

September 2014



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One year old, Andrew out enjoying a nature walk with dad. His parents are Daniel and Heather Boyd of Clarksville.

Portrait by Michelle Elise Photography



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Publisher's Message

As usual, this year seems to be flying by. Summer seems to be going even faster! Even Starbucks seems to be trying to pour Pumpkin Spice Latte all over the end of summer by releasing it two weeks earlier than usual. I love summer, and fall even more, but what's the rush?? You know darn well, October 1st that SOMEONE will have Christmas decorations for sale. Sigh.



Well, one end of summer favorite that you can always count on is Riverfest! This year it's back with something for the whole family. It's Friday, September 5th and Saturday the 6th. There will be live music, the Adventure Zone for the kids, a Petting Zoo, and Toddler Town for ages 5 and under. It's not to be missed!

Be sure to check out this month's great feature articles. Pamela Roddy Magrans brings us Flyball Relay Racing with dogs on page 6, and there is an interview with Rossview Student and Miss Tennessee Teen USA hopeful, Alexis Mihalinec, by Taylor Lieberstein on page 38.

There are also plenty of great articles about health and wellness, upcoming charitable events, and more. Check out this month's calendar for all the great things to do as fall approaches.

I hope that you and the kiddos are getting settled into a back to school routine, and are counting down to fall-break—I know I am!

Here's to a great September and as always, thanks 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. Mitchell Kaye
Dr. Catherine Meeks
Dr. Vince Taylor
Leigha Landry Wanczowski

Special Thanks
Paul and Paula

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FLYBALL RELAY RACING SPORT OFFERS DOGS AND THEIR OWNERS A UNIQUE AND FUN WAY TO COMPETE

by Pamela Roddy Magrans

The eager Border Collie mix sprints at full speed, with intensity she leaps towards the intended target—the yellow tennis ball. She is not distracted by the other dogs doing the same, she is focused and disciplined. Hastily, she returns to her owner, waiting for a tug at a rope toy, or an embrace—any positive reinforcement that makes her retrieval worth the race. Her owner greets her enthusiastically while the next dog takes his turn.



What sounds like a day at the dog park, or an afternoon in the backyard, is actually a national canine relay sport. Tapping into the dog's natural tendencies for play, the sport of flyball gives both dog and owner a unique way to compete.

Flyball is a relatively new canine sport that developed in the late 1970s. The sport is now gaining popularity and support among dog enthusiasts and pet owners. This relay sport involves a team of four dogs, a course of hurdles to jump, and a much desired tennis ball that is extracted from a box at the end of the course! Each dog has a handler. Any breed is welcome, including mix breeds. Owners of any age can act as handlers for their dogs. All they need is to find a flyball team and start learning this unique and fun sport.

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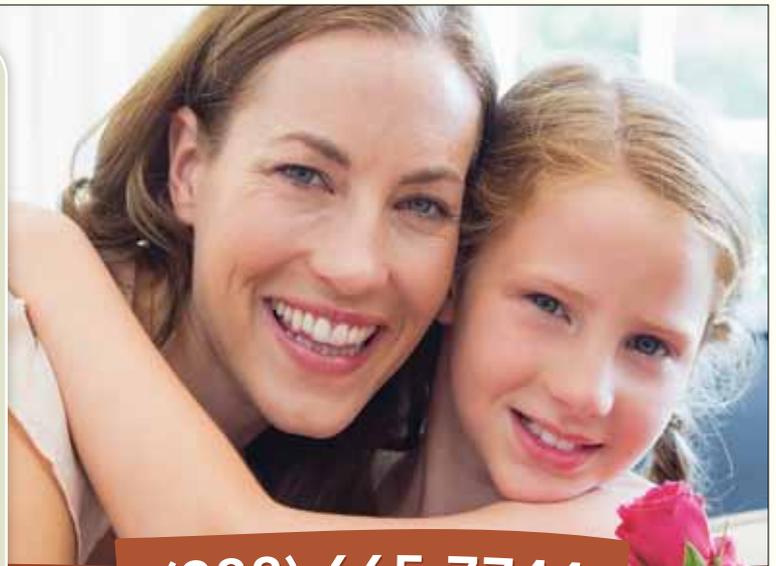
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Flyball engages a dog's natural love for running, desire to fetch, and extreme need to please its owner. Tapping into those natural characteristics is one reason why flyball is rewarding for both the dog and owner. Our local flyball club, the Queen City Road Runners, offers local dog owners an opportunity to compete in this canine competitive sport.

How flyball works

This team sport is a relay race, consisting of four dogs on each team. The dogs take turns running down a straight course, jumping over four hurdles until they reach the flyball box. The dog triggers the box to release a tennis ball. The dog quickly catches the ball in their mouth, and then races back down the straight course, jumping hurdles, finally arriving

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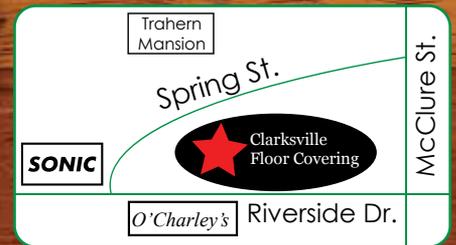
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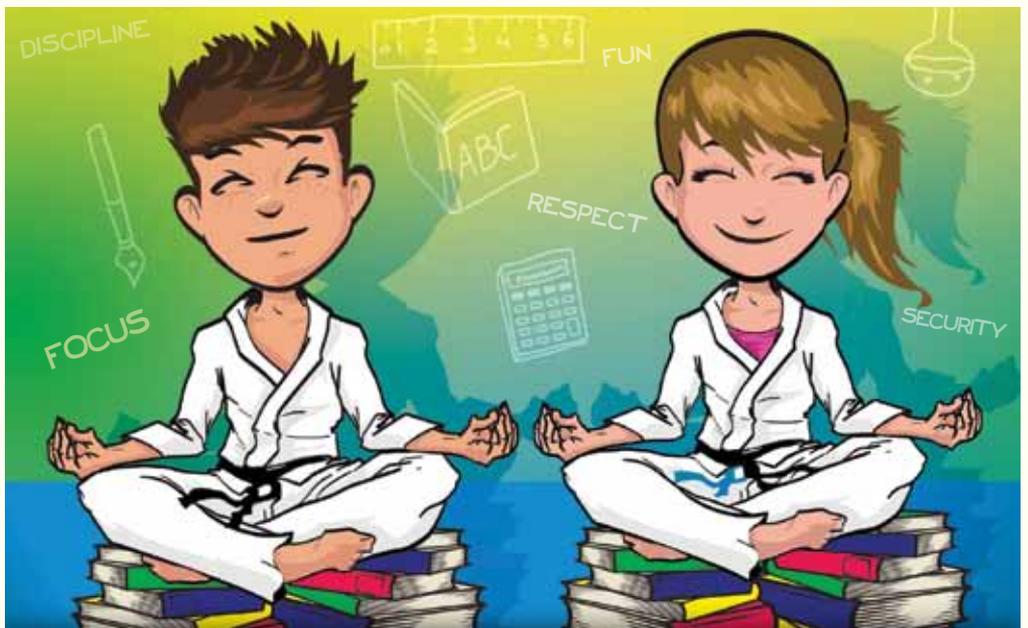


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back at their handler. As the first dog reaches the end of the course, the next dog is released. This continues until all four dogs have completed the run and retrieved the ball. This action takes place while other teams of dogs compete

on parallel courses. The first team to have all four dogs finish the course wins that heat. The first team to win three heats wins the race.

Flags are given when dogs or handlers do not follow specific rules for releasing

the dog or loading the flyball box. Dogs can receive flags if they miss hurdles, fail to catch the ball when it is released, or if the ball is dropped.

Points are given both for the team and for individual dogs. The game of flyball, like other competitive sports, requires physical activity and discipline from the dog. From the handler, it requires patience, training, and extreme rewards!

Benefits of flyball

The benefits of flyball are many. Flyball allows owners an opportunity to develop a relationship with their dog that goes beyond basic obedience and care. When the owner and the dog work as a team towards a shared goal, a deeper relationship is forged. When the owner depends on the dog in some way, respect and appreciation for the dog will inevitably follow.

Flyball helps dogs maintain a healthy weight and even keeps owners on the move! Flyball is a social sport, with families and handlers working together for a team win. The benefits for the dog are numerous. Dogs love to run. They love to fetch balls. Dogs love to please their owners. The sport of flyball allows dogs to do all of those! Flyball offers a way for owner and dog to work together for a common goal.

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In addition, flyball is not restricted to any specific breed. While some breeds have natural attributes that give them an advantage, any breed can compete, including mix breeds. Flyball is a sport for dogs—not breeds. Handlers can be adults or youth. Children and teens can easily learn to train their dog and engage in this sport with their family pet. The sport can be a life-long activity.

Queen City Road Runners

Luckily for local dog lovers, Montgomery County is home to its own flyball club! The Queen City Road Runners is a non-profit dog training club that was founded in 2007. The club owners are Eli and Deborah Yoder. The Queen City Road Runners training facility is located at 786 Indian Creek Road in Cumberland Furnace, TN. The facility is located just five miles past Montgomery Central High School. While the club offers other canine training opportunities, the club specializes in the sport of flyball.

Eli and Deborah first became involved in flyball following hurricane Katrina, when they adopted a five-month old Labrador Retriever, Katie, from then ransacked New Orleans. Katie suffered from fear and social issues as a result of her experience following the hurricane. Flyball helped Eli and



Deborah to tap into Katie's natural love for a tennis ball. Soon, Katie was having fun with her new owners and became a canine competitor in flyball and a member of their family.

The advertisement is set against a background of black and white diagonal stripes. At the top left is a large, glowing green moon with a black bat silhouette flying across it. To the right is a coupon with the text "15% OFF COUPON", a barcode, the number "498432169905", and "EXPIRES SEPTEMBER 15th". Below the moon and coupon, the text "The great pumpkin HALLOWEEN EXPRESS" is written in a stylized, dripping font. Underneath that, the address "113 Morris Road across from Panera Bread" is listed. The central image shows a large orange inflatable structure shaped like a spider mountain, with "HALLOWEEN EXPRESS" written on its side. To the left of the spider mountain is a colorful inflatable slide. At the bottom, the text "Come Climb Spider Mountain!" is written in a bold, orange font. Below that, it says "Check store inventory online! Order online and pick up in stores!" and provides the website "halloweenexpress.com/clarksville".

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Eli Yoder has been active in flyball since he and his wife rescued Katie. Now they operate a flyball training facility on their property and train new flyball lovers.



other dog owners who love their dogs as much as they do!

“Going to tournaments are an opportunity to compete with peers in a safe and exciting environment and develops sportsmanship.

“Training a dog to play a sport is the kind of challenge that engages a person’s mind and energy. Doing this with your family is a great team building hobby and affords many opportunities to strengthen family bonds while developing or honing teaching, learning, and

communication skills,” said Eli. “Caring for and training the canine athlete develops an appreciation and compassion for animals.”

In addition to the one-on-one relationship with the dog, owners get to interact with

Children and youth also develop relationships with their peers in other clubs when they attend flyball tournaments,” said Eli. “I have seen a number of youth who first attended a tournament in a stroller and are now fully engaged in the sport. These skills and relationships will last a lifetime.”

In addition to promoting the sport of flyball, the Queen City Road Runners also promote responsible pet ownership and assist in local pet charities and rescue efforts.

As the Queen City Road Runners celebrates its 9th year, they welcome new members and supporters who share a deep love for dogs.

To get involved

If you are a dog owner and are looking for an extracurricular sport for your family, child, or teen, flyball might just be the one to try. The Queen City Road Runners are



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eager to help new members engage in this rewarding sport.

When the Queen City Road Runners are not at a tournament, they practice as a team on Sundays at their facility off Indian Creek Road. If you are interested in watching a practice, contact Eli Yoder at (931) 220-4907 to set up a time to visit. Visitors should come for the first time without their dogs so that they can freely interact with the team members and get acquainted with the sport. Flyball classes are on an individual basis on evenings



during the week. Classes are held in four-week blocks of \$40 per block. Training occurs on an individual basis until the handler and the dog are proficient enough to join in club training and practice.

Flyball, like any sport, requires practice, patience,

and perseverance. Both handler and dog achieve all three!

To learn more

To read more about the Queen City Road Runners and see how your family can get involved, visit www.flyballdogs.com/qcrr.

Contact Eli Yoder at icflyball@hotmail.com or (931) 220-4907.

Visit and like the Queen City Road Runners on Facebook to see photos from recent tournaments.



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THE FOOD INITIATIVE AND FINE FETTLE FUNDRAISER

by Taylor Lieberstein

You don't have to maintain a home garden to enjoy fresh local produce. The teenagers at The Food Initiative are growing fresh fruits and veggies for the community while learning about issues such as health responsibility, food justice and hunger relief. The Food Initiative hires 40 diverse teenagers from all over our city to grow healthy food for themselves, for our citizens, and for the poor and homeless in our community.

Through a unique combination of sustainable

agriculture and educational workshops these youth are awakened to serious issues that span not only across the community but also across the world. Salvation Army, Loaves and Fishes and Manna Café Ministries are three of the hunger relief organizations that The Food Initiative supports.

The non-profit's mission is to build a healthy, sustainable community of diverse youth and adults who are growing nutritious

food for our citizens and for the most disadvantaged in our city.

The Food Initiative garden is located on Mount Carmel Road in Sango, a short 13 miles from downtown Clarksville. You will find the same produce growing at the garden that you might find in any backyard garden. TFI grows produce including lettuces, kale, carrots, potatoes, beans, cabbage, broccoli, Swiss chard, several varieties of summer and winter squash, garlic, corn, okra and more.

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This is the first year for TFI to raise chickens on the garden as well. They don't have many, but the ones that are on the farm are great for pests and bugs and helpful in fertilizing the soil and eggs. Each Saturday, The Food Initiative participates in the Clarksville Downtown Market selling its produce and eggs to the public.

On September 13th TFI is bringing their farm to your fork through its Fine Fettle fundraiser at the Customs House Museum. Guests will progress through a series of stations, sampling menus designed by local chefs using organic produce from The Food Initiative garden and meats from nearby farms. The evening will culminate with a selection of desserts and a silent auction featuring an array of goods, services, and exclusive experiences.

TFI will have six chefs stationed in different rooms throughout the museum serving samplings to the guests.



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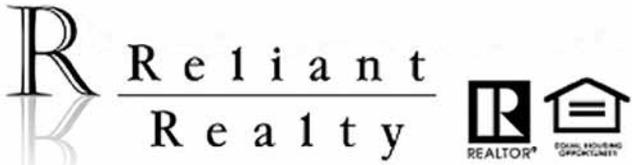


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The food will highlight produce grown organically from The Food Initiative garden or another local garden called Fire and Cloud Homestead. Some dishes will couple fresh

produce and local meats. The meats will come from Tennessee Grass Fed Beef and Giving Thanks Farm. Guests will have the opportunity to get to speak with the chef to learn

about the food, where it came from, and how it was prepared.

“We hope that our guests will be inspired to make similar dishes for their families at home. As the guests make their way to each chef they are welcomed and encouraged to embrace the history from the museum,” said Regina Hampton, Program Director for TFI.

The chefs for the evening will be Chef Richard Jones from the Green Door Gourmet in Nashville, Diane Welker from "At the Table," Louise DelGandio from Louise's Bakery and Kitchen, Pam Holz from the "Cooking for Life" show on Charter Channel 6, Chef Jeremy Robertson from the Depot Bar and Grill in Springfield, and Audra Lafayette.

Included in the silent auction are items like tickets to the Schermerhorn Symphony Center, construction and installation of a raised garden bed, "12 Days of Christmas" assorted meats from Tennessee Grass Fed Beef, a night of Nightstalker Bow Fishing for three, photography packages, and more.

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The funds and donations raised through the Fine Fettle event help The Food Initiative to expand program opportunities for youth from all over Clarksville. These youth learn and grow through hard, meaningful work in our local food system. These funds make it possible to educate and empower our young people to become thoughtful, productive citizens who care about Clarksville, their personal health, and the health of our environment and community.

Tickets can be purchased through The Food Initiative's website. If you are not able to attend the farm to fork event and wish to donate you can do so on the website as well.

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If you're looking to branch out while cooking at home, how about considering the versatile eggplant?

While technically a berry, eggplant is usually served as a vegetable, and it can be baked, broiled, boiled, sautéed, grilled and roasted. Just make sure to cook it somehow, since eating it raw is not tasty and can upset your stomach. In fact, the bitter taste of early varieties of eggplant meant they were only grown as decorative garden plants in Europe until the 18th century, when better tasting varieties were cultivated.

Eggplant is known for being large, oval-shaped and dark purple, but it actually comes in a variety of shapes and sizes—and is packed with



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*According to the Society of Cardiovascular Patient Care, www.sccpc.org.



phytochemicals. It also contains a high amount of fiber and low amount of sodium, making it a filling addition to your diet with few calories.

Eggplant can be green, light purple, white, yellow, striped, pear-shaped and round, with some as small as a golf ball or as large as a football. When looking for an eggplant at the grocery store, choose one that is heavy for its size and doesn't have cracks or discoloration.

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

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HEALTHY RECIPE: EGGPLANT BRUSCHETTA

Brought to you by Gateway Medical Center

This eggplant bruschetta is a tasty twist on the traditional Italian tomato and onion version.

Ingredients

- 2 medium eggplants, halved lengthwise
- 2 Tablespoons olive oil
- 1 Tablespoon minced garlic

- 1 teaspoon ground cumin
- 1 Tablespoon grated ginger
- 1/4 cup finely chopped parsley
- 1/4 cup chopped red bell pepper
- A pinch of salt and pepper

Preparation

1. Coat the inside of the eggplants with 1 Tablespoon of the oil, then place them cut-side down on a baking sheet lined with foil. Bake at 400 degrees Fahrenheit for about 25 minutes, or until the inside is brown and soft.
2. Mix the garlic and the remaining oil, and heat

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Recipe Yield: 8 servings	
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Saturated Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrates	9.1 g
Fiber	4.9 g
Protein	1.6 g

in a skillet on low. Stir in cumin and remove from heat.

3. Scoop out and chop the eggplant's insides, then add to the skillet. Add ginger, bell pepper and

parsley. Stir over low heat until blended, and add salt and pepper.

4. Serve warm on fresh or toasted bread.

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CADS THIRD ANNUAL WALK AND EXPO

by Taylor Lieberstein

The Clarksville Association for Down Syndrome is in its fifth year of providing support to local families. The nonprofit has seen tremendous support and growth since beginning in 2009. Next month they will partner with the Clarksville Parks and Recreation to host their Third Annual Community CARES Walk and Expo at Liberty Park & Marina. Last year's event featured over 50 vendors participating in the expo and 500 supporters walking to make a difference. The goal of the event is to provide awareness for Down syndrome about health, wellness, safety, education and more to both the special citizens and the general public.

The CADS Walk and Expo is on Saturday, October 11, 2014 at the Wilma Rudolph Events Center at Liberty Park & Marina from 8:30 a.m. to 12:00 p.m. CADS, along

with the Parks and Recreation Department, invite you to become a sponsor of the Annual Community CARES Walk and Expo.

The community is invited to participate in a pledge walk around the pond at Liberty Park as a way of honoring special citizens. After the walk, the event will be a perfect opportunity for local merchants to market their services to the public as well as the special needs community. If you are not on the business side of the expo it is a perfect way to get connected with local businesses and learn about their services. Throughout the morning, attendees can browse the vendors and participate in children's activities, music, food face painting, balloons, games and more. Miller Motte will be on site giving massages. The event is FREE and open to EVERYONE.

There is a team t-shirt contest where the teams walking will compete for the most creative design. Teams and individual walkers should sign up at www.cadstn.eventbrite.com. You can pick up pledge envelopes at Sango Pool and Spa on Hwy 41a or Party Rockers on Wilma Rudolph. Raise \$15 and earn your official event t-shirt. The incentives continue based on the dollar amount you raise. The top three fundraisers and the top three teams will be awarded additional prizes. Registration on the day of the walk will be at 8:30 a.m. and the walk will begin at 9:00 a.m. The expo starts at 8:30 a.m. and will run until the end of the event.

The Clarksville Association for Down syndrome (CADS) has been providing support to local families since 2009. The Community

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CARES event and the Clarksville Association for Down Syndrome receive no government funds for their efforts. CADS is a non-profit organization with its primary source of funding being corporate sponsors. All money raised is tax deductible and 100% of the funds go back into the nine counties CADS serves. Community CARES will help the nonprofit bring a multitude of programs to our community and surrounding area. The funds provided by this event will give CADS the ability to support their mission.

Below is a short list of the many opportunities CADS has been able to provide due to an outpouring of generosity from the community:

Totes for Teaching New, expecting and newly relocated parents receive a tote packed

with necessary information and available support services regarding Down syndrome.

Technology for Teachers CADS has been putting technology in special education classrooms for two years. For the 2013 calendar year, 25 iPads were awarded to special education teachers through this grant to support positive educational outcomes for all children with disabilities.

Making Memories Program Families with a Down syndrome member sometimes face financial and other hardships. Through a nomination process, one CADS family is selected to go on an all-inclusive paid trip so they can make lasting memories and revitalize their family spirit.

The organization has been recognized by the Clarksville

Montgomery County School System and was presented with the Points of Pride award for their work and contributions in education.

In addition some funds will be used to open a Community CARES Clubhouse, the clubhouse will offer art, music, and camaraderie for families throughout Clarksville.

Sponsorship will help assure success of this event, continuation of the above programs and enable CADS to continue to provide awareness of a great cause. To find out more about how to become a sponsor email cadstn@hotmail.com or call (931) 645-1261.

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MOMMY MAKEOVER

by Dr. Mitchell Kaye

The emotional and physical effects of pregnancy and childbirth are profound. Motherhood has many rewards and is one of the most fulfilling experiences a woman can have. Pregnancy prepares the body of the mother to nurture the baby as well. It can also leave excess weight, loose skin and breast changes that are not what the mother wants. Additionally, breastfeeding can cause the breasts to expand, then deflate and sag. All of this can cause a lot of emotional turmoil on top of what is probably a very busy life with lots of other changes.

What has changed is the attitude women have about cosmetic surgery. Today women are not afraid to admit that they love their children but

wish that their bodies looked more like they did before their first pregnancy. They also know that some of these changes will be permanent, despite exercise and proper diet, unless they get some help. This accounts for the steadily increasing popularity of the "Mommy Makeover" cosmetic surgery procedure. Statistics bear this out. Women had 151,200 tummy tucks in the US in 2013, up from 112,000 in 2010; 137,233 breast lifts in 2013 up from 90,000 in 2010; and 313,327 breast augmentations in 2013 up from 296,000 in 2010. The physical changes and emotional benefits of improved self-confidence and self-esteem can be tremendous.

Here are some frequently asked questions about this procedure.

Q: What is a Mommy Makeover?

A: It is a term that covers the combination of procedures to improve the shape and size of the breasts (augmentation and/or lifting), removal of excess fat deposits (liposuction) and restoring a flat, tighter belly (lipoabdominoplasty). Other useful and common options include facial skin care, wrinkle fillers, Botox and eyelid tucks or mini-facelifts to refresh a tired appearance. The specifics are tailored to the patient's needs.



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Q: Who is a good candidate for a Mommy Makeover?

A: As in other cosmetic surgery procedures, a generally healthy individual or a person with medical problems that are well controlled, a person with realistic goals.

Q: What can I expect on my initial consultation.

A: This is the time for the Doctor and the patient to learn about each other, to discuss individual goals and medical history and to formulate a plan. Open communication is the key.

Q: Is this always done in one session?

A: No, depending on the extent of each component procedure, one or two sessions may be advantageous.

Q: What happens during a Mommy Makeover surgery?

A: The breasts are lifted as needed and the volume is restored with either a saline or silicone implant. If the breasts are too large and sagging from weight, the excess can be reduced as well. Excess fatty deposits are liposuctioned as needed. The loose belly skin is removed along with liposuction of the abdomen and waist to restore the curves of the flanks and tighten the belly.

Q: Where is this done?

A: Hospitalization is rarely needed for this

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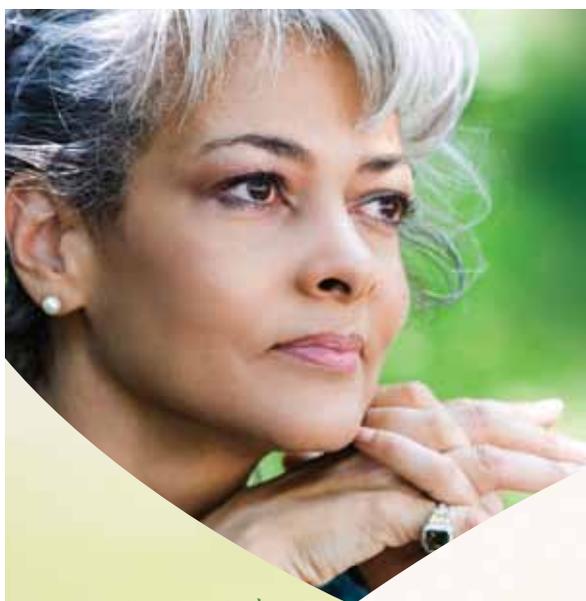
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procedure; instead it is done in an accredited and modern outpatient facility. It is outpatient surgery.

Q: Where are the incisions placed for these procedures?

A: There are a variety of incisions for breast surgery ranging from small incisions under the breast or in the armpit for augmentation alone to “lollipop” or “anchor” type incisions for lifts and or reductions. This is an important part of the pre-operative discussion. Abdominoplasty incisions generally are placed at about the same level as a C-section scar (and present a great opportunity to remove old, less desirable C section scars) and extend from hipbone

to hipbone in the area hidden by underwear or bathing suit bottoms. Liposuction incisions are so short as to be very hard to detect after they heal.

Q: What are the common risks of these procedures?

A: As with any cosmetic surgery, the possibilities are slow or abnormal wound healing, infection, bleeding or anesthesia/medical problems. It is extremely important to completely stop smoking for six weeks before and after the procedure due to the much higher risk of these problems in tobacco users. A detailed and full discussion is part of proper pre-operative consultation.

Q: What is my “down time”?

A: It will depend on the individual and the type of procedures performed. For the first few days, having family or friends to help you is very absolutely necessary. However, most women are back to near normal activities at home (but limited from exercise) within 3-5 days. It’s always good to have help available if you need it. Most sutures are placed under the skin and dissolve. They do not require care other than protection. Returning to work outside the home will depend on the physical demands of the job, but ranges from 10-21 days for the most demanding jobs. Patients can start back to exercise in

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2-6 weeks depending on the procedure and exercise. This requires specific instructions.

For more information and to see before and after photos on these and other cosmetic surgery procedures visit our website, www.AdvancedCosmeticKY.com. You can schedule an individualized consultation with Dr. Kaye at (866) 234-0470 (toll free). You can also submit a question about this or other cosmetic procedures to admin@mdkaye.com. Type "Clarksville Family" in the subject area.

"I have built my cosmetic surgery practice around the principles of communication, surgical skill, and up-to-date technique. I feel that really



listening to a patient's needs and goals is a crucial part of the partnership between the physician and patient. This is an ongoing process throughout the length of the relationship and must be actively pursued by both parties. My medical and surgical skills have evolved through daily practice, constant self-evaluation and recurrent training. It is important to accept new techniques when they are truly superior and avoid fads or gimmicks that

have not withstood the test of time. This requires education, judgment, and integrity."

Dr. Mitchell Kaye performs an array of cosmetic surgery and non-surgical services. His office is located in Hopkinsville, KY. He has practiced for over 25 years and was trained at the Johns Hopkins Hospital. He is board certified by the American Board of Cosmetic Surgery, the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. He teaches actively across the United States and has twice received awards for the highest scores in Board Certification in Cosmetic Surgery exams in the United States.



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ALLERGY STUDIES WITH A FEW SURPRISES

by Dr. Catherine Meeks

Nearly one in 10 kids deals with allergies. That includes hay fever and respiratory, food, and skin allergies.¹ That's a lot of sniffing and sneezing and itching and wheezing!

It's not any wonder that researchers keep trying to figure out ways to relieve some of this suffering. Here's a snapshot of some recent allergy studies that reveal a few surprises about allergies in kids.

Too clean? Think twice before going overboard with the cleaning supplies.

A recent study found that inner-city newborns exposed to a too-clean home were more vulnerable to allergies and asthma later in life.² Surprisingly, the more rodent, roach, and cat allergens they were exposed to, the better. Allergens plus bacteria appeared to be the most protective.

This study supports what's called the "hygiene hypothesis." What does that mean? When homes are too clean, young kids' bodies might not develop the right responses to allergens

like cat dander. Maybe cleanliness *isn't* really next to godliness!

The study needs more follow up, especially since it reverses the results of earlier studies. So, don't rush out and adopt a cat (or let your house become infested!). But stay tuned for more on this topic.

Moo! Exposure to microbes may also be behind another study's recent findings.

In rural areas of Sweden, researchers found that kids growing up on dairy farms

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had one-tenth the risk of allergies as kids living in other rural areas.³ The study found for the first time that delayed development of immune systems puts youngsters at risk for allergies. The researchers suspect something on these dairy farms is helping their immune systems to mature.

Speaking of milk (and eggs).

Researchers recently surveyed more than 300 caregivers of kids about their kids' allergies.⁴ What they found surprised them. Parents weren't most anxious about peanut and tree allergies—which are the most severe. They were most worried about milk and egg allergies.

In a way, it makes sense: Milk and eggs are used in so many dishes. It may be harder for parents to keep track of them.

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Fortunately, about two-thirds of the parents surveyed clearly understood how severe their child's allergic reaction was. This is important because it's necessary to have a clear plan of action to handle your child's reactions. In severe cases, you might even need to give your child epinephrine.

Where you least expect it. Allergens can show up in unexpected places. A recent report about a skin allergy in an 11-year-old boy is a good example.⁵

Doctors finally traced the problem to the nickel in his iPad. Covering the iPad solved the problem.

According to some doctors, skin allergies like this are becoming much more common. This report is a good reminder to consider the effects of metallic electronics and other potential sources of nickel exposure such as clothing fasteners and ear piercings.

If any of your kids suffer from allergies, consult with your doctor. You might

need referral to a special doctor (an allergist). I can also answer your questions about allergy medications and point you to products in our store to help ease symptoms.

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

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CHIROPRACTIC: A BRIEF INTRODUCTION AND LOW BACK PAIN

by Dr. Vince Taylor

Hello everyone. My name is Dr. Vince Taylor and I am a chiropractic physician in Clarksville, TN. Since this is my first article for *Clarksville Family Magazine*, I wanted to briefly introduce myself.

I attended the University of Indianapolis earning a Bachelor's degree in Human Biology and I competed in the decathlon for the University of Indianapolis track and field team. I went on to earn a Master's of Business Administration degree before I went to chiropractic school. At Logan University, I completed the

five academic year Doctor of Chiropractic program and earned a Master's of Sports Rehabilitation degree. I have a special interest in helping young athletes reach their potential and often use sports performance concepts with the working population because most overuse injuries are quite similar. I am married to Erin Taylor, who is a physical therapist, and we have a one-year-old daughter, Lydia Taylor.

Before I discuss low back pain, I want to inform everyone of what chiropractors do and how

they fit into the big picture of healthcare. Unfortunately, I still come across individuals who really don't know what a chiropractor does. As stated by the American Chiropractic Association, "Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches. Doctors of Chiropractic—

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often referred to as chiropractors or chiropractic physicians—practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.” Under State and Federal law, chiropractors are considered physicians, meaning we have to diagnose and properly direct you to the correct physician if your condition is outside of our ability to help. Another way to think about chiropractic is that chiropractors are non-surgical spine and extremity joint specialist.

Now that I have introduced myself and given you information on what chiropractic is I would like to talk about low back pain. Chiropractic is especially known for the results we achieve with low back pain. At any given time 31 million Americans experience low back pain.¹ Low back pain is



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Dr. Vince Taylor DC, MS, MBA is a sports specific chiropractor and has a physical therapist, **Dr. Erin Taylor DPT**, on staff.

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the single leading cause of disability worldwide, according to the Global Burden of Disease 2010. One-half of all working Americans admit to having back pain symptoms each year.² Back pain is

one of the most common reasons for missed work. Only upper respiratory infections outnumber back pain. Americans spend at least \$50 billion each year on back pain.³ Experts estimate as many as 80%

of the population will experience back problems at some time in our lives. Obviously, low back pain is a big issue.

So what causes back pain? Most of the time, low back pain is mechanical meaning there has been tissue damage done to the muscles, ligaments, tendons, joints, and/or intervertebral discs of the low back (slipping a disc). Mechanical injury to the low back can occur over time as in overuse injuries, or can happen abruptly as in acute injuries.

Overuse injuries are often linked to an acute injury. For example, most of us know of someone who has bent over to pick up a pen or pencil off the floor and their low back “goes out” leaving them helpless on the floor. This is a classic example of a dysfunction in the low back joints and dysfunction in the entire body (global) movement patterns that has led to the low back injury. There is no way the weight of the pencil or pen would cause such an acute injury. As we say, it was the straw that broke the camel’s back.

Other sources of low back pain that aren’t as common can be kidney stones, kidney infections, blood clots, neoplasm (cancer),

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or a tearing of the abdominal aorta called a dissecting abdominal aortic aneurysm. Doctors of Chiropractic can help determine the source of your back pain.



So what should you do if you hurt your back? If your back pain came on suddenly, you feel you didn't do anything to cause the pain, and/or you can't find any position of relief or can't relieve the pain in any way, consider going to your medical primary care physician. These are signs and symptoms that are not mechanical and there could be a serious problem. If you can find relief and have a mechanism of injury or overuse injury, consider chiropractic first. In a study done by Keeney, et al (2012) in the journal, *Spine*, workers who saw a surgeon/doctor of medicine first for a back injury had a



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42.7% likelihood of low back surgery. In contrast, those who sought a doctor of chiropractic first had a 1.5% likelihood of low back surgery. In another study done by Liliedahl, et al (2010) in *JMPT*, individuals seeking chiropractic first for low back pain had a 20% decrease in cost compared to those who sought care by a doctor of medicine. Chiropractic is very effective in treating low back conditions and it saves the consumer money.

I hope this article is informative and helpful.

The take home message is that you have choices for your healthcare needs.

Remember, doctor means to teach and whatever type of doctor you choose, make sure they are teaching you something about your body and health. It is my goal to educate and empower individuals to make educated decisions with their health. You can like us on Facebook at [facebook.com/taylorspine](https://www.facebook.com/taylorspine) to read about other articles I post on a weekly basis. We



we will be discussing causes and treatment options for neck pain next month.

Dr. Vince Taylor DC, MS, MBA
Taylor Spine and Sports Rehabilitation
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References:

1. Jensen M, Brant-Zawadzki M, Obuchowski N, et al. Magnetic Resonance Imaging of the Lumbar Spine in People Without Back Pain. *N Engl J Med* 1994; 331: 69-116.

A photograph of two young children sitting on a wooden park bench. On the left is a young boy with dark skin and short hair, wearing a blue and white striped polo shirt and blue jeans. He is holding a colorful, patterned lunchbox. On the right is a young girl with light skin and blonde hair, wearing a pink t-shirt with a white daisy and blue jeans. She is holding a pink gift bag with a white ribbon. The background is a blurred green lawn and trees. Overlaid on the image is the text "#igotitatgoodwill" in a large, white, sans-serif font. To the right of the children, the text "and GAVE JOY" is written in a smaller, teal, sans-serif font. Below that, a short paragraph of text is written in a smaller, white, sans-serif font. In the bottom right corner, there is a logo for Goodwill, which consists of a blue square with a white stylized 'G' and the word "goodwill" in white lowercase letters below it. At the bottom center of the image, the text "GET SOCIAL WITH US @giveit2goodwill" is written in a white, sans-serif font.

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2. Vallfors B. Acute, Subacute and Chronic Low Back Pain: Clinical Symptoms, Absenteeism and Working Environment. Scan J Rehab Med Suppl 1985; 11: 1-98.
3. This total represents only the more readily identifiable costs for medical care, workers compensation payments and time lost from work. It does not include costs associated with lost personal income due to acquired physical limitation resulting from a back problem and lost employer productivity due to employee medical absence. In Project Briefs: Back Pain Patient Outcomes Assessment Team (BOAT). In MEDTEP Update, Vol. 1 Issue 1, Agency for Health Care Policy and Research, Rockville.



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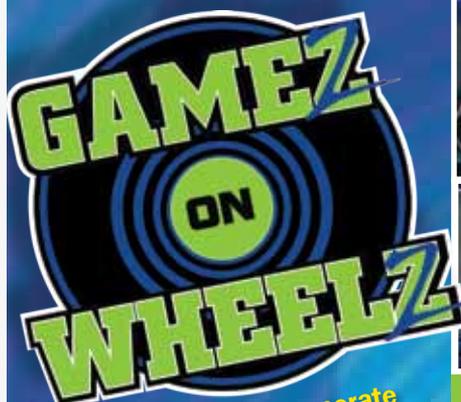
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THE FIRST THURSDAY ART WALK EXPLORING THE ARTISTIC SIDE OF DOWNTOWN

by Pamela Roddy Magrans

From the vantage point on Franklin Street, the mural artistically displays Clarksville's historical architecture. The venerable downtown buildings echo an art all their own, timelessly overlooking the passersby beneath. However, the historical buildings are not the only art that graces the downtown streets. Beneath those weathered bricks there is a community of artisans, local residents, and business owners who recognize and value local talent.

Downtown has become a hub for artistic talent. From the hand-made products at the Downtown Market,



to the unique painting and photography for sale at the Downtown Artist's Co-op (DAC), downtown is the place for an aesthetic outing. The Roxy has long been the

artistic focal point of Franklin Street, offering live theatrical productions. Now the rest of downtown is joining in to celebrate and showcase local talent on the streets of downtown.

Known as "The First Thursday Art Walk," this venue consists of local businesses that display local art. Produced by The Downtown Clarksville Association, First Thursday Art Walk is a free, self-guided tour that combines visual art, live music, and engaging events. Locals can be found strolling through Public Square, weaving through Strawberry Alley and



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up to Franklin Street, walking the five-block radius that encompasses the Art Walk.

Ryan Bowie, Chair of the Downtown Clarksville Association, says that the First Thursday Art Walk is a way to bring attention to talented local artists.

“First Thursdays are a great time to enjoy Historic Downtown Clarksville for the entire family,” said Mr. Bowie.

“The Downtown Artist Co-op on Franklin Street is a popular location for the Art Walk. The Artist Co-op always has an impressive exhibit and offers refreshments for Art Walk visitors. Rogate’s Boutique, The Framemaker, Edward’s Steakhouse, and The Peg Harvill Gallery at the Roxy Regional Theatre are also faithful participants. F&M Bank will host a show in the Franklin Room of their Downtown Location at the September Art Walk,” said Mr. Bowie. “F&M Bank will also be hosting local artist Beverly Parker.”

The next First Thursday Art Walk will be Thursday, September 4 from 5:00 p.m. to 8:00 p.m., rain or shine.

Hoist the children in the car, grab the significant other, and savor the local talent that can be witnessed on the First Thursday Art Walk downtown. Come hungry and feed the family at one of the downtown restaurants.

For information about the First Thursday Art Walk, log on to their website, www.artwalkclarksville.com. To help spread the word, like them on Facebook.



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HOPEFUL MISS TENNESSEE TEEN USA AND WHY SHE WANTS THE CROWN

by Taylor Lieberstein

A Rossvie High School junior is prepping for one of her biggest performances to date. The not-so-typical teenager will be competing next month for an outstanding title. The teen will stand among girls from across the state in hopes of being crowned the 2015 Miss Tennessee Teen USA. Should she walk away with the crown she plans to use the attention it gains her to raise awareness about her platform, homelessness.

Alexis Mihalinec has the kind of hard work ethic that's beyond her years. Her efforts to help low-income families through her own non-profit,



STEPS, began when she was in middle school. Her tireless work on the project earned her a Governors Volunteer Star Award in 2012. To date she has raised over \$16,800 to provide school supplies to low-income families. STEPS, School Tools that Empower and Promote Success, was able to give another generous donation to the Salvation Army just last month. That donation

resulted in giving 40 children that were previously without school supplies sufficient supplies to begin the school year. You can donate to STEPS through its Facebook page or on its website. There is an ongoing supply drive at her church, Grace Community Church (Rossvie Campus) where donations are always accepted.

Homelessness has a special place in her heart, whether on stage or off. It is a topic that hits close to home for the teenager. Her father's childhood adversity affected her in such a positive way that from a young age she has been moved to help those in need.



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“My father lacked food, clothing, school supplies and at times shelter. I see how growing up that way really hurt him. He is the main reason I started my non-profit STEPS when I was in 7th grade. STEPS will accept anything a child may need from school supplies to shoes and socks to snacks,” said Mihalinec.

Mihalinec, a Clarksville transplant from Florida, moved here with her family around five years ago. Since she arrived she has done a variety of things to make a good name for herself and to make a positive mark on the Clarksville community. Upon moving to Clarksville she quickly became involved with Manna Café, a local food ministry, as one of their first volunteers. Her involvement with Grace Community Church, Future Teachers of America and Habitat for Humanity barely scratches the surface of the community service groups she is part of. Outside of Community service, Mihalinec is the lead singer of a band currently working on their first



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studio album and is the VP of operations for a family owned business, B4U Stuffed Animal Workshop.

The 16-year-old serves as a role model for her peers by staying deeply involved with these organizations and constantly being a voice for people in need in our community. In addition, she directly mentors youth that are struggling with their teenage years. Her role model skills will be useful in her desired career of education. She hopes to attend Austin Peay to become a teacher and then later continue her education to become a professor.

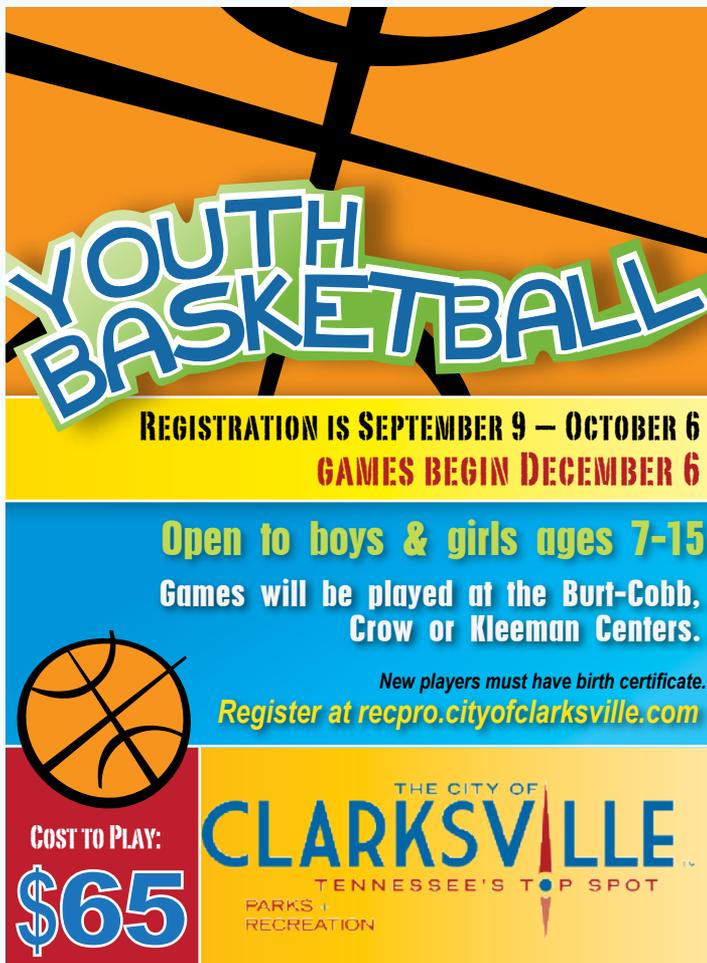
“I love this community; it really is a great place to live. The people are friendly and down to earth,” said the teen about Clarksville.

She has been chosen as a student for Youth Leadership Clarksville Class of 2015, one of only 32 youth that were selected from the community. Leadership Clarksville’s mission is to learn more about leadership opportunities in this community, to understand how the community functions and to see how they can become involved in making a difference in their school and community. Applicants underwent a tough selection process by submitting

applications in March followed by a personal interview. The students were selected to Youth Leadership Clarksville based on both past performance and potential.

Alexis has been modeling, singing and participating in fashion shows for roughly three years and now she wants to take her stage presence to the next level. This pageant is her way of progressing.

“This is a huge pageant and I think it is a great way of representing Clarksville,” said Mihalinec. Alexis is in full support of her community, something you don’t find in every teenager you come across.



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Businesses, organizations and individuals can support Alexis on her aspirations of both becoming Miss Tennessee Teen USA and making the world a better place through her community service work in homelessness. Her GoFundMe page for sponsorships and donations can be accessed through her Facebook page "Miss Clarksville Teen USA" or directly on the web at www.gofundme.com/csbeu8.

The 2015 Miss Tennessee USA and Miss Tennessee Teen USA Pageant will be held from October 2 to 4, 2014 at Austin Peay State University. The current Miss Tennessee USA, Jordan Davis, is coaching Mihalinec on her walk, stance, look and interviews until she takes the stage in early October. The pageant will air on NBC.

Should she win the crown in October it will mean a chance to have her voice heard not only locally but also throughout the state during her term. More than anything the teenager wants a chance to promote her message about homelessness to as many people as she can reach in hopes of growing STEPS into a larger non-profit that can help more people.



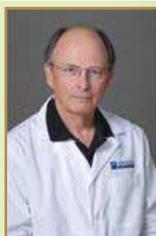
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GATSBY-INSPIRED FASHION SHOW TO BENEFIT ARTS PROGRAM FOR KIDS

by Leigha Landry Wanczowski

Locally owned custom clothing company Sacer & Savive is hosting a benefit fashion show and night of entertainment on Saturday, September 20 at 6:00 p.m. at the Customs House Museum in downtown Clarksville. The third annual fashion show was created

to benefit ArtLink, a local nonprofit dedicated to promoting arts programs for Clarksville kids.

ArtLink currently provides monthly free arts classes to local kids, including Fort Campbell and Hopkinsville families, inside the Customs House Museum. Recently, kids have painted t-shirts

for philanthropy, made Wizard of Oz-inspired puppets to coordinate with an exhibit at the museum, and participated in a clay-modeling project.

“With arts being cut more and more from public education curriculum, it is vital for the youth of this community to have a place to flourish,” said Kim Miller, Clarksville Young Professionals Chairman and one of the fashion show coordinators. “Creative minds are the driving force of our community in our leaders and small business owners, and as a young professional I recognize that supporting organizations like ArtLink ensures continued growth in the right direction.”

Sacer & Savive will be joined by other local designers, including Couture Crush, Lady Luxe Accessories, Madness Is and Prodigy Salon’s boutique, on the fashion show runway for a 1920s-inspired evening of entertainment including live music featuring Clarksville’s rising star Lydia Walker. Other local artists will showcase their items for sale at separate tables, and each has donated an item for a silent auction and raffle prizes. In addition, complimentary finger foods and desserts will be available.

“We’re really excited about this year’s Great Gatsby theme,” said Sacer & Savive founder Maria Haycraft. “It’s going to be a night of explosive expressions and fashion obsessions! Local businesses have really gotten behind it, but we still need more support. We need raffle and silent auction prizes, food donations, local artist involvement, and businesses to purchase ads in the program. Proceeds from this event will go toward finding a facility to permanently host ArtLink programs and expand those

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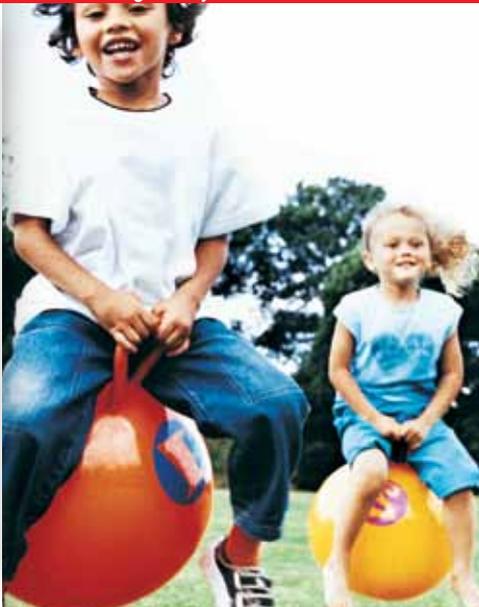
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programs. It's our next big step for making this program one of the reasons to put down roots in Clarksville."

Admission to the event is by donation at the door. \$100 VIP tickets are available for advance purchase and include first-row seating and a favor bag stuffed with items and coupons from local businesses. Premium tickets are also available for advance purchase for \$25 or \$30 at the door, and include seating at the event. General admission is standing room only.

Businesses and individuals who would like to participate or purchase advance tickets should contact Maria Haycraft at sacerandsavive@gmail.com or (615) 275-8950.

"I want to see Clarksville keep developing their own arts community," said Haycraft. "We have amazing and creative people in our own community, and we could really do something with that. We need to promote that passion in our local kids and start the foundation for them."

Sacer & Savive is a locally based, online and mobile custom clothing boutique with items located in This Old Place Flea Market in Clarksville, Bella Grace Collections in Hendersonville, The Trunk in Nashville and Manna Natural Café in McMinnville. The company also has items inside the Lady Luxe Accessories booth at Miss Lucille's Marketplace, although they are best known for traveling to local events with their big yellow trailer and making custom clothing on the spot.

Haycraft designs stencils using her computer then cuts them by hand and hand-paints every shirt. Loyal customers enjoy helping create their clothing by customizing the placement of the stencil and colors of the paint, as well as knowing they are purchasing from a local business with a philanthropic mission.

"For every item we sell, we donate a t-shirt to a child in need. We've donated locally and globally and are always looking for places that need our help," said Haycraft. "We're also a faith-based business and keep that at the heart of everything we do, although we appeal to a pretty diverse crowd."



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The kids enjoying Beech Bend before back to school!



Hailey Faith Lewis taking a cruise with Stewart in the mall



Charlsie and Rusty at 4H lamb show



THE LAST SUMMER ADVENTURE

by Brenda Hunley Illustrated by Willie Bailey

“Hey guys! What do you want to do today? It’s our last free day before school starts,” Boomer asked, drinking his hot apple cider.

“Let’s go on an adventure!” Lily the dragonfly suggested.

“Where?” asked Dart the bluebird.

“We have not explored past the tennis courts yet,” Lily answered.

“Ehh...” answered Chester.

“What does ‘eh’ mean?” asked Lily.

“Eh means anything else. Isn’t there something else we could do today?” grumbled Chester.

“What’s wrong with you Chester?” asked Lily.

“I don’t want to wander around today. You guys go on ahead if you want to,” Chester said, while putting his cup in the sink.

Dart, ever the peacemaker, suggested playing a game of hide and seek. The group laughed, but then when no more suggestions were made, they all agreed they could start with that and see where it leads them.

“I will go first,” said Dart.

Dart placed his face up against the tree with his wings over his eyes, slowly counting to ten. Lily, Chester, and Boomer scattered in different directions. By the time Dart turned around he couldn’t see or hear any of his friends. He was totally alone.

Dart decided to fly up into the tree and see if he could see any of them hiding from the top branch. He flapped his wings and flew straight



up into the branches. Finding one with a good 360-degree view of the area took some time, but when he found it, he got a good grip and looked around slowly.

To the right was the area thick with cedar trees. Dart knew that while Lily and Chester could be hiding there, Boomer wouldn’t be, as he was allergic to the cedar wood itself, and there were several downed trees over there.

Scanning to the left he saw where two of the walking trails merged and then went their separate ways. There was no movement there either. Moving his eyes further to the left he saw several birch trees and a big rock. On the big rock sunning herself was Sally the snake.

Dart cocked his head, he thought he saw movement. He waited. After several minutes passed Dart kept scanning the area. Dart could hear voices, suddenly a human man and woman jogged down one of the trails, past his tree, and kept going until they were out of sight. Dart looked back toward the left and saw something.



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Dart noticed some berries he had missed before on a nearby bush, and figured a quick snack wouldn't hurt. As he ate, he noticed some movement behind the birch trees. Hiding behind the bush, he watched. It was Boomer! Dart smiled, "This is going to be easy!" he said to himself.

Boomer, not seeing Dart, crept around the bottom of the tree. Boomer had gotten bored waiting on Dart to come find him, so he thought it would be funny if he backtracked and hid behind the very tree that Dart had used to start counting. What Boomer did not know was that Dart was watching his every move.

Dart timed it perfectly. As Boomer peeked around the front side of the tree Dart flew up right behind him and shouted, "BOO!" Poor Boomer was so startled. He jumped and ran as fast as his little legs would carry him, all the way to Chester's house. He never turned around so he did not know it was Dart who had scared him.

Chester and Lily meantime had hidden in a hollow log within sight of the tree. They had seen Dart scare Boomer, and watched as Boomer ran off. Poor Lily got so tickled, she laughed out loud.

Dart cocked his head, and flew straight to the log. Lily flew out one end and Chester ran out the other. Both headed back to the tree as fast as they could, with Dart close behind. Dart needed to catch one of them before they reached that tree so that he could stop being "it." Lily got to the tree first and Chester was close behind.

Dart was paying such close attention to chasing Lily and Chester that he didn't notice the wooden trail marker until it was too late. Dart flew straight into it. Feathers flew in the air, while Dart's body bounced to the ground.

Chester had watched this happen to his best friend in what seemed like slow motion. Chester just knew that Dart saw the trail marker. It had been there for years. When Chester and Lily saw Dart fall to the ground, they simply couldn't believe their eyes.

Chester got to Dart first. "Dart! Dart! Are you okay?"

Lily answered, "Um, Chester, his eyes are closed and he is still."

Quickly, Chester reached his paw out and touched Dart's chest. "His heart is still beating. He knocked himself out."



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Dart started moaning and shaking his head.

"Dart, don't move. Something could be broken," Lily said softly.

"Lily, please fly down to the Ranger station and get Ranger Bill. Hurry!" urged Chester.

Chester kept Dart talking while Lily went to get Ranger Bill. Soon the friends could hear Ranger Bill's hurried steps.

"Ranger, Dart was flying and he didn't stop in time. He hit this marker—hard. It knocked him out."

Ranger knelt down next to Dart. "Dart, can you hear me?"

Dart nodded.

"Where does it hurt?"

"My right wing. When I move it, it hurts."

Ranger Bill carefully moved Dart onto a blanket and stood up. "Lily, please go tell Dart's family what happened. Chester, go tell Boomer and Mom Chipmunk what has happened. I am taking Dart to the animal hospital. I will update you later." With that, Ranger Bill turned and walked away quickly.

Dart felt warm in the blanket, so he closed his eyes and took a nap on the way to the animal hospital. Soon, he could feel Ranger Bill picking him up again. Dart chirped loudly, "That hurt!"

Ranger Bill looked down at Dart. "I'm sorry, I will be more careful. We are here."

There was a nice lady dressed in blue on the other side of the counter.

"Good evening, Ranger Bill. This must be the bluebird you called about. We are expecting you. Please, come this way."

The nurse led Ranger Bill down a short hallway and into a room with a table and a counter with all sorts of jars and things on it. Ranger Bill laid Dart in the blanket on the table.

"Dart, don't be afraid. Dr. Nutwood is on his way in. He will fix you right up. I will stay right here where you can see me, okay?"

Dart nodded. Ranger Bill looked scared too. The door on the other side of the room opened and a short man with a white coat and glasses on his nose peered into the blanket at Dart.



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"Hello, Dart. My name is Dr. Nutwood. I hear you had quite the accident this afternoon. Can you tell me what happened?"

Dart looked at Ranger Bill then at the doctor. "I was flying and then something hit me. Now my wing hurts."

"Let me take a look at you." Dr. Nutwood gave Dart a thorough examination. He asked Dart to move his left wing. Dart did so with no problem.

"Okay, now let's see about the right one."

Dart tried to move his right wing, but it hurt so badly he stopped.

Dr. Nutwood squinted his eyes and rubbed his head. "Let's get an x-ray. Nurse!"

The nurse in blue came back in and slid a machine over to the table Dart was laying on. Everyone left the room and the machine buzzed from the top of Dart's body to the tip of his toes.

The nurse showed Dart the picture the machine took of his bones. Then she called Dr. Nutwood and Ranger Bill back into the room.

Dart found out he had a broken wing, and a concussion. He had to take it easy for a couple of days, which meant he would start school later than the rest of his friends.

"No flying for six weeks. Then come back and see me so I can release you to your normal activities."

The ride home was a quiet one as Dart was quite tired. Ranger Bill took Dart home to his family and then stopped at Mom and Dad Chipmunk's house to fill everyone in on what the doctor said about Dart.

"I am so glad he is okay!" sighed Lily.

"So he gets out of school this year?" asked Boomer.

Ranger Bill smiled. "No, Boomer. Just for a few days. I'm sure Chester can bring him his work, right Chester?"

"Yes, Ranger Bill. I will!" Chester said, thankful he could go see his friend.

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

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Festival**
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FREE Facepainting
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For more information, call (270) 439-5675

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

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

HAPPY BIRTHDAY!



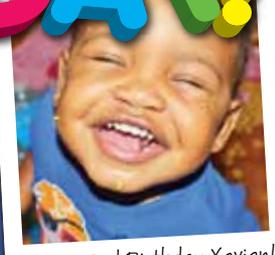
Happy 1st Birthday to our princess, Alivia!!
Love, Momma, Daddy & Hunter XOXO



Happy 1st Birthday Harper!
Love Mommy, Daddy,
Landon & Addison



Happy 1st Birthday!! 9/21
We love you!! Daddy, mommy, Envi,
PawPaw & Grandma



Happy 2nd Birthday Xavian!
Mommie and Daddy love you!



Happy 3rd Birthday Baby Girl
Love Mommy Derek and The Boys



Happy 3rd Birthday Ganon!
We love you!
Love Mommy & Daddy



Happy 3rd Birthday Marissa!
We love you!



Happy 3rd birthday Piper Joy!
Love, Mom, Dad,
Knox and Blaise



Happy 3rd Birthday Trevor!



Happy 3rd Birthday Wyatt!
Daddy, Mommy & Annibug
love you so much!!!



Happy 4th Birthday Drew & Kaelyn
Love you! Mom, Dad, Josh, Lib & Q



Happy 4th Birthday to you,
Jackson Hunter!!
Love, Mama and Daddy



Happy 5th Birthday Brayden!
Love, Mom, Dad, & Connor



Happy 5th Birthday Carlos!!!
We Love You!!
Mommy, Dada, Bella



Happy 5th Birthday Ethan!!
Love Mom, Steven,
Natalie & Cousins!



Happy 5th Birthday Ethan Rushing!
We Love You! Love, Mom, Tommy,
Evan & Mimi & Papa



Happy 5th Birthday
to our angel, Gabrielle! Love
mommy, daddy, Kiki & Julious!



Thought the day would
never arrive now
Gavin is 5!



Happy 5th Birthday Madison!
Love Mommy, Daddy, & Ranger



Happy 5th Bday, Zia Lin Freeman
We All Love You, Gma, Gpa,
Mom, and Dad

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

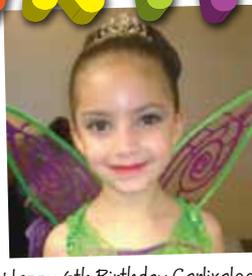
HAPPY BIRTHDAY



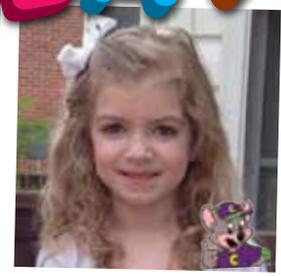
Happy 6th Birthday Ava Maree!!
Love - Dad, Mom, Abby
Sassy & Bubba



Happy 6th birthday Brooklyn!
Love, Mama and Daddy



Happy 6th Birthday Carlixalee!
Love, Mom, Daddy, Lani & Matéo



Happy 6th Birthday Elly!
We love you!



Happy 7th Birthday Brennen
We Love you very much



Happy 7th Birthday Dylan!
Love, Dad, Mom and Lane



Happy 7th Birthday Emily Tatl!
Mom & Brian love you
more than words!!



Happy 7th Birthday Joshua!!
Love, Daddy, Mama,
John, Jacob, Jeremiah & Jared



HAPPY 8TH BIRTHDAY D'RON
MAFFETT TRIBE LOVES YOU



Happy 9th Birthday
love mom dad brother & sisters



Happy 9th Birthday Vivian!
Mama, Jeff, Justin, Dad,
Shammy and Daisy



Happy Birthday, Lauren!
All our Love, Mom, Dad, and Megan



Happy 11th Birthday Arrionna
Mama loves you!!!



Happy 12th Birthday Kara!
We love you!



Happy 18th Birthday Jazmine (Jazz)
Love Auntiel!



Now, just by sending your birthday picture
in for the fridge you have a chance to win
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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.

To YOU!!!

Ongoing

CAMELOT CARE

A private therapeutic foster care agency will offer free foster care classes for all those who are interested. Classes will be held at 2:00 p.m. on September 8.

Camelot Care
3000 Business Park Circle Suite 400
Goodlettsville
Sheila Barrho
(615) 448-6799

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
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
RecyclingHabitat
MCTN@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

September

1 MONDAY LABOR DAY

4 THURSDAY ART&WALK

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

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

5 FRIDAY RIVERFEST

5:00 p.m. to 8:00 p.m. Free admission.

McGregor Park
640 North Riverside Drive

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

Monday, September 8
5pm to 7pm
KIDS NIGHT
With face painting

Friday, September 12
2pm to 5pm
NATIONAL CHOCOLATE MILKSHAKE DAY
Free small chocolate shake

Monday, September 29
NATIONAL COFFEE DAY
Free hot or iced coffee all day

SPirit NIGHTS
Tuesday, September 2
4pm to 7pm
MINGLEWOOD ELEMENTARY

Tuesday, September 9
4pm to 7pm
PISGAH ELEMENTARY

Tuesday, September 16
4pm to 7pm
ROSSVIEW ELEMENTARY

Tuesday, September 23
4pm to 7pm
WEST CREEK ELEMENTARY

PRIZER POINT GRANDPARENTS WEEKEND

Through Sunday, September 7. Bring the grandkids or come by yourself but stay with us Friday and Saturday, and Sunday is on us!

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(270) 522-3752
www.prizerpoint.com

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

6 SATURDAY CMC BEEKEEPERS ASSOCIATION MEETING

9:30 a.m. to 11:30 a.m.

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

PRIZER POINT FUNRUN WEEKEND

By water or land, makes no difference. Visit all the marinas on the lakes and receive gifts and prizes, all while having a good time.

Prizer Point Marina & Resort
1777 Prizer Point Road
Cadiz, Kentucky 42211
(270) 522-3752
www.prizerpoint.com

RIVERFEST

10:00 a.m. to 7:00 p.m. Free admission.

McGregor Park
640 North Riverside Drive

STEWART COUNTY BAZAAR

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

8 MONDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County
Public Library
350 Pageant Lane

11 THURSDAY BOOKS FROM BIRTH 10TH ANNIVERSARY TOUR STOP

12:30 p.m. Governor's Square Mall is teaming up with the Clarksville-Montgomery County Public Library to host the Governor's Books from Birth Foundation's (GBBF) "Books from Birth 10th Anniversary Tour" which will be visiting some 50 counties across the state in a forty-five foot decorated touring coach.

The purpose of the "Books from Birth 10th Anniversary Tour" is to celebrate the 10th anniversary of Dolly Parton's Imagination Library in Tennessee and the more than 20 million books mailed to children since the program began. Bus stop activities will include: enrolling children, recognizing the work of volunteers and donors and engaging communities in support of the program. The GBBF will provide reading-themed giveaways for children at each stop.

Food Court Entrance
Governor's Square Mall
2801 Wilma Rudolph Boulevard

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Monday, September 8
**FREE LYDIA WALKER
CONCERT**

SPirit NIGHTS

Tuesday, September 2
SANGO ELEMENTARY

Thursday, September 4
CARMEL ELEMENTARY

Tuesday, September 9
**CLARKSVILLE CHRISTIAN
SCHOOL**

Tuesday, September 16
**EAST MONTGOMERY
ELEMENTARY**

Thursday, September 18
**NORMAN SMITH
ELEMENTARY**

Thursday, September 25
BARKSDALE ELEMENTARY

12 FRIDAY

PRIZER POINT PIRATE WEEKEND

Through Saturday, September 13.

Prizer Point Marina & Resort
1777 Prizer Point Road
Cadiz, Kentucky 42211
(270) 522-3752
www.prizerpoint.com

13 SATURDAY VISITOR DAYS AT KRIEGISCH MARTIAL ARTS

Kids can enjoy a free class and make new friends at KMA. 9:45 a.m. to 10:15 a.m. class for children 3 and 4 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). 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
kriegischmartialarts.com
(931)472-1008

TFI "FINE FETTLE" FARM- TO-FORK SAMPLING AND SILENT AUCTION

5:00 p.m. The Food Initiative will raise funds needed to create more summer program opportunities for local students. During the fundraiser, groups of 16 will progress through a series of stations, sampling menus designed by local chefs using organic produce from The Food Initiative garden and meats from nearby farms. The evening will culminate with a selection of desserts and a silent auction featuring an array of goods, services and exclusive experiences. See article on page 12.

To learn more about The Food Initiative, visit www.TheFoodInitiative.org.

To reserve tickets, visit tinyurl.com/finefettle2014 or contact Fine Fettle Chairperson Margaret Wallace Lyle at (931) 217-1597.

Customs House Museum
200 South 2nd Street

MOVIES IN THE PARK- PLANES

Movies are free and begin at dusk.

Liberty Park
1190 Cumberland Drive

14 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.

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

FALL BRIDAL & CELEBRATIONS FAIR

12:00 p.m. to 4:00 p.m. This event is FREE and open to the public.

Free Bridal Pre-Registration: Bride's can preregister for the event at the link below. All pre-registered brides receive a tote bag the day of the show with information from participating exhibitors and mall tenants and will be entered in a special bridal prize drawing!

12:00 p.m. to 4:00 p.m. (Center Court): Brittany Burns, Harpist

12:00 p.m. to 12:30 p.m., 1:00 p.m. to 1:30 p.m., 2:00 p.m. to 2:30 p.m. (Dick's Sporting Goods Court): Brio String Ensemble. Performing at venues of all sizes, the classically trained siblings play from a wide repertoire of classical, folk, pop and fiddle music. Visit www.briostings.com for more information.

2:00 p.m. to 3:00 p.m. (JCPenney Court): Grace Notes Youth String Orchestra

3:00 p.m. to 4:00 p.m. (JCPenney Court): Bridal & Celebrations Fashion Show presented by Wedding Belles

Interested vendors, please contact marketing@governorssquare.net for show details.

This event is presented by Harrison's Innovative Promotions.

Governor's Square Mall
2801 Wilma Rudolph Boulevard

16 TUESDAY DIABETES SUPPORT GROUP

5:30 p.m. Gateway Medical Center's Diabetes Support Group offers current, accurate and usable information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as Q&A time. Family members welcome. For more information contact Registered Dietitians at (931) 502-1692.

Gateway Medical Center
651 Dunlop Lane

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For adults (ages 16 and up). 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
kriegischmartialarts.com
(931)472-1008

GENEALOGY DISCUSSION GROUP

6:00 p.m. to 7:30 p.m. Informal small group discussion of genealogy and family history topics. Contacts are Hazel P. Singson and Brenda Harper.

Small conference room (near entrance)
Clarksville-Montgomery County Public Library
350 Pageant Lane
genealogydiscussion@yahoo.com

17 WEDNESDAY ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Cumberland Presbyterian Church
1410 Golf Club Lane

20 SATURDAY FREE BLOCK PARTY

10:00 a.m. to 4:00 p.m. Inflatables, Gamez on Wheelz, free food, bingo, face painting, laser tag and music.

St. Bethlehem UMC
2201 Old Russellville Pike

"A GREAT GATSBY AFFAIR" ARTLINK BENEFIT

6:00 p.m. to 10:00 p.m. A night of art and fashion. Admission by donation. For more information visit facebook.com/ARTLINKCOOP or see the article on page 42.

Customs House Museum
200 South 2nd Street

23 TUESDAY DAR CHAPTER MEETING

Refreshments begin at 1:00 p.m. with the program and business meeting starting at 1:30 p.m. Meetings usually last until 2:30 p.m. DAR Members visiting the Clarksville area and those considering membership are welcome to attend. September's program speaker will be Gordon Belt, telling us about Tennessee Heroes.

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

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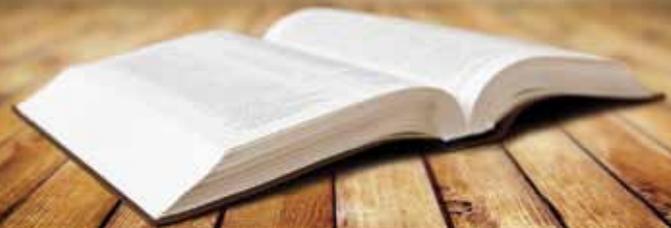

call 931-905-1116
www.spacewalkclarksville.com

FREE MESSAGE

SUNDAYS & WEDNESDAYS

Clarksville Cumberland Presbyterian Church
1410 Golf Club Lane www.clarksvillecpc.com

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



At Kriegisch Martial Arts We Offer

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Look for us on facebook.
www.kriegischmartialarts.com

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

18th Annual Fall/Winter Consignment Sale

RECEIVING DATES: September 4-6
(by appointment only)
Call or go on-line to schedule your drop-off time!

SALE DATES:

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

Tuesday, September 9th
• Consignors only 5:00-7:00 p.m.
• Consignors, Guests, & New Moms 7:00-9:00 p.m.

Thursday
September 11th 6:00-8:00 PM
***50% DISCOUNT PRESALE FOR CONSIGNORS ONLY (NO GUESTS)

OPEN TO THE PUBLIC:

Wednesday
September 10th
7:00 AM - 6:00 PM
(REGULAR PRICE)

Thursday
September 11th 7:00 AM - 8:00 PM
(25% discount, unless marked "No Discount")

Friday
September 12th 7:00 AM - 6:00 PM
(50% discount, unless marked "No Discount")

Saturday
September 13th 7:00 AM - NOON
(50% discount, unless marked "No Discount")

Find us on Facebook!

Sale Location: 121 Union Hall Road, Clarksville, TN
CONTACT: Jeannette Smith, Phone 931-358-2979, Please no calls after 9pm
Email: littlelambsandivy@gmail.com

For complete details & instructions go to: www.tnconsign.com

us at CaptWilliamEdmiston@tndar.org or visit www.tndar.org/~wmedmiston/.

Clarksville-Montgomery County Library
350 Pageant Lane

WOUNDED WARRIOR FUNDRAISER

4:00 p.m. to 7:00 p.m. STAR Physical Therapy in conjunction with Susan G Komen prostate cancer awareness is hosting a fundraiser for the Wounded Warrior program.

Chick-fil-A
3096 Wilma Rudolph Boulevard

26 FRIDAY BELLA MEDSPA ANNUAL EVENT

10:00 a.m. to 7:00 p.m. See ad on page 19.

Bella Medical Spa
400 Franklin Street
(931) 542-4868
www.bellamedspa.com

27 SATURDAY PAWS 4 PANCREATIC CANCER AWARENESS

9:00 a.m. to 12:00 p.m. Dog walk and awareness event. Bring

the family, including your furry "children." Including: CCSA Agility Course and Flyball, pet photographer, Tender Paws certified therapy dogs, Two Rivers K-9 search and rescue, best in purple costume contest. Benefiting the Pancreatic Cancer Action Network. Find on Facebook: PAWS 4 Pancreatic Cancer Awareness.

Liberty Park South Pavilion
1190 Cumberland Drive

MOVIES IN THE PARK- HUNGER GAMES 2: CATCHING FIRE

Movies are free and begin at dusk.

Liberty Park
1190 Cumberland Drive

28 SUNDAY HAUTE TOTS CONSIGNOR DROP-OFF

Through Monday, September 29.

Emmanuel Family Life Center
303 Fairview Lane
facebook.com/hautetotstnsale

30 TUESDAY HAUTE TOTS PRE-SALE

3:00 p.m. for volunteers, 4:30 p.m. for consignors, 6:30 p.m. for new mommas.

Emmanuel Family Life Center
303 Fairview Lane
facebook.com/hautetotstnsale

October

1 WEDNESDAY HAUTE TOTS OPEN TO THE PUBLIC

9:00 a.m. to 7:00 p.m.

Emmanuel Family Life Center
303 Fairview Lane
facebook.com/hautetotstnsale

2 THURSDAY HAUTE TOTS OPEN TO THE PUBLIC

9:00 a.m. to 7:00 p.m. Special half-off shopping for volunteers at 4:00 p.m., consignors at 5:00 p.m. and new mommas from 6:00 p.m. to 7:30 p.m.

Emmanuel Family Life Center
303 Fairview Lane
facebook.com/hautetotstnsale

3 FRIDAY HAUTE TOTS OPEN TO THE PUBLIC: HALF OFF MOST ITEMS

9:00 a.m. to 6:00 p.m.

Emmanuel Family Life Center
303 Fairview Lane
facebook.com/hautetotstnsale

4 SATURDAY HAUTE TOTS CONSIGNOR PICK-UP

8:00 a.m. to 9:30 a.m.

Emmanuel Family Life Center
303 Fairview Lane
facebook.com/hautetotstnsale

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

SO MANY PROJECTS SO LITTLE TIME

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

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

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Rachel Phillips
Advertising Sales

(931) 216-5102
rachel@clarksvillefamily.com

THE ROXY REGIONAL THEATRE

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

A NIGHT ON THE TERRAZZO

Take a walk down memory lane with songs from our last three decades on the corner of Franklin and First. Performed in a cabaret setting in our lobby and featuring a little Kander and Ebb, mixed with some Sondheim—not to mention Bernstein, Herman and Styne—this musical revue will have you reminiscing and singing all night!

8:00 p.m. September 5, 6 & 12

7:00 p.m. September 4 & 11

2:00 p.m. September 6

Tickets \$20

ON THE TOWN

“New York, New York, it’s a wonderful town!” Celebrate the 70th Anniversary of Leonard Bernstein’s legendary musical about three

sailors (Ryan Bowie, Michael Spaziani and Cameron Perry) who manage to find love and incredible adventures in the Big Apple on a 24-hour leave. Starring Stacy Turner, bursting with high energy dancing choreographed by Jessica Davidson, and featuring such memorable numbers as “New York, New York,” “Lonely Town” and the hilarious “I Can Cook Too,” this

New York City musical comedy is not to be missed!

7:00 p.m. September 17, 18, 24 & 25 and October 1 & 2

8:00 p.m. September 19, 20, 26 & 27 and October 3 & 4

2:00 p.m. September 27

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

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

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.

PAUL HARMON: INNER VOICES

International artist Paul Harmon exhibits his lyrical paintings in the Crouch Gallery. The themes of Harmon’s paintings always incorporate poetry, prose and ideas from the artist’s interests and experiences. Through September 7.

THE OUTSIDERS: FOLK ART FROM THE HICKS & VANDER ELST COLLECTIONS

Robert Hicks is a collector of mostly Southern Outsider Art. He was the first Tennessean to be included in Art & Antiques magazine’s Top 100

Collectors in America. Through September 7.

TECHNICALLY SPEAKING THROUGH

Objects from the museum’s collection showcase technology from the last 100 years that has influenced the technology of today. Through September 7.

LESLIE SHEILS: DIZYGOTIC

Ohio artist Leslie Sheils explores the concept of twins through depictions of animals. The paintings in this series are mirror images that are supported by the allegory of Fraternal twins; very much the same but completely different and sometimes opposite. September 11 through November 2.

WOMEN PAINTING WOMEN

Customs House Museum celebrates women artists with its annual exhibit. This year’s slate of artists hailing from Tennessee, California, Georgia, and Ohio, offer a variety of artistic views of the female form. September 13 through November 2.

EVEN WHEN: RECENT WORKS BY SUSAN BRYANT AND BILLY RENKL

New works from Austin Peay art professors Susan Bryant and Billy Renkl, including both individual and

collaborative pieces. September 10 through October 26.

MARTIN BREEDLOVE: BOLD MOVES

Murfreesboro artist Martin Breedlove uses “pixels” of paint, resulting in an abstract realism style. Bold contrasting colors lend an active energy to his subjects. September 2 through 28.

ACTIVITIES:

ART WALK EVENT: THE DIARY OF NANNIE HASKINS BOOK SIGNING

Thursday, September 4th, 5:00 p.m. Meet with the editors and get your book *The Diary of Nannie Haskins Williams* signed during the First Thursday Art Walk! *The diary of Nannie Haskins Williams* provides valuable insight into the conditions of Union-occupied Middle Tennessee. In 1863, while living in Clarksville, Tennessee, Martha Ann Haskins, known to friends and family as Nannie, began a diary. A young Confederate sympathizer, Nannie was on the cusp of adulthood with the expectation of becoming a mistress in a slave-holding society. The war ended this prospect, and her life was forever changed. About the editors: Minoa D. Uffelman is an associate professor of history at

Austin Peay State University. Ellen Kanervo is professor emerita of communications at Austin Peay State University. Phyllis Smith is retired from the U.S. Army and currently teaches high school science in Montgomery County, Tennessee. Eleanor Williams is the Montgomery County, Tennessee, historian. Copies of the book are available for purchase at Seasons: The Museum Store.

ART & LUNCH: GALLERY TALK WITH SUSAN BRYANT AND BILLY RENKL

September 17th, 12:15 p.m. Join artists Susan Bryant and Billy Renkl as they discuss their work found in the exhibit *Even When: Recent Works by Susan Bryant and Billy Renkl*. Free admission to program. Bagged lunches welcome.

The Museum will be closed Monday, September 1st for Labor Day.

These activities are free to Museum Members or with paid admission. Contact Sue Lewis, Curator of Education, for further information on family programs at (931) 648-5780 or slewis@customshousemuseum.org.

Crisis comes in many forms. It comes when a person experiences emotional pain like the death of a loved one, divorce, neglect, depression, broken relationships & even a bad day at work or school.

2-1-1 offers information on a broad range of services including:

- Financial assistance
- Prescreening for foodstamps
- Free tax preparation
- Food banks
- Housing
- Health resources
- Elderly care
- Financial literacy
- Job training programs



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ADOPTION & FOSTER CARE

CAMELOT CARE

A private therapeutic foster care provider servicing children, adolescents, young adults and their families. For more information on how to become a foster parent please call (931) 449-0132 or email LESmith@camelotcare.com.

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. Deesree 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

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 Abigail Haake at (931) 278-7921 or abby@madisonstreetumc.com, or visit our website at madisonstreetumc.org and find us on Facebook (Madison Street Music & Arts Academy)!

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 BADMINTON CLUB

The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows:

Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd.

Thursday evenings: 5:00 p.m. to 8:00 p.m. at APSU's Foy Center on Marion St.

Contact Janet at (931) 648-4952 if you need more info.

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 BREASTFEEDING CLASS

Breastfeeding Class covers initial steps to successful breastfeeding, uses for breast pumps and other supplies. Moms also receive a book, *Nursing Mothers Companion*. Classes are taught in the 3rd Floor Classroom of Gateway Medical Center on the first Tuesday of every month from 7:00 p.m. to 9:00 p.m. Registration is required. To register call (931) 502-1180.

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.middlemalanon.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.mtbsa.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,

Don't Forget to ask about our
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Division Commander and first President of Association, and the other members of the division at the end of World War II. The 101st Airborne Division Association welcomes all Screaming Eagles, from the original veterans to the active duty troopers of today, regardless of where or when they served.

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

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. Fall Semester classes begin September 15. 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 us on Facebook at [Facebook.com/DaganFoundation](https://www.facebook.com/DaganFoundation). Our main partner in Togo is Action Bethesda, www.actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370. 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 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. Serving Montgomery, Cheatham, Roberston, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

The Bible and prayer are not allowed in our public schools? Not so! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus (sponsored by Child Evangelism Fellowship, a worldwide interdenominational ministry to children since 1937). Ask us how you can be involved in taking Jesus to the children! www.ReachingKidsForJesus.com, (931) 241-8202, Facebook CEF Greater Clarksville Chapter.

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 CAFÉ 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.traecy.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

The Miss Tennyky Area AFS Volunteer Leadership Team (Clarksville) Hosting and Sending Folks on International Exchanges AFS-USA announces their 100th Year Anniversary. The American Field Service (AFS) was the ambulance drivers in WWI and WWII. They formed AFS as we know it today after they returned to the USA. The drivers (two from TN) believed that if Americans really knew folks from other countries, WWII would never happen. The drivers sought to promote international understanding and peace through student exchanges. Today, AFS-USA is a non-profit, international and intercultural organization founded in 1947 and has been successfully been sending teachers and students on exchanges since then. The local team belongs to the local Chamber of Commerce and United Way.

Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tennyky Area AFS Volunteer Leadership Team

web site is www.afsusa.org/missstennyky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

YOUTH FOR UNDERSTANDING USA (YFU)

Call for Host & Welcome Families in Your Community! Each year, Youth for Understanding USA (YFU), one of the world's oldest, largest and most respected intercultural exchange organizations, sponsors American teens to study abroad, and welcomes nearly 2000 international teenagers to the US to participate in intercultural exchange. Would you consider hosting or serving as a welcome family for one of our carefully selected foreign exchange students this fall? The benefits of hosting a YFU student are as numerous and varied as the families who embrace this life-altering experience.

Meet some of our incoming students at yfuusa.org/meetstudents. By opening your home and heart to a student from overseas, you and your family will gain a new global perspective, many memories, and quite possibly a new family member for life!

Interested or know someone who'd make a great host family? Apply at yfuusa.org/host or call (800) 872-0200 to speak directly with your local Field Director.

Families around the world trust YFU because of our reputation for quality, high safety standards, and strong support network. One of the world's oldest and largest exchange organizations, YFU has provided study abroad opportunities to more than 250,000 high school students for 60+ years.

Volunteer opportunities along with study abroad programs for American students and cultural immersion Adult Study Tours are also available. Learn more at yfuusa.org.

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 RIGHTHEOUSNESS 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.

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 momsclubofclarksvillwest@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 Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. Check us out online at clarksvillemopsatfbc.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 Thursday of the month September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Michele Freiberg at mefreiberg@yahoo.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 cvothland-free@jdrf.org.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

PARENTS HELPING PARENTS

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

PARKINSON AWARENESS AND FELLOWSHIP GROUP

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



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