Co-Parenting Post Divorce

With the increasing change in the American family, there are many new and non-traditional family structures. The importance is that the Dad, whether married to Mom or not, is active in the child’s life. Both parents must foster that relationship. Engagement and consistency trump marital status. Thankfully, it is now common to see divorced parents



Formerly Sango Internal Medicine
MEMORIAL MEDICAL
G R O U P
Where Service and Commitment run deep.

1820 HAYNES ST. 931.245.1500

Now Accepting New Patients!



Dr. J. Jason James,
DO, FACOI



Elaina Higgins,
FNP-BC



Dr. Christopher Standley,
DO



Dr. Joel Bush

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

Privileges at Northcrest Medical Center and Gateway Medical Center.

Call for Allergy Testing!

carpet • vinyl • ceramic tile
 laminates • hardwood • area rugs

quality flooring from A-Z.



MOHAWK
floorz

Mon - Sat: 9 a.m. - 5 p.m.
 115 Terminal Rd.
 (by Wendy's on Wilma Rudolph Blvd. in Clarksville)

931.553.8555

who successfully provide both financial and emotional support for children. Two roofs or one is not what matters. What matters is that both parents are consistently involved in the child's upbringing. Research supports that children need Dad. Mothers need to realize that too!

In their book *Co-Parenting Survival Guide*, Psychologists Elizabeth Thayer and Jeffrey Zimmerman discuss ways to achieve a "good divorce" when it comes to staying focused on the child's well-being. A divorce is often the reason why a child is separated from one parent, but it does not have to be that way. By minimizing conflict post-divorce, the parents can create an effective family structure that

allows children to have equal time with each parent. Doing so is essential so that divorce does not become an excuse for lack of fathering.

To learn more about shared parenting post divorce, visit www.psychologytoday.com/blog/co-parenting-after-divorce/201204/sixteen-arguments-in-support-co-parenting.

Father's Day Year Round

This month, our nation celebrates Father's Day. Gifts will be bestowed and well wishes granted. However, there is nothing that can be given or bought that can express the value of a protective father. His value spans time and family. A good father redefines history.

He is the cornerstone of all societies.

To show true gratitude, we must put fatherhood where it belongs, as priority. We should uplift struggling fathers. We should assume a father-figure role to children whose biological fathers are gone. To truly celebrate fatherhood, we must, as a society, rally around our fathers. We must honor

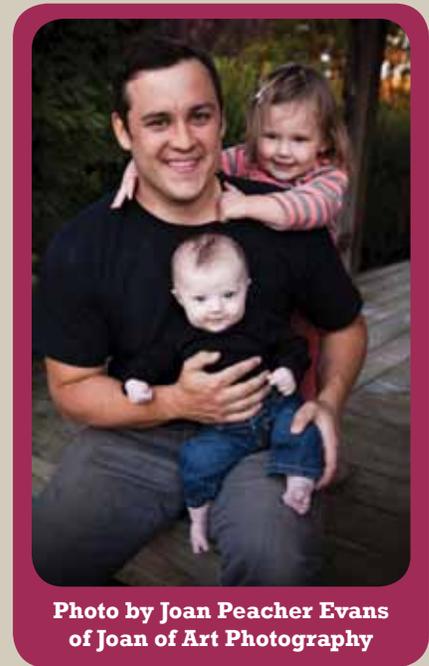


Photo by Joan Peacher Evans of Joan of Art Photography

the stay-at-home dad. We must empower the dad who works two jobs to make ends meet. We must support the young new fathers in our communities. We must assist our military dads as they adjust to civilian life.

Tips for Fathers

An article at www.pshcyhologytoday.com lists 8 **Simple Tips for Fathers**. Below is a summary of those key points.

1. Take a hit for the team. Model selfless behavior and put the family/children as priority.
2. Honor your wife. Model appropriate respect for the woman in your life, or the mother of your children. The children will mirror the way you act towards her. Her job is vital too. Put her on a pedestal and the kids will too.
3. Communicate. Talking is a two way street. Travel the street often and be sure to listen as you go.

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

Lose the Floatie!

SWIM LESSONS

Preschool & Youth: Now-July 3rd & June 16th-July 21st

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

Swim Lessons June 7th-June 28th for parent/child, youth, preschool, and adults.

Summer Camps are 9am-3pm with Free Before & After Care if needed.
Call Rebecca Lyons now to register 647-2376 or beckylions@ymcamidtn.org

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

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

4. Be emotional. It takes great emotional strength to show feelings. Be expressive with your children so they learn appropriate ways to show emotions.
5. Be tough (but not too tough). Balance discipline with love. Children need to learn respect for rules from their father. Manage the temper and they will too!
6. Send good messages. Make sure you model positive behavior in all areas of your life. The kids are always watching.
7. Teach healthy values. In a media driven culture, teach your children the values you feel are most important. Be the most important influence in their lives.
8. Take care of yourself physically. Your children need you! Make time for exercise and make healthy eating choices, for the sake of your children. They will need you far after they've grown up. Model healthy lifestyle choices and chances are, your children will too, eventually.

The power of a father's protection is timeless. German writer Jean Paul Richter summarizes the generational power of a father in the following quote: "What a father says to his children is not heard by the world, but it will be heard for posterity."

FOR GOLFERS WHO WANT TO IMPROVE THEIR GAME



HITTING AREAS FROM 50 - 190 YARDS • SAND TRAPS
PUTTING GREEN • GN1 BERMUDA GREENS
CHIPPING GREEN • PEACEFUL SETTING

HOURS

MONDAY • FRIDAY 10AM - 7PM
SATURDAY • APPOINTMENT ONLY
SUNDAY • 12PM - 5PM



Ironworkers
Practice Club

«USGTF Certified Professional»

429 Iron Workers Road | 362.4353 | www.ironworkerspracticeclub.com

Savings for your Summertime

BLUES

10% OFF

ANY NEW IN-STOCK INSTRUMENT.

No special orders. Not valid with any other discounts/offers. Expires 6-30-14

Lessons Available For All Instruments & All Ages.



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

SCHOOL'S OUT... SKINCARE IS IN!

by Dr. Mitchell D. Kaye

The first look at a person's face is often quick, but it is important. We are psychologically programmed to look at signs of that individual's health status, emotional state, age and a host of other subtle variables. The ability to optimize our facial appearance has become recognized as an important tool to improve our potential social and economic advantage. Take for example a person with deep frown lines, creases between their brow and unhealthy, sun damaged skin. It would be common, at first glance, to



read that person's expression as indicating dissatisfaction, irritation or annoyance, although this may not be the case at all.

The purpose of this article is to relate to you some of

the products that are now available to get the best possible "first look" that you can. The combination of healthy skin, good facial volume in the right places, and proportions and smoothing of creases and lines is now possible with skillfully used injectables at an office visit.

Skin Care

When heading into summer it is always smart to protect your face from sun damage, the perfect way to do that is with a great skincare system. The Obagi Nu-Derm System® is a non-surgical option that

SCHOOLS OUT.....



Skincare Is In!

In appreciation of the teachers in our community we are offering complimentary consults to all teachers in the month of June!



Mitchell D. Kaye, M.D., FACS

Advanced
COSMETIC SURGERY
Center of Kentucky

1-866-234-0470

(toll free)

Hopkinsville, KY

AdvancedCosmeticKY.com

Financing Available

Advanced Cosmetic Surgery Center of Kentucky

Dr. Mitchell Kaye

Complimentary Consultation

\$125⁰⁰ Value

Call to Schedule

Offer expires 06/30/2014

**CALL THE OFFICE TODAY TO SCHEDULE
YOUR CONSULTATION!**

**NOT A TEACHER? NO PROBLEM! MAKE
YOUR APPOINTMENT TO PROTECT YOUR
SKIN TODAY!**

will help erase the signs of facial aging. Fine lines and wrinkles, sun and age spots, uneven skin tone, loss of elasticity and firmness and loss of natural skin hydration are all correctable signs of aging. The Obagi Nu-Derm System® has been proven to correct skin flaws so that skin looks and acts younger and healthier.

What sets a system like Obagi® apart from department store brands is its prescription products. Obagi® can only be prescribed by a doctor after a full examination of your skin. The system will then be

tailored to your skin needs for optimal results. As you undergo treatment, you can expect to experience four phases as your skin goes through its transformation to a more healthy and younger-looking appearance. The length of time between the phases will vary based upon multiple factors including patient age, skin type, amount of damage and daily compliance.

Don't quite have fine lines and wrinkles yet? Then prevention is paramount!

With the Obagi360 System® you can protect now before sun damage and facial aging begins. The Obagi360 System® is ideal for younger patients; with its unique combination of effective ingredients, it provides early intervention for uneven skin texture and tone, minimal fine lines and wrinkles, pore size, dry skin, breakouts and loss of radiance and resilience.

Best Stylist
2012 & 2013

Tiffany's
hair spa

Now Offering: Lash Extensions & Brazilian Waxing! **Financing available!**
Specializing in Custom Colors, Corrective Color, & Hair Extensions.

Now Hiring
Experienced Stylist

We provide continuing in-salon education.

Gift Certificate

For: New Clients Toward: Hair Spa Services

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

New clients only. Excludes Tiffany Crawford. Cannot be combined with any other offer and is not valid for products. Expires 6-30-14

2141 Suite E • Wilma Rudolph • Clarksville • 931.503.2885

Meet our staff

Pediatrician/Owner
Dr. Mark Hughes

CPNP
Emily Maher Harvison

MD, FAAP
Dr. Gwynetta Lockett

Like Us On **facebook**

gracepediatrics
Pleasant View

Accepting new patients & most insurances

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

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

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

6509 Hwy 41a, Ste. 101
Pleasant View, TN 37146
Hours of operation: Mon-Fri 8am-5pm
Ph: (615) 746-4040
Fax (615) 746-4044

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

Visit us online at www.gracepeds.com

In Office Peels

The use of office peels can enhance the surface quality of skin by removing thick, rough skin and replacing it with a smoother, more even toned new skin. The Radiance® peel, is a quick in office peel designed for a rapid improvement and recovery. The Blue Peel® is a deeper and more long lasting peel that affects the deeper layers of skin and requires a 5-7 day period after the peel to see the results. Each is an effective tool for skin surface care

and should be used with the Obagi skin care system to maximize results long term.

Need a Quick Fix?

Do you have crow's feet, deep creases, or wrinkles and fine lines? If you answered yes to any of these questions and are interested in non-surgical options, treatment in the form of injectables and fillers is your answer. These are quick office procedures with minimal downtime. There is an immediate result that the individual can see before they leave the office. All fillers are absorbable

and will last between 4-24 months depending on the product. The most commonly used injectables and fillers on the market are Botox®, Juvederm®, Radiesse®, and Sculptra®.

Botox® is used as a muscle relaxer to fade away scowl lines, crow's feet, and forehead lines. This procedure is the most popular non-surgical procedure in the U.S. today. Where Botox® works to relax the muscles to correct flaws, Juvederm® is an injectable gel that is formulated for versatility in contouring and volumizing wrinkles



U JUMPIN' FOULK'S LLC

- Birthday Parties / Children's Parties
- School Events / Graduation Parties
- Church Events
- Fundraisers / Reunions
- Company Picnics / Grand Opening

Reserve Yours Today!

Offering friendly, reliable, and dependable service.
Bouncer rentals for all occasions!

(931) 801-4342
www.ujumpinfoulks.com

ALL DAY RENTALS!



Best Prices in Town!

Book between now and June 30th and get \$20 off any inflatable rental!

The Foulks Express!

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



Are you hitting your target audience?

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

Call today to join our Family!

- 10,000 issues distributed at over 160 locations across Clarksville & Ft. Campbell every month
 - 2nd largest print medium in town
 - Full color glossy ads & free ad design
 - A full month of advertising
 - Locally owned
- Ad campaigns starting at just \$195 per month



Rachel Phillips
Advertising Sales

(931) 216-5102
rachel@clarksvillefamily.com

and folds. Juvederm® can also add volume to lips for a fuller more sensuous look. Results from this product generally last six months to a year.

For a deeper volume replacement in the cheek area, a new product, Voluma XC®, has shown tremendous results. Essentially a super-Juvederm®, it is an office injectable that is used to fill in the hollows that form around and under the cheek bone as we lose volume in this area with age. It lasts up to two years, making it a very economical choice. It is quite natural in look and feel.

In conclusion, the ability to significantly improve our facial skin, decrease wrinkles, add volume and prevent or reverse the signs of aging is now a reality. This is now an office visit away with minimal downtime. Consider your options!

For more information on these and other cosmetic procedures or to see real life examples visit our website, www.AdvancedCosmeticKY.com. To schedule an individualized consultation with Dr. Kaye call our office toll-free at (866) 234-0470. You can also submit a question about this or other

cosmetic procedures to: info@mdkaye.com. Type "Clarksville Family" in the subject area.

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



CLARKSVILLE
THE CITY OF TENNESSEE'S FUTURE ARTIST

Calling All Artists Grades 6-12

Want the opportunity to **paint your artwork** on the walls of the Heritage Park Skate Park?

The winner(s) will receive a gift card, their framed artwork, and the opportunity to paint their masterpiece on the walls of Heritage Park Skate Park!

Artwork must be submitted to 102 Public Square no later than 4 pm on September 12. Include name, grade, address, phone number, & teacher on the back.

Artwork may include up to 5 colors, black is counted as a color. For more information, call 931-645-7476

SO MANY PROJECTS SO LITTLE TIME

We have the tools, skills, and time for those projects you've been planning to do...

- Roofing
- Plumbing
- Electric
- Decking
- Tiling
- Tree Removal
- Vinyl Siding
- Landscaping
- Additions
- Window Replacements
- Privacy Fences
- Storm Damage

Committed to providing excellent service with quality, meeting clients needs and desires while completing the job in a timely manner.

HARDY HOME IMPROVEMENT
Steve Hardy - Owner
Over 25 year Experience
931.220.1106

Look us up @ Campbell Yard sales or email hardyhomeimprovement@gmail.com

Call today for a FREE estimate on your next home repair or home project.
We work with insurance companies.

DIABETES, CHOLESTEROL AND BLOOD PRESSURE—OH MY!

by Dr. Catherine Meeks

The last couple of decades tell a “good news, bad news” story about diabetes. That’s the disease that makes it tough for your body to control blood sugar. Here’s a snapshot:

In the last 20 years, the number of adults with diabetes has more than tripled.¹ Nearly 1 in 10 now has the disease.² That’s certainly *not* good news.

But there are some bright spots in recent reports. In general, control of blood sugar has improved



and rates of serious complications from diabetes have declined a great deal.

If you’re at risk for diabetes or already have it, consider these three questions:

1. Are you making good lifestyle choices?

Where people *haven’t* made progress, lifestyle has a lot to do with it. For example, it’s no secret that the obesity epidemic is growing, right along with the diabetes epidemic.¹

Think about the lifestyle choices you make. Yes, you’ve heard it all before, but it still holds true: Make healthy food choices—and understand diabetes meal planning. Exercise 30 to 60 minutes most days of

Think local. Buy local. Live Local!

As Consumers. . . We have the power to shape our city.

Think Local BUY LOCAL Live Local!

Thank you for shopping in Clarksville.

When we shop local, we are saying YES to a strong, vibrant local economy that translates into a unique and interesting community.

It is up to all of us to make Clarksville better. So please continue to support local businesses.

The Chamber
Clarksville Area Chamber of Commerce

www.clarkvillechamber.com

Clarksville Pediatric Dentistry, P.C.

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

Clarksville Pediatric Dentistry, P.C.

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

Now accepting new patients!

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

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

www.clarkvillepediatricdentistry.com

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

the week. Move to or stay at a healthy weight. And manage your stress as well as you can.³

2. Do you know your diabetes ABCs?

Knowing your numbers is also a big piece of the diabetes story, especially if you are at risk for or have high blood pressure or high cholesterol. High blood pressure is when blood moves through your vessels with too much force. Cholesterol is a fat-like substance that can cause plaque buildup in arteries. Combined, these three give your heart and blood vessels a triple whammy.⁴

These are the diabetes ABCs:

A is for the A1C test. That's the test that shows what your blood sugar levels have been the past three months. In most cases, you want to shoot for a number below seven.

B is for blood pressure. A great goal is below 140/80. The top number measures pressure in vessels as your heart beats. The bottom number measures pressure when vessels relax between beats.⁵

C is for cholesterol. Ask your doctor or me the numbers you need.⁴

3. Are you managing your medicines?

If you have type 1 diabetes, you must use insulin. Some people with type 2 diabetes need pills and/or insulin to meet target blood glucose levels.⁶ Although lifestyle is a first line of defense, cholesterol medications such as statins can help control cholesterol levels.⁷ As for high blood pressure,

there are many classes of drugs to keep this silent killer at bay.⁵

It may not be easy keeping track of all this, especially if you're taking multiple medications. That's what I'm here for. I can explain how each drug works, what side effects to watch for, and how to make sure you're taking them all properly.

So, what's your diabetes story? Together, let's make sure it has a happier ending.



InitiallyStitched
Custom Embroidery & Personalized Gifts

STOREWIDE BIG BAG SALE!

ALL Bags Big & Small 20% off!
Saturday, June 14th from 10am - 5pm

Coolers Totes
Duffle Bags Market Totes
& Cosmetic Bags

149 Kender Rhea Ct. Suite D

931-552-0225

 initiallystitched.com
Like Us for Specials & Discounts!

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

Sources

1. CDC: New CDC data show declines in some diabetes-related complications among US adults. Available at: <http://www.cdc.gov/media/releases/2014/p0416-diabetes-complications.html> Accessed 4/22/15.
2. MedlinePlus: Nearly 10 Percent of U.S. Adults

Now Have Diabetes: Study. Available at: http://www.nlm.nih.gov/medlineplus/news/fullstory_145673.html Accessed 4/22/14.

3. Diabetes Education Program: The Power to Control Diabetes Is in Your Hands. Available at: <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=28> Accessed 4/23/14.

4. Diabetes Education Program: Know Your Diabetes ABCs. Available at: <http://ndep.nih.gov/i-have-diabetes/KnowYourABCs.aspx> Accessed 4/22/15

5. ADA: Treating High Blood Pressure in People with Diabetes. Available

at: http://professional.diabetes.org/admin/UserFiles/file/Reducing%20Cardiometabolic%20Risk_%20Patient%20Education%20Toolkit/English/ADA%20CMR%20Toolkit_20HighBloodPressure.pdf Accessed 4/22/15.

6. American Diabetes Association: Medication. Available at: <http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/> Accessed 4-23-14.

7. Mayo Clinic: Cholesterol medications: Consider the options. Available at: <http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol-medications/art-20050958> Accessed 4-23-14.



Locally Owned
SANGO PHARMACY

Most Insurances Accepted Including Tricare

(931)919-2491
2197 Madison Street, Ste. 109

Health Food Store • Local Gifts • Drive Thru

We've EXPANDED our HEALTH FOOD STORE.

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



Jen's Ice Cream



Coconut Aminos



Probiotics



Local Honey

Now Compounding Custom Medications!



sangopharmacy.com
Follow us on Facebook for special offers!

Dr. Catherine Meeks
Pharmacist, Owner





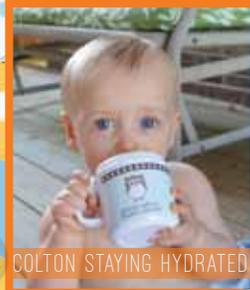
CANDID Clarksville



AVA IS ENJOYING SPRING TIME!



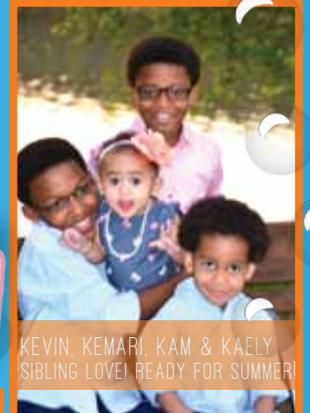
AVELEEN ENJOYING THE SPRING FLOWERS.



COLTON STAYING HYDRATED



CONGRATULATIONS, GINA JENNETTE 2014 RN GRADUATE



KEVIN, KEMARI, KAM & KAELY SIBLING LOVE! READY FOR SUMMER!



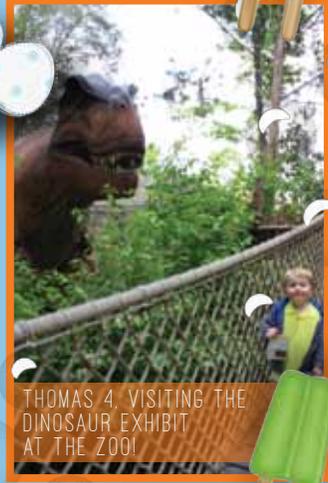
NAILAH AT RIVERS AND SPIRES



ABBY@ RIVERS AND SPIRES



JOSH CROUCH ENJOYING HIS TIME AT CHUCK E CHEESE.



THOMAS 4, VISITING THE DINOSAUR EXHIBIT AT THE ZOO!



LILLIAN, 7



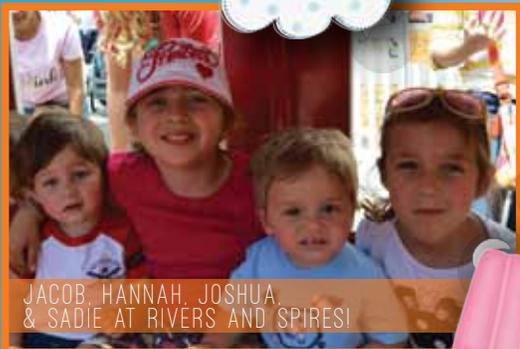
HANNAH MEETING HER COUSIN, ISAAC, FOR THE FIRST TIME!



NAILAH PICKING STRAWBERRIES AT H&S



LIKE FATHER, LIKE SON



JACOB, HANNAH, JOSHUA, & SADIE AT RIVERS AND SPIRES!



COUSINS HAVING FUN!

EMAIL PHOTO TO CANDID@CLARKSVILLEFAMILY.COM BY JUNE 15TH.

SUMMER PLANS

by Brenda Hunley Illustrated by Willie Bailey

“School is out for the summer!” exclaimed Boomer Chipmunk, as he flung open the door to Chester’s house. He kicked off his shoes, threw his backpack on the floor, and headed for the kitchen.

“Chester, are you home?” he called. No answer. Boomer made himself a cold drink and a bowl of grapes and walnuts. When he was finished with his snack, he headed down to Chester’s treasure room to see if his brother was down there.

Opening the door to the treasure room, Boomer felt around the wall until he found the light switch. Once the light from the small bulb filled the room, Boomer could see his brother was not there either. Looking around, Boomer saw that Chester’s backpack was missing.

He must be out treasure hunting! Boomer thought to himself.

Flipping the light off, and closing the door Boomer decided to go look in the garden.

Up the long hallway, around the corner, and out the front door—stopping only to slip on some sunglasses and flip flops—Boomer was ready to start his summer schedule.

At the garden, Boomer heard some movement, but as he came around the corner he only saw Sally the snake. She was sunning herself on a nearby rock. Her skin gleamed in the sunshine.

“Hey, Sally, I didn’t see you there. Have you seen Chester?”

“Ssssorry, Boomer, you just missed him. He gathered some corn from that last row over there and then left.”

Waving goodbye to Sally, Boomer headed off in the direction Sally had pointed out.

He climbed over tree stumps, and bridges, looked around rocks, and under fern fronds. He could hear some noise ahead, so he moved down the trail toward the lake.

“You are not!”



“Uh-huh!”

“No!”

“YES!”

Boomer knew as he got closer to whom those voices belonged—Clyde and Earl, two local geese. Clyde and Earl were very chatty and if one was



AVEDA
THE ART AND SCIENCE OF PURE FLORAL AND PLANT ESSENCES

coming soon
GO FROM NATURALLY CURLY TO
NATURALLY STRAIGHT

NEW smooth infusion naturally straight
Progressively straightens curls with every use.
Try it to believe it.

Come in for your free sample today.



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

your stores. your mall.
experience it ALL

gift cards



Mall Gift Cards are valid at over 100 stores!

Available at the Customer Service Center, or by calling 1-800-615-3535, or online at www.MallGiftCards.net.



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

to be around them, it was best to be prepared to stay awhile. It sounded to Boomer as if they were arguing, so he figured it would be safe to slide by them with just a casual wave.

"Hey fellas!" Boomer spoke in a soft voice.

The two geese kept on arguing.

Clyde was getting so upset he had his wings outstretched and was walking toward Earl very quickly. Earl had an amused look on his face, and the madder Clyde got, the funnier Earl thought he was.

Boomer thought he had cleared the area unnoticed until he heard Earl say, "Isn't that right, Boomer?"

Boomer stopped walking with one foot in the air. "What?" he said, as he turned slightly so he could see them.

"Isn't it right that Ranger Bill likes me more than Clyde?"

Boomer, recognizing this as a trap, just smiled and said, "Hey guys—um, I am sure Ranger Bill likes us all the same. Have you... um, seen Chester today?"

"Yeah, he just came through here. Said he had some corn to deliver to the Ranger's station," Earl said, tucking his feathers back into place.

"Oh, okay. See ya," Boomer said, as he waved goodbye to the geese.

On the trail, just past the cave, sat two turtles sunning themselves.

"Hi, Boomer! Nice sunny day for a nap! Do you want to join us?" the first turtle asked.

Boomer shook his head, "No thanks fellas. I am heading to the Ranger station looking for my brother."

"Oh, okay. Well see ya around then," Turtle number two said, as he sleepily closed his eyes.

There were several picnic tables on the way to the Ranger station, so Boomer decided to do some scouting for treasure to bring back. He found a yellow rubber band,

GAMEZ ON WHEELZ

Water Tag
STARTING AT
\$150

Laser Tag

Churches Corporations
Weddings Festivals
Summer Camps Birthdays
Daycares & More!!
Project Prom

PLAY FOR 2 HOURS
For Only
\$275
Laser Tag or Game Truck

Must book by
July 31, 2014
Valid Monday-Thursday

3D Gaming & 3D Field Trips! Photo Booth FUN!!

AVAILABLE 24/7

Book Online www.gamezonwheelz.com Or Call 931-452-9555

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

clarksvillefamily.com

a wine cork, and a small plastic pink ball with a smiley face on it. Boomer put the items in his cheek pockets and continued on his way to the Ranger station.

Opening the door to the station, Boomer could see Ranger Bill in his office.

"Hi, Ranger Bill!" Boomer called, hopping up into a nearby chair.

"Well, hello there Boomer Chipmunk. How are you doing today?" Ranger Bill asked, looking up from his computer.

"Today was my last day of school. I am out for the summer," Boomer mumbled.

"What?" asked Ranger Bill.

Boomer smiled, and took the items out of his cheeks so he could speak clearly to the ranger.

"I am out of school for the summer!" Boomer announced.

Ranger Bill nodded. "Well, good for you! What do you plan to do with your time this summer?"

"SLEEP! Play games with my friends, swim at the pool, maybe watch a movie or two," Boomer said, jumping up and down with excitement.

"What would you think about helping me with the Junior Ranger program this summer?" asked Ranger Bill.

"ME?"

Ranger Bill smiled. "Yes, you and your brother. I was just talking to him about it."

"You were?" asked Boomer.

"Yes. I told him all about it—the hiking, the camping, the bonfires, and of course the adventures. He said he was heading home to talk to you about it," Ranger Bill said, with a smile.

"I think it would be wonderful! Yes! I want to help! When do we start?"

"The second week in June through the end of July. Go home and talk to your brother. Here is some information. I will be here tomorrow waiting for your answer," Ranger Bill said, handing Boomer a flyer.

Boomer folded up the small flyer and put it in his cheeks with the ball, rubber band, and cork. "Bye!" he mumbled.

"Bye, Boomer. Have a good night and a great summer!" said Ranger Bill, waving goodbye.

As Boomer headed home, his mind swirled with hope his brother would say yes and they could have a great summer adventure together—as Junior Rangers!

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

This month at
Chick-fil-A
Wilma Rudolph Blvd.

Choose
Chick-fil-A
at Wilma Rudolph for all
your catering needs!
Delivery available for orders over \$200

3096 WILMA RUDOLPH BLVD., CLARKSVILLE, TN 37040 • (931) 552-5511
[Facebook.com/ChickfilAWilmaRudolph](https://www.facebook.com/ChickfilAWilmaRudolph) • MON TO SAT 6:00 AM - 10:00 PM
CLOSED SUNDAY

Come Join the Fun!

Monday, June 9:
FATHER'S DAY KIDS CRAFT • 5-7pm

Wednesday, June 18:
BACKYARD GRILL PARTY!! • Come out and enjoy summer with games and prizes. Try out our New Grilled Sandwich and Nuggets. Hang out with the cow and come on a Backstage Tour! 5-7:30pm

Saturday, June 21:
BOGO ICED COFFEE ALL DAY! • Beat the Heat with Iced coffee buy one get one free all day! Original or Vanilla flavored

Wednesday, June 25:
ICE CREAM TOPPING BAR • Enjoy free toppings and decorate your own cup of ice cream. (with purchase of kids, small, or large Icedream) 2-7pm

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



cloud

SERVING LUNCH, DINNER, DRINKS & FUN NIGHTS.

Free parking downtown after 5pm, m-f & all day on weekends!

cloud

136 Franklin St
Downtown, Clarksville
(931) 320-9569

Open Mon-Sat @ 11am

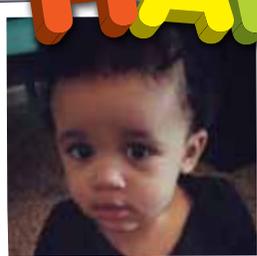
WWW.CLOUD9CLARKSVILLE.COM



Favorite Place for
Girls Night Out

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

HAPPY BIRTHDAY!



Happy First Birthday baby boy!!!
 Love mommy, g-ma, and papa!!!



Happy 1st Birthday Kennedy!
 Love, Mommy & Daddy



Happy 2nd birthday sweet boy!
 Love mama, dada, and Maya.



Happy 2nd birthday Cainan!
 Love Dad, Mom, and Connor



Happy 2nd Birthday
 Jackson Provo!
 We love you! XOXO



Happy 2nd Birthday
 Kyleigh Rae!
 Love mommy



Lainey is two!
 Happy B-Day
 from those who love you



Happy 2nd Birthday Luke!
 Love mommy, daddy, Maddy & Steven!



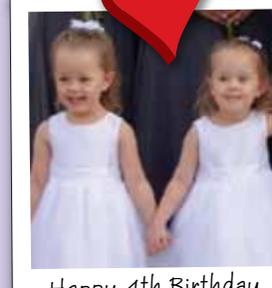
Happy 2nd birthday
 Melanie Lillie!!!!



Happy 3rd Birthday
 Lydia Wilson
 Love Family



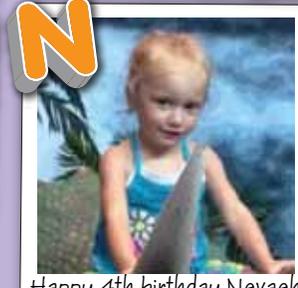
Happy 4th birthday ARÊTE!
 Love from all your family!



Happy 4th Birthday
 Love you bunches



Happy 4th birthday Mason!
 Your bud, Knox



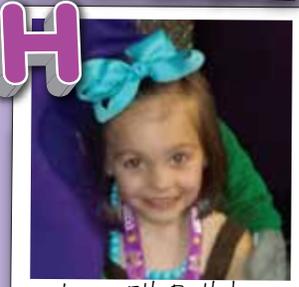
Happy 4th birthday Neyaeh
 Love mommy, Daddy, harris, Daddy Jeff
 and sisters and brother



Happy 4th Birthday Vanessa!
 We love you lots.
 Mom and brothers



Happy birthday, sweet girl!
 Love, Daddy, Mommy,
 Madeline, and Pop



Happy 5th Birthday
 Hailey Shae!
 Love mommy



Happy 5th birthday Chandler!
 Love, Knox, Piper and Blaise



Happy 5th Birthday John!!!
 We love you oceans!!!
 Love, Mommy, Daddy, & Jaylee!!!



Happy 5th birthday
 Savanna Lillie!

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

HAPPY BIRTHDAY!



Happy 8th Birthday Clay!
Love Mommy, Daddy,
Bennett & Reese



Happy 8th Birthday Haleigh!!!
I love you to the moon and back,
Love Mommy!!!



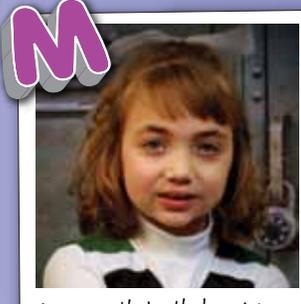
Happy birthday Isaac!



Happy 8th Birthday Isaiah!
We love you! Love, Your Family



Happy 8th Birthday Jady!
Love mommy, daddy,
Javon, & Jasmyn.



Happy 8th birthday, Megan!
We love you so much



Alyssa, Happy 10th Birthday!
Have fun and enjoy being 10.



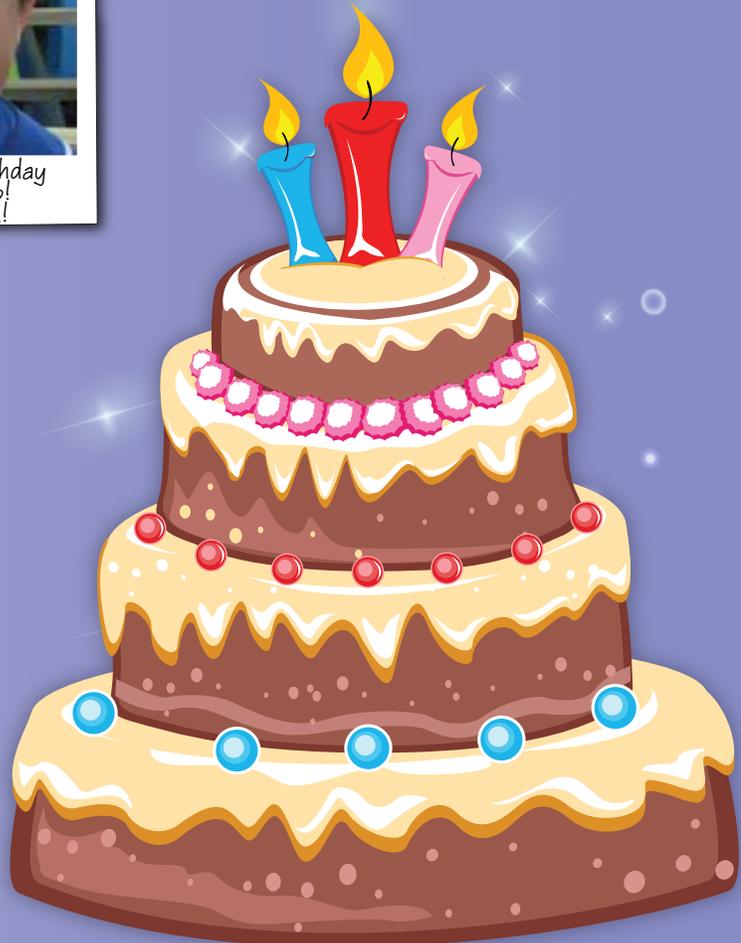
Wishing Kemari a
Happy 10th Birthday!!
We all love u! .



Happy 14th Birthday Maddy!
Love Mom, Dad, Steven and Luke!!



Happy 15th Birthday
Bailey Provo!
We love you!



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

CHESS - CLARKSVILLE

Fridays, 4:00 p.m. until.

Books-a-Million
125 South Hampton Drive
Contact:
chess.clarksville@yahoo.com

CLARKSVILLE DOWNTOWN MARKET

Saturdays, 8:00 a.m. to 1:00 p.m., through October 18.

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

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

June

5 THURSDAY ART&WALK

5:00 p.m. to 8:00 p.m. Major exhibits of art by local artists in downtown Clarksville.

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

Monday, June 9
5pm to 7pm

FATHER'S DAY KIDS CRAFT

Wednesday, June 18
5pm to 7:30pm
BACKYARD GRILL PARTY

SEE AD ON PAGE 54

Strawberry Alley
info@ArtWalkClarksville.com
ArtWalkClarksville.com
(931) 614-0255

8 SUNDAY 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.



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

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

New Patient's Welcome!

Back 2 Basics Dentistry
(931) 645-8000
1762 Hwy 48 Clarksville • 37040

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

www.back2basicsdentistry.com




MAXX'D OUT

COLLISION & TOWING

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

931.431.6096
2631 Ft. Campbell Blvd

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

9 MONDAY GIRL SCOUT SUMMER FUN CAMP

Through Friday, June 13. 8:00 a.m. to 12:00 p.m. Enjoy five days of traditional girl fun including crafts, games, songs and more! Open to all girls entering first grade through twelfth. Call or email for fees and registration.

Rotary Park
(931) 648-1060
bkelly@gsmidtn.org

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

MEGA SPORTS CAMP

Through Thursday, June 12 from 6:30 p.m. to 8:30 p.m. For children Kindergarten through 5th grade. There is no cost for the camp. Online registration is available at www.clarksvillefirst.com/megasportscamp

Clarksville First Church of the Nazarene
150 Richview Drive

10 TUESDAY WEIRD ANIMALS VACATION BIBLE SCHOOL

Through Friday, June 13 from 6:00 p.m. to 8:30 p.m. This is a FREE event for children from preschool through 5th grade. Register at the church or online at www.groupvbspro.com/vbs/ez/GCC/gpgs/overview.aspx. For more information, contact Rene Gramlick, Children's Minister, at (931) 368-0515 or gccrene@att.net.

Gateway Christian Church
781 Windermere Drive
gatewaychristianchurch.net

13 FRIDAY VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Try Fitness Kickboxing for adults (ages 16 and up). It is a fantastic way to get in shape and build self confidence in a safe and friendly environment. Class time is 7:30 p.m. to 8:15 p.m.

These exciting and energetic classes are for new students only. Class size is limited. Pre-registration is required.

Kriegisch Martial Arts
2690 Madison Street Suite 190
www.kriegischmartialarts.com
(931) 472-1008

14 SATURDAY FLAG DAY

VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Enjoy a free class and make new friends. 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 ½ (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.

Kriegisch Martial Arts
2690 Madison Street Suite 190
www.kriegischmartialarts.com
(931) 472-1008

MOVIES IN THE PARK- RAIDERS OF THE LOST ARK

Movies are free and begin at dusk.

Heritage Park
1241 Peachers Mill Road

15 SUNDAY FATHER'S DAY

17 TUESDAY CASH CAMP

Through Wednesday, June 18. Altra Federal Credit Union will host a free two-day Cash Camp for children ages 8-10. Two

sessions will run from 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

This two-day camp is a geared to help young children learn the basics of money management, emphasizing the concepts of spending, saving and sharing.

The free camp focuses on key financial concepts by incorporating hands-on learning experiences with activities, discussions, games, and other learning opportunities such as a tour of the credit union.

Altra membership is not required to attend, but registration is necessary to save your seat. Both days must be attended for completion, and each session is limited to 10 students. Refreshments and light snacks will be provided. If you are interested in attending, you can register online.

1600 Madison Street
www.altra.org

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

Pediatrician
Dr. Barbara Aquino



881 Professional Park Dr.
Off Dunlop Lane by Gateway Medical Ctr. **931-645-4685**
www.aquinopediatrics.com



Schedule your child's Sports & School physical exams today!
Aquino Pediatrics is open through lunch.

*Clarksville Cumberland
Presbyterian Church*



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

Steve Louder, Pastor

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

welcome. For more information contact Registered Dietitians at (931) 502-1692.

Gateway Medical Center
651 Dunlop Lane

THE FAIR AT CLARKSVILLE SPEEDWAY—DOLLAR DAY

6:00 p.m. Belle City Amusements, Rides and Midway and Vendor Area open. All rides \$1.00.

6:00 p.m. to 9:00 p.m., Molly's Ark Mobile Petting Zoo.

Monster Truck Event, gates open at 6:00 p.m. and Racing at 7:30 p.m. Arena event. Adults \$20, kids \$10, Military \$18 with ID.

Scott Harris Band live concert. Free with paid admission to fair \$3 for adults, kids 3-10, \$1 and 2 and under free.

Clarksville Speedway
1600 Needmore Road
(931) 645-2523
clarksvillespeedway.com/fair

18 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

THE FAIR AT CLARKSVILLE SPEEDWAY—ARM BANDS \$20

6:00 p.m. Belle City Amusements, Rides and Midway and Vendor Area open. All rides \$1.00.

6:00 p.m. to 9:00 p.m., Molly's Ark Mobile Petting Zoo.

Monster Truck Event, gates open at 6:00 p.m. and Racing at 7:30 p.m. Arena event. Adults \$20, kids \$10, Military \$18 with ID.

Scott Harris Band live concert. Free with paid admission to fair \$3 for adults, kids 3-10, \$1 and 2 and under free.

Clarksville Speedway
1600 Needmore Road
(931) 645-2523
clarksvillespeedway.com/fair

19 THURSDAY THE FAIR AT CLARKSVILLE SPEEDWAY—ARM BANDS \$20

6:00 p.m. Belle City Amusements, Rides and Midway and Vendor Area open.

6:00 p.m. to 9:00 p.m., Molly's Ark Mobile Petting Zoo.

The WannaBeatles live concert performance. Come out to see one of the nation's best touring Beatles tribute bands. Free with paid admission to fair \$3 for adults, kids 3-10, \$1 and 2 and under free.

Truck Pull Rules. Truck Pull gate is \$10 for adults, kids 6-10 \$5, 5 and under free.

Clarksville Speedway
1600 Needmore Road
(931) 645-2523
clarksvillespeedway.com/fair

VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Try Fitness Kickboxing for adults (ages 16 and up). It is a fantastic way to get in shape and build self confidence in a safe and friendly environment. Class time is 7:30 p.m. to 8:15 p.m.

These exciting and energetic classes are for new students only. Class size is limited. Pre-registration is required.

Kriegisch Martial Arts
2690 Madison Street Suite 190
www.kriegischmartialarts.com
(931) 472-1008

20 FRIDAY MADISON STREET UNITED METHODIST CHURCH WEIRD ANIMALS VBS

5:00 p.m. to 8:00 p.m. Children age 4 – rising 6th grade are invited to join us for a fun-filled weekend as we take a walk on the wild side and learn how Jesus' love is one-of-a kind. Your child will meet new friends, play games, sing exciting music and discover evidence of God in their lives everyday. Pre-registration is required.

Madison Street United Methodist Church
319 Madison Street
(931) 647-0221
madisonstreetumc.org

THE FAIR AT CLARKSVILLE SPEEDWAY

6:00 p.m. Belle City Amusements, Rides and Midway and Vendor Area open.

6:00 p.m. to 10:00 p.m., Molly's Ark Mobile Petting Zoo.

CMRA Championship Mud Racers Association. Arena event adult \$10; kids 6-10, \$5; 5 and under free.

Nationally Touring Journey Tribute Band, Faithfully, performs at 7:00 p.m. Free with paid admission to fair \$3 for adults; Kids 3-10, \$1; and 2 and under free.

Clarksville Speedway
1600 Needmore Road
(931) 645-2523
clarksvillespeedway.com/fair

JAMMIN IN THE ALLEY- SYD HEDRICK AND THE PHALCONS

7:00 p.m. to 10:00 p.m. Free and open to the public.

Strawberry Alley
Downtown Clarksville

21 SATURDAY WILMA RUDOLPH 5K-10K ROAD RACE

10K starts at 7:00 a.m., 5K starts at 8:30 a.m. See ad on page 38.

Sango United Methodist Church
3301 Sango Road
clarksvillerunningclub.com
wilmarudolph2014@gmail.com




REALTOR
Amy Davis
931-980-2307



Let's move in the right direction together!

It's my job to make sure everything goes smoothly whether you're buying or selling.



Nothing is more **frightening** than the prospect of being attacked.



REALITY-BASED self defense teaches **REAL-LIFE SELF DEFENSE**

Join us. Saturday, June 28 {11:30 a.m. - 3 p.m}

Women ages 16 & up, call today!
931.472.1008
2690 Madison Street, Suite 190
www.kriegischmartialarts.com



MADISON STREET UNITED METHODIST CHURCH WEIRD ANIMALS VBS

9:00 a.m. to 3:00 p.m. Children age 4 – rising 6th grade are invited to join us for a fun-filled weekend as we take a walk on the wild side and learn how Jesus' love is one-of-a kind. Your child will meet new friends, play games, sing exciting music and discover evidence of God in their lives everyday. Pre-registration is required.

Madison Street United Methodist Church
319 Madison Street
(931) 647-0221
madisonstreetumc.org

THE FAIR AT CLARKSVILLE SPEEDWAY

1:00 p.m. Belle City Amusements, Rides and Midway and Vendor Area open. Kids day arm bands \$20 (1:00 p.m. to 6:00 p.m.).

65 Roses Car, Truck & Bike Show Demolition Derby. Pit 4:00 p.m. \$15, and Car bashing at 7:00 p.m. Arena event gate open at 5:00 p.m. \$13 for adults, kids 6-10 \$5, with 5 and under free open at 5:00 p.m. Demo Derby Rules

Meghan Linsey (formerly of Steel Magnolia) with Tyler Cain of Big and Rich, 7:30 p.m. Free with paid admission to fair, \$3 for adults, kids 3-10 \$1, and 2 and under free.

Watermelon Eating Contest 7:00 p.m.

Hot Dog Eating Contest 7:00 p.m.

4:00 p.m. to 9:00 p.m., Molly's Ark Mobile Petting Zoo.

CMRA Championship Mud Racers Association. Pit 4:00 p.m., \$15. Arena event opens at 5:00 p.m., adults \$13; kids 6-10, \$5; 5 and under free.

Clarksville Speedway
1600 Needmore Road
(931) 645-2523
clarksvillespeedway.com/fair

LIBERTY PARK AMPHITHEATER—GYPSY

6:00 p.m. to 9:00 p.m. Free admission. Beer and food vendor on-site. More information visit cityofclarksville.com/libertylive or (931) 645-7476.

22 SUNDAY MADISON STREET UNITED METHODIST CHURCH WEIRD ANIMALS VBS

9:00 a.m. to 12:00 p.m. Children age 4 – rising 6th grade are invited to join us for a fun-filled weekend as we take a walk on the wild side and learn how Jesus' love is one-of-a kind. Your child will meet new friends, play games, sing exciting music and discover evidence of God in their lives everyday. Pre-registration is required.

Madison Street United Methodist Church
319 Madison Street
(931) 647-0221
madisonstreetumc.org

23 MONDAY GIRL SCOUT TWILIGHT CAMP

Through Friday, June 27. 4:30 p.m. to 8:15 p.m. Enjoy five days of traditional girl fun including crafts, games, songs and more! Open to all girls entering first grade through twelfth. Call or email for fees and registration.

Dunbar Cave State Park
(931) 648-1060
bkelly@gsmidtn.org

28 SATURDAY WOMEN'S SELF DEFENSE CLASS AT KRIEGISCH MARTIAL ARTS

11:30 a.m. to 3:00 p.m. Kriegisch Martial Arts will host a Reality Based Self Defense class for women aged 16 and up. This highly specialized self-defense program is designed to teach participants to successfully handle the multitude of confrontations that occur in today's fast paced world. It is also a great opportunity for girls going off to college or single women who travel either for work or pleasure to gain some much needed skills to defend themselves and their loved ones when faced with potentially harmful situations.

Geared to the student's individual needs and abilities. No prior martial arts experience is required. Class size is limited. Pre-registration is required. Please call for more details.

Kriegisch Martial Arts
2690 Madison Street Suite 190
www.kriegischmartialarts.com

(931) 472-1008

MOVIES IN THE PARK- WIZARD OF OZ

Movies are free and begin at dusk.

Heritage Park
1241 Peachers Mill Road

July

3 THURSDAY LIBERTY PARK INDEPENDENCE DAY CELEBRATION

6:30 p.m. to 10:00 p.m. Live music from Cover Down, fireworks show at 9:30 p.m.

4 FRIDAY INDEPENDENCE DAY

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

Licensed, Insured & Locally Owned.



SPACE WALK™
Here Comes Fun
The #1 Choice for Party & Event Rentals.

Water Slide Season!!
Spacewalk has the **NEWEST & TALLEST** waterslide in the area!



Book your slide online today!
www.spacewalkclarksville.com or Call 931-905-1116



TABERNACLE CHRISTIAN SCHOOL

301 MARKET STREET • WWW.TCS1999.COM

Now Enrolling for the 2014-2015 School Year!
Pre-K through 6th grade.
Before & After Care Available

Call Now To Enroll!
931-552-9431

ACSI Member • Nationally Accredited through 




THE ROXY REGIONAL THEATRE

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

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.

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)

GREASE

Dust off your leather jacket, pull on your bobby-socks and hand-jive the night away with Rydell High's senior class of 1959! Head "greaser" Danny Zuko and girl-next-door Sandy Dumbrowski try to relive the high romance of their

"Summer Nights" as the rest of the gang sings and dances its way through such songs as "Greased Lightnin'," "It's Raining on Prom Night," "Hand Jive" and many more!

8:00 p.m. July 11, 12, 18, 19*, 25 & 26; August 1, 2, 8, 9, 15 & 16

7:00 p.m. July 16, 17, 23, 24, 30 & 31; August 6, 7, 13 & 14

2:00 p.m. July 19; August 2

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

SCHEDULE AT A GLANCE

Monday

Tween "SPARK a Reaction" Program

2:00 p.m.

Tuesday

"Fizz, Boom, Read!" Program

10:00 a.m. and repeated at 2:00 p.m.

Tadpoles and Tagalongs Program

10:00 a.m., 10:30 a.m., 2:00 p.m. and 2:30 p.m.

Wednesday

No programs

Thursday

Teen "Spark a Reaction" Program

3:00 p.m.

Pajama Story Time

6:30 p.m.

Friday

"Fizz, Boom, Read!" Program

10:00 a.m. and repeated at 2:00 p.m.

Tadpoles and Tagalongs Program

10:00 a.m., 10:30 a.m., 2:00 p.m. and 2:30 p.m.

Scholastic Book Fair

June 16, 2014 through June 20, 2014.

All proceeds will be used for next year's Summer Reading Program. Sign up to volunteer today!

PARTICIPANT INFORMATION

"Tadpoles and Tagalongs" programs are for children under age five and their parents or

care giver, on Tuesday and Friday at 10:00 a.m., 10:30 a.m., 2:00 p.m., and 2:30 p.m. On Friday, we will repeat Tuesday's program. Due to space limitations of the room, at each program, a limited number of tickets will be given out on a first come, first served basis.

The Summer Reading Program, "Fizz, Boom, Read!" for children five years and up will be held on Tuesday at 10:00 a.m. and 2:00 p.m., and Friday at 10:00 a.m. and 2:00 p.m. Children should be old enough to attend this program without parental supervision. Parents should wait in the library for their children until the program is finished.

On Monday at 2:00 p.m. there will be a Tween "SPARK a Reaction" program for Tweens that are going into grades 4-6.

On Thursday at 3:00 p.m. there will be a Teen "SPARK a Reaction" program for teens that are going into grades 7-12.

On Thursday evening at 6:30 p.m. there will be a "Pajama Story Time" suitable for the whole family.

Each participant will receive a "Reading Log" to track books read or total hours read. Participants may count the amount of time or the number of books read to them if they are listeners. Older children who read picture books to younger children may count the time

spent reading to the younger child but not the number of books read.

Participants are responsible for keeping track of the books they read or the hours that they spend reading. "Reading Logs" should be filled out completely. For every eight books read or two hours of time spent reading, participants will be eligible to receive an incentive. Please use one log for hours read and one log for the number of books read. Please do not ask for preference of incentives. Types of incentives are subject to availability and "special" requests will not be honored.

All participants in the "Fizz, Boom, Read!" program will receive their own "Fizz, Boom, Read!" Passport. This is an attendance booklet that the child should have stamped once a week when they attend a program. The child named on the "Fizz, Boom, Read!" passport is required to present the booklet to be stamped. You may attend as many programs per week as you wish, but only one stamp will be added each week to the passport.

At the end of the "Fizz, Boom Read!" Summer Reading Program, if the participant has attended one program per week for at least three of the five weeks and has three stamps in their Passport, they will receive a book of their choice at no charge. Children will surrender their passport to

select their book. "Fizz, Boom, Read!" Prize books will not be replaced or exchanged.

"SPARK a Reaction" Teens and Tweens will complete a Reader's Prize Card to be eligible for a prize.

Please encourage your child to be on his/her best behavior. Children who are misbehaving or causing a disruption to the program will be asked to leave the program.

Please be on time! If you are late, enter the program only when there is a break in the activity so you will not create a disturbance. Once a program has begun, please do not disrupt the program by having your child leave the room.

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 26.

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. 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. Through July 13.

SERVING ABROAD: THROUGH THEIR EYES

A video installation by Lincoln Schatz sponsored by the US State Department and Art in Embassies. AIE commissioned renowned artist Lincoln Schatz to

create a video montage incorporating audio and images selected from photographs of daily life abroad by current and former military and Foreign Service personnel. Schatz's work will later be installed as a site-specific installation for the permanent art collection in the U.S. Embassy in Kabul, Afghanistan. Through September 7.

GREG WILLIAMSON: WITH THE TROOPS

Greg Williamson is a multimedia journalist with The Leaf Chronicle. This exhibit showcases Williamson's photography during his three weeks embedded with the 101st Combat Aviation Brigade, logging many hours of flight time traveling to and from Forward Out Bases. Through August 31.

ACTIVITIES: IT'S ALL IN YOUR HEAD!

June 19, 11:00 a.m. to 3:00 p.m.
If I only had a brain... Discover some 6-14 year-old inventors who started their own businesses. Bring

your brain and see what you can do!

DRAW ME A STORY

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

THE TIN WOODMAN GETS HIS HEART

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

The Museum will be closed Saturday, June 7th and Sunday, June 8th for Flying High, as well as Sunday, June 15th for Father's Day.

Sue Lewis
Curator of Education
(931) 648-5780

slewis@customshousemuseum.org

Meeks & Meeks

LAW FIRM

Travis N. Meeks
ATTORNEY AT LAW

p. 931.645.3888
f. 931.645.4902

137 Franklin St.
Downtown, Clarksville, TN
travismEEKS@bellsouth.net • www.meeksandmeeks.com

News • Business • Events • Arts & Leisure

Clarksville Online

The Best in Local Information and News Coverage

www.clarksvilleonline.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 program is a completely free voluntary program that provides individualized parenting education, crisis intervention, and some case management for families with children ages birth - 8 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9969.

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.mtcbasa.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

Don't Forget to ask about our CLARKSVILLE FAMILY DISCOUNT

Burkhart

Lawn Care
landscaping, mowing, & more

931.980.3939

Licensed & Insured burkhartlawncare.com
Commercial & Residential Services

Free Estimates

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

THE LEAF CHRONICLE
Readers Choice Awards

of the division at the end of World War II. The 101st Airborne Division Association welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served.

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

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 [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 Country area with hot meals and food pantry.

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

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

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

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

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

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

PREVENT BLINDNESS TENNESSEE

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

RADICAL MISSION

Meets Tuesdays and Thursdays from 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. Sitton, TRAEYC President, at (931) 221-7308 or visit www.traeyc.org.

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

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

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

ASPERGER/AUTISM CENTER

800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. Services include: individual counseling, group counseling, family education and counseling, and psychiatric services. For further information regarding our programs, please call (931) 431-7580.

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

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

HEALTH CONNECT AMERICA

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

FAMILY CENTERED SERVICES

901 Martin Street, (931) 503-4600.

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

HOPE (HOMELESS OUTREACH PARTNERSHIP AND EMPOWERMENT)

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

PASTORAL COUNSELING CENTER

The Pastoral Counseling Center at 516 Madison Street, is a ministry of professional care dedicated to healing and growth in human life and relationships. In partnership with local congregations the centers are committed to providing clinical and education services to all who need these services. When you or someone you love is troubled by depression, marital or relationship problems, substance abuse, or a vague sense that your life is adrift, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or www.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 JuleeSpoolerPHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

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

VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY

812 Greenwood Avenue, (931) 920-7370.

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 Tennyky Area AFS Volunteer Leadership Team at www.afsusa.org/misstenky.

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 momsclubofclarksvilwest@gmail.com. Look for both groups on Facebook.

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

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:30 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 Lisa Cochran, Asst. Coordinator, at (931) 802-3096 or clarksvilemops@gmail.com. Check us out online at clarksvilemopsatfbc.wordpress.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-Coordinator, 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.



335 Franklin St. • Clarksville, TN
931-919-2600
www.GatewayFH.com



Progressive Directions, Inc.

Early Intervention

Concerned about your child's development?



Progressive Directions Early Intervention Program is a voluntary educational program which provides development therapy to children from birth to three who have been diagnosed with a developmental delay.

Our team of degreed and experienced early interventionists travel to homes or other sites in the community to work with families, care providers, and/or therapists of infants and toddlers with special needs.

Who is eligible for services?

A child with a developmental diagnosis or children whose test results show that they have a 25% delay in two developmental areas or a 40% delay in one area. Prematurity may also qualify your child for service.

If you have a concern for your child's development...
Call our Early Intervention Program at
(931) 358-0117



www.progressivedirections.com



It's 1:34 A.M.
– And we're open for business!



2014 SILVERADO



2014 CAMARO



2014 CRUZE



2014 EQUINOX

Shop Online: 24 Hours a Day, 7 Days a Week.



Create Your Deal →

WWW.JAMESCORLEW.COM



Located In Historic Downtown Clarksville, Across From Austin Peay State University.
722 COLLEGE STREET • CLARKVILLE, TN
931.552.2020 • 1.800.685.8728

