

October 2014



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Siblings, Thomas and Lilly, having a sweet moment on a perfect, Tennessee fall day. Their parents are Amy and Brian Traylor of Clarksville.

Photo by Daphne's Portrait Design



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Publisher's Message

Well, it's finally fall, y'all!

As much as I like for each season to have the chance to run its full course, I was very ready for some beautiful Tennessee fall weather and cooler temps. I did notice, however, that when I put my jeans on that first cool day, they were a little tighter than last year...eek.

This was the perfect motivation for me to finally try some of the new healthier alternatives that are offered right here in Clarksville. I am often skeptical of these. I am not against healthy food. I am against flavorless food.

Previous attempts at things like this (especially snacks) have tasted like dusty cardboard, or a sponge. Well, that's not the case anymore. I have been schooled up! While we likely will never see a Trader Joe's or Whole Foods in Clarksville in our lifetime, that's no reason to go to Nashville or think you can't get it right here locally.

The Tree of Life Center (specialty grocery store) already has a large selection, but they also take requests and even offer cooking classes. The Nerdy Birdy Cookie Company offers all kinds of yummy baked goods that are free of gluten, grains, refined sugars, soy, peanuts, and other artificial ingredients—but they're not free of flavor! I scarfed down one almost before leaving the parking lot.

Last but not least there's Sango Pharmacy. A pharmacy?? Well, that's not all they are. They have an amazing selection of health and wellness items including yummy Jeni's Ice Cream, local honey, herbal teas and supplements, seasonal veggie boxes, in addition to unique and specialty products, gifts and so much more. It truly is a one-stop shop! (Read more about them in Pamela Roddy Magrans' article on page 36.)

Sorry to get off on a rant, but it saddens me when I hear people only complain about what Clarksville doesn't have. As a small business owner, I know that without community support, you are dead in the water. We are grateful for every advertiser and reader who picks us up.

Be sure to check out our other articles and all the MANY opportunities there are around town for trick-or-treating. Including the annual Fright on Franklin! There will be candy, hayrides, food vendors, and costume contest with prizes. If Halloween is your thing, it's not to be missed!

If you haven't nodded off or turned the page by now, I hope you have a great October and happy Halloween!

Sincerely,
Carla Lavergne

DISCLAIMER

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



Clarksville Family

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

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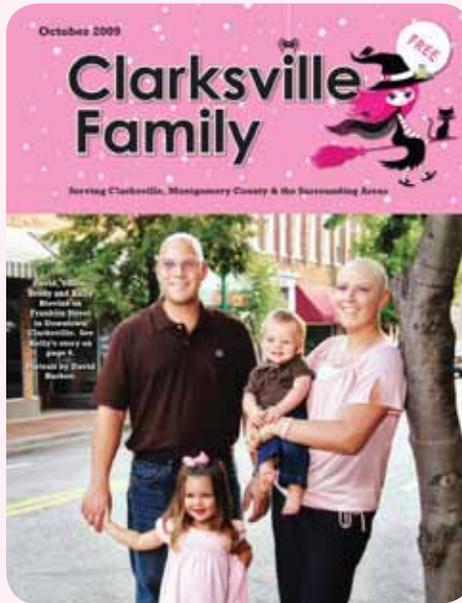
KELLY BLEVINS' NEW STORY HOPE AND MOTHERHOOD IN ETHIOPIA

by Pamela Roddy Magrans

In October of 2009, Kelly Blevins and her family were pictured on the cover of *Clarksville Family Magazine*. The feature article that month highlighted her courageous fight against breast cancer. When I interviewed Kelly at her home those five years ago, her never-give-up attitude resonated in every word she spoke.

The feature article from five years ago focused on Kelly's fight against breast cancer, but her life today is no longer dictated by chemotherapy, blood tests, and doctor visits. Her children are both in school now. She is employed by Ordinary Hero, and is traveling to Ethiopia to help other families.

Kelly Blevins now has a new story—one of second chances and a growing family.



Survival Story

Kelly has her own survival story. It started five years ago when Brody was only four months old and she found a lump on her breast. Kelly

was only 31 years old. For several uncertain years, her life revolved around medical procedures and hospitalizations. Repeated chemotherapy, surgeries, and doctor visits were the daily routine for years.

She missed out on the wonders of Brody's first year. It was a whirlwind of survival, blurred by caring for a newborn son, tending to her vivacious two year old daughter, and fighting for her own life. Equipped with a supportive husband, an extended family, and cherished friends, Kelly made it through those tough years. Her faith in God was paramount in those times of uncertainty.

Five years later, she is now cancer free. No more surgeries are needed. Chloe is in second grade and Brody is in kindergarten. Kelly can often be found at Chick-fil-A on Madison

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Street, which she and her husband own. She works there whenever needed. She can be found walking her children into school at Carmel Elementary, holding those lovely hands all the way to their classrooms. She can be found on the computer or on the phone in her new job with the non-profit organization, Ordinary Hero. Kelly can also be found in Ethiopia from time to time, where some other memorable families parallel her story of survival.

Becoming an Ordinary Hero

In 2011 David, Kelly's husband, traveled to Ethiopia on a mission trip. He traveled with Ordinary Hero, a nonprofit child advocacy organization. Ordinary Hero aims to bring awareness to the child



orphan crisis, by offering adoption connections, outreach programs, and mission opportunities.

In June of 2013, Kelly also traveled to Ethiopia. She had found a new survival story—that of homeless families, living in unspeakable poverty in two communities, Korah and Entoto Mountain. The living conditions in Korah consist of shacks and living quarters around the city's

dump. The landfill offers poverty stricken families a place to scavenge for living supplies and food. In Entoto Mountain, an area known for its majestic beauty and training groups for Olympic runners, families live in extreme malnutrition and without modern medical care.

For Kelly, the experience was unforgettable. On the trip, she met with families in both communities. She saw the mud huts they called home. She witnessed the shelters made of sticks and dirt. She saw children forage in a landfill for a half-eaten apple. On that trip, Kelly saw what survival meant to countless mothers, fathers, and children. She knew she had to help.

Since then, Kelly has started working full-time for Ordinary Hero. She works as a sponsorship

A promotional graphic for Goodwill's Halloween Headquarters. The background is a solid teal color. At the top, the text "YOUR HALLOWEEN HEADQUARTERS" is written in a white, stylized, hand-drawn font. Below this, a young girl with blonde hair, wearing a white angel costume with large white wings and a white halo, is shown from the waist up. She is holding a silver wand with a star on top, pointing it upwards. In the bottom right corner, there is the Goodwill logo, which consists of a stylized white 'G' inside a blue square, with the word "goodwill" in white lowercase letters below it. To the left of the logo, the text "#igotitatgoodwill" is written in a white, sans-serif font, with the word "Post your costume" in a smaller, italicized font above it.

coordinator and oversees the partnership between American donors, sponsored families in Ethiopia, and the local ministries who interact with those families regularly. She goes to Nashville once a month to meet with other Ordinary Hero employees.

“Working for Ordinary Hero has given me a greater purpose. I used to wonder how God would use me after the breast cancer. I wanted a new story...something different and not about me at all,” says Kelly.

“I knew instantly, after signing up for my first trip to Ethiopia in 2013, that God was going to begin writing that new story for me there. He has given me an incredibly deep love and passion for the country of Ethiopia, the people, and their culture,” she says.

Kelly’s work with Ordinary Hero has impacted her entire family. Her children constantly want to send items to the families in Ethiopia. They see photos of the family they sponsor and their image of the world is being shaped by what they are learning from their parents about Ethiopia.

“We are living more mission-minded lives and giving more now than ever before. Our children have developed huge hearts for Ethiopia too,” says Kelly.

Kelly is already planning her next trip to Ethiopia with Ordinary Hero. This time, she and David are looking for 10-15 people to join them! Kelly is learning a new language, Amharic, in hopes to communicate more effectively with the residents when she arrives. David and Kelly will lead the team to Korah and Entoto Mountain in July 2015. While on that trip, the group will look for families who need American sponsors. They will visit families who are currently being sponsored by American families through Ordinary Hero.

They will help with food ministries and are hoping to host a Vacation Bible School. They will hand out “blessing bags” in areas that are generally not visited by other ministries. They will help the children clean up and they will be given a clean new outfit and new shoes to wear.

“Generally speaking, these children wear this one outfit for an entire year until we return,” says Kelly.

Ordinary Hero differs from other ministries in that they visit the same areas and families every year. “This allows us to build lasting relationships with these

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children and their families. Because of this, we can pour into them and their lives in a much deeper way than just giving them material items," she said. Anyone interested in joining Kelly on that adventure, should contact her via email at KBlevins@ordinaryhero.org.

Her work with Ordinary Hero is more than a job—it is another survival story all its own. It is a story that stretches like the threads of motherhood, intertwining continents, stretching far and wide from one mother to another.

Ethiopia and Motherhood

In 2013 while in Ethiopia, David and Kelly visited an orphanage. While there, they saw countless children without families or homes.



The night after she visited the orphanage, Kelly was restless and could not sleep.

"I couldn't stop thinking about the five million orphans in Ethiopia and how our family could change the world for one of them. David and I began praying diligently," she said.

She and David had wanted more children. Before the cancer

diagnosis came, they had planned on a larger family. It had been hard for Kelly to agree with her doctor's recommendation that she should have a hysterectomy, after a mass was found on her ovaries. She did not feel like her family was complete yet. She and David wanted more children. She also felt she had missed out on Brody's baby years, while she was sick and hospitalized. Her work with Ordinary Hero had allowed Kelly to learn about international adoption. She had seen other families grow their families through adoption.

After returning from their trip to Ethiopia, David and Kelly began the necessary paperwork to adopt a child. It was not a hard decision. It came naturally. Chloe and Brody quickly joined in the excitement

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of a sibling. The approval process moved quickly, and they recently received a match for a baby. They were

matched up with a baby boy and given a photo of him.

It is hard to mother from 7,700 miles, but Kelly is trying. The contact at the orphanage sends her updates on her son. Details like weight gain come to Kelly via email. They hope to bring their son home in the summer of 2015.

Getting through the international adoption process takes time and lots of money. An international adoption like this costs most families in excess of \$30,000. Fees for legal documents, travel costs, and other paperwork are a necessary component in international adoption.

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For that reason, Kelly has set up several fundraising venues. She is selling bracelets that say "Believe" and t-shirts that show a map from Tennessee to Ethiopia.

A website is set up to allow for financial contributions. To help Kelly and David bring their son home to Clarksville, visit the link below (all donations are tax deductible): org.grouprev.com/blevinsadoption.

To purchase a Believe bracelet or t-shirt, email Kelly at BlevinsAdoption@gmail.com. Bracelets are \$10 each. T-shirts are \$20. All contributions go towards adoption costs.

From Ashes to Beauty

It has been five years since the optimism of the Blevins family graced the cover of *Clarksville Family*, and much has changed for



them. Kelly is cancer free, the kids are in school, and soon they will add another son to their family.

Kelly's story started with cancer, but it certainly does not end there. Her story speaks volumes about faith in God. Her story chronicles one mother's epic journey from chemotherapy to Ethiopia. Kelly's story twists tragedy into triumph.

It is a story of second chances, for both Kelly and the child she will adopt. "God is redeeming it all and making beauty from ashes," says Kelly. In this next journey in her life, she claims Proverbs 31:8-9 as her new maxim.

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.

May we all do the same, when given the chance.

To learn more about Ordinary Hero visit ordinaryhero.org/index.php.

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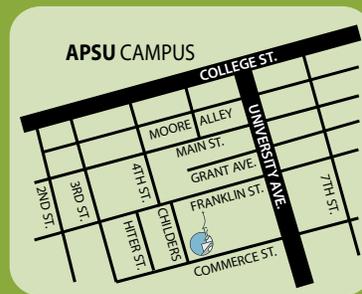
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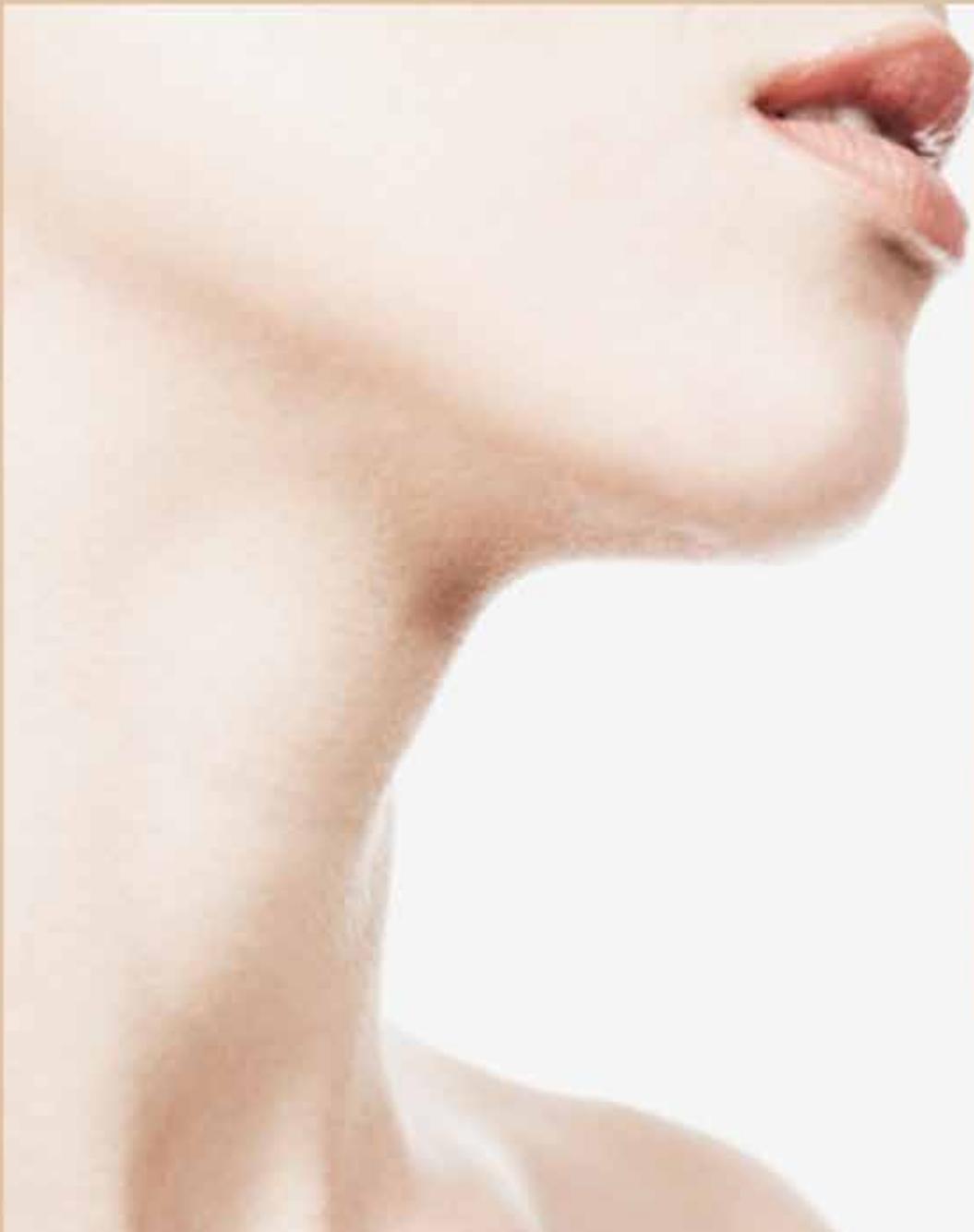
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CLARKSVILLE ZOMBIE HUNTERS

by Taylor Lieberstein

Some people like to play paintball; some people like to hunt zombies. This month you can do both while experiencing an interactive hayride through the woods. Clarksville Zombie Hunters presents this fall's most

exciting attraction in the city. The multi-talented Eric Yow is in the midst of his latest business venture, zombie paintball. Modeling it after a friend's business, he said this exciting family friendly event is something that Clarksville

was missing. He plans to bring more surprises to the city in the future as well.

Yow and his partner have developed the event on a 1200-acre farm full of trails for the zombie paintball hayride fun. The event features a rotating script with the general idea that you have to kill the zombies so they don't make their way into the city. For the entirety of October, on Thursday through Sunday nights, Clarksville can play paintball, kill zombies, eat at food trucks and watch live music all in one place.

You do not need to make reservations although tickets can be purchased in advance on the website, clarksvillezombiehunters.com. If you want to reserve a trailer for a specific night you may do so but only with a reservation of 15 or more shooters. Your group reservation will allow you to skip any lines and pick your desired time. For group rates purchase 15 or more tickets on the website under the "Buy tickets and swag" tab. Print your receipt to show upon arrival. Groups of 25-30 can book an exclusive trailer. In the event you want to arrange for 25+ shooters email yow@clarksvillezombiehunters.com.

We don't want to give too much away but we will try and summarize the experience for you (although words on paper

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don't do this excitement justice). Before you head out you will be assigned your mounted gun and the round of paintballs that you purchased; we recommend you get the extra ammo. The paintballs go quickly once you start killing the zombies. Next you will be taken to a tactical training facility where you will make sure your guns are loaded and taught basic survivalist skills. Then it is onto the trailers and into the woods. On the roughly twenty minute trailer ride through the woods you will encounter 30+ zombies that a drill sergeant on the trailer with you will instruct you to kill with your glow in the dark paintballs. The trailers are equipped with 1,600-watt sound systems and interactive lighting. Again, we cannot explain the rush with words. You will be riding alongside 20 or more other shooters on the trailers so there will be plenty of manpower to fight off the zombie enemies.

"There is a one hundred percent chance the zombies will not shoot paintballs back at you. Just don't let them bite you," said Yow.

The interactive lights make this fun for kids as



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young at three years old. It's an alternative activity for teens that lack things to do on the weekends. There will be group nights and there is also an option to rent out the party space for events during the month of October. There

is an entertainment stage that will feature live music from local bands each night. Your paintball hayride ticket gets you into the entertainment zone for the night as well. Also in the entertainment zone there will be food trucks

servicing tacos, barbeque and other street foods. Thursday nights are faith nights that feature Christian bands and discount rates.

Last month Yow and his partner Matt Cole hosted "For the Kids Day," a charity event allowing 300+ underprivileged local youth to attend the event before its grand opening at no cost to them or their family. The private event featured interactive activities, local music talent, Backroad Brigade, and food trucks. The night was a success and a fun preview night for what is in store this month.

The event runs from now until November second. Zombie Hunters will be open Thursday and Sundays from dark until 11:00 p.m. and Friday and Saturday from dark until 12:30 a.m. Rides last approximately 20 minutes and the entertainment zone featuring various local bands will be open for you to enjoy before and after your ride. Halloween weekend will be the final weekend for the event and Yow plans to amp it up. Follow them on Facebook to stay updated on individual weekend details and make sure to like them on Facebook to receive \$2 off your admission.

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Eighty percent of people experience the moderate throb or acute stab of back pain during their lives, according to the National Institutes of Health. If you're a (reluctant) member of the back pain club, it's likely that an age- or overuse-related mechanical problem is causing the trouble. More than 60 conditions are linked with back discomfort, according to the American College of Rheumatology (ACR).

Common causes of aching backs include:

- **disk problems**, such as age-related deterioration or herniations (abnormal movements or protrusions)

- **spinal stenosis**, a condition that constricts the area around the spinal cord
- **spondylolisthesis**, excessive shifting of the vertebrae that can irritate nerves
- **strains** that result from repetitive or awkward movement

Your doctor can help get to the bottom of your back pain. Take heart from this ACR statistic: Ninety percent of low back pain goes away within two months.

A Prevention and Treatment Primer

If you're back pain-free, strengthen your body against future discomfort by combining back- and core muscle-bolstering exercises with aerobic activities on most days of the week. Exercising and eating a healthful diet can help ensure you get adequate calcium and vitamin D for bone health and will help you keep off extra weight, another important component of prevention. Be mindful of how you sit and stand—substitute slouching for a straight back.

The best treatments for acute back pain, which typically results from injury, are avoiding the activity that led to pain and taking over-the-counter pain relievers, if necessary. Back pain that persists for more than three months is considered chronic and typically warrants consulting with a doctor. He or she may recommend a variety of treatments, including exercise, pain management and prescription medication. Surgery to repair damage in the spine may be an option if conservative treatments fail to relieve pain.

If you have back pain that comes and goes, radiates down your leg and causes

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numbness, persistently flares up when you move, or simply keeps you from living your life to the fullest, speak with your doctor about finding relief. If you don't already have a physician, you can find a list on our website TodaysGateway.com.

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

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A FOOD PANTRY AND MORE: RADICAL MISSION ENVISIONS TRANSFORMED LIVES

by Heather Byrd

What is a Good Neighbor?

You pass them on the street, at the store, and in your kids' school. They're our neighbors, some thriving, some falling behind. We live in a culture that applauds the self-made individual, but Radical Mission Compassionate Ministries at First Nazarene Community of Hope has a different vision, one that seeks to develop genuine relationships in our community that are rooted in the love of God.

Many of us have experienced times of need, and it's then that we realize we can't make it alone. The people at Radical Mission are committed to living compassionately to bring relief, development and transformation into the relationships fostered there.



Radical Mission has a food pantry, a clothing ministry, and a community garden. It partners with other churches to offer shelter in the winter through Room In the Inn. It also provides free meals to school children through the schools' F.U.E.L. program, offers financial housing education, and personal counseling through a ministry called Spaces for Grace. Those relief efforts are the front door for Radical Mission.

Those "front door" relief ministries are the first step in developing relationships with our neighbors. Volunteers and staff

seek to transform relationships with neighbors into thriving friendships. Sometimes our neighbors stay and become fellow co-workers in our mission.

A Neighbor and Fellow Co-worker

Ron Surbrug was introduced to Radical Mission through a friend. "Little did I know how much it would change me. At the time I was a 56 year-old guy and couldn't find a job. I was at the end of my rope financially.

"Being here has been the best thing that has happened. It took two years but I finally got a job. Then I joined this church (First Nazarene Community of Hope)."

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Ron is now serving as director of the food pantry. He's also responsible for keeping an inventory of food and transporting it.

“Working in the food pantry gave me a whole different perspective. I’m thinking to myself, ‘You know what? I WAS these people.’ I was homeless and didn’t know where my next meal was coming from. But when I think back, it all started here. It’s like—I fit. It’s like being part of a puzzle. I’m one of the pieces and I’m in the right puzzle and a piece that fit where it needed to be.”

When asked what he sees God doing through Radical Mission, he says, “Changing people. When I first came here I had no idea that I was going to get this involved, how it was going to effect me.”

Ron recounts the story of a neighbor who came for help. “A woman and her child came looking for food. They were living out of their car. We joined resources with two other churches and got them a place at a hotel until she could get work. She just folded into my arms. She said, ‘I’m done, I’m at my wit’s end. I can’t take another problem.’ I gave her a hug and it was

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like—bang—right then and there I was changed. I realized exactly what we're doing here."

Reaching out to Others in Love and Grace

Heather Byrd, assistant director, has herself undergone a transformation that led her

to leave a long-time job to volunteer, then serve full time, at Radical Mission.

She came to First Nazarene Community of Hope at a time when her health and personal life were in a downward spiral. God set her on a path that began as a journey of recovery, and as she

experienced God's compassion it transformed her life. In response, she developed a compassion for others beyond what she had ever known.

"My recovery journey brought me to a place where I could look beyond myself and my circumstances. This allowed me to really see people for who they are, not for what their appearance, mistakes or social economic class would tell me. I understand how broken I am and how much I need God's grace and how often that has come through His people. Therefore, in my brokenness I want to reach out to others with love and grace—reach into their brokenness and empower them to build better lives just as I have been empowered to do."

A Lot of Good Causes Clamoring for Attention

"There are a lot of things clamoring for attention and asking for your resources but I can't think of too many things more worthy than Radical Mission," says First Nazarene's Associate Pastor Roy Harris, Radical Mission director.

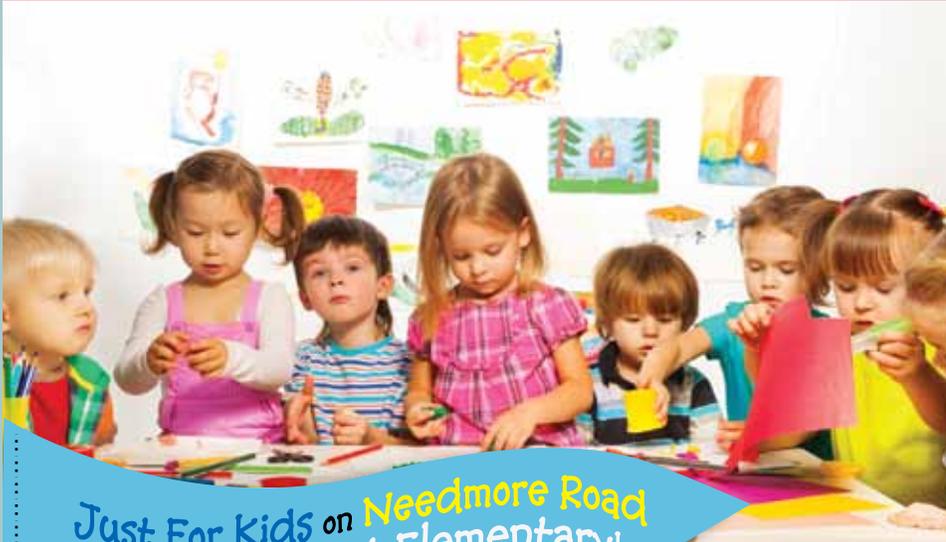
"A donation is money well spent because it doesn't go to line anybody's pocket," says Pastor Roy. "We have one staff person. Money goes to the critical things, like providing food for people. Sometimes in critical situations, housing for people. These are things people simply can't do without.

"The goal of Radical Mission is to build relationships with people as they come for those tangible things. It opens the door for us to develop deeper, longer lasting relationships. We believe their problems are not so much

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material as they are spiritual. And we need to do some counseling and some nurturing of them, and dealing with those larger than life problems that only God can take care of.”

At Radical Mission a Dollar Goes a Long Way

Radical Mission can buy food at extremely low costs because of its status as a food pantry. Carrie Wheeler, who serves as volunteer coordinator and food purchasing agent, says, “We can purchase 1,800 pounds of food for about \$350 and that lasts about two weeks (or four days of being open). In those two weeks we might feed 150 families.”

What you can do

Radical Mission is funded through grants and donations. The community can support Radical Mission in many ways.

Your tax-deductible donation can be made by check to Radical Mission Compassionate Ministries, which is a licensed 501c3 charity. Radical Mission can also accept gifts that include: food (refrigerated and frozen are accepted), gently used clothing, and vehicles in working condition.

There are many ways you can volunteer with Radical Mission through clerical work, community work, gardening, helping in the food pantry, helping in the clothing closet and housing education classes. Operation hours are Tuesdays and Thursdays from 9:00 a.m. to 1:00 p.m.

There are also opportunities for helping with events such as the Warm Souls Christmas Celebration and home makeovers, and with fundraisers

such as the Compassion Cup Golf Classic and the summer flea market and craft fair.

For more information contact Heather Byrd, assistant director, at RadicalMision.cm@gmail.com or (931) 648-0110 ext. 117; Roy Harris, executive director at rharris@clarksvillefirst.com or

(931) 648-0110 ext. 107; or Carrie Wheeler at rmfeedinghope@yahoo.com. Radical Mission is located at Clarksville First Nazarene Community of Hope, 150 Richview Road, across from Clarksville High School.

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LINES, WRINKLES AND FOLDS, OH MY!!!

by Dr. Mitchell Kaye

The biggest change in the practice of Facial Plastic Surgery in the past 20 years has been the widespread use of non-surgical treatments, mainly injectable products, for the management of facial aging. In fact, there were more injectable treatments performed than plastic surgical facial procedures in the United States in 2013.

The reason for their popularity is easy to understand. The appeal of an immediate visible facial improvement with little or no downtime is powerful. The lines, wrinkles and loss of volume that accompanies normal or accelerated facial aging can now be treated simply and effectively. The trick is in knowing which of the many products is the right one for the right purpose. The analogy that I use with my patients is that we now have a large tool

chest. In that tool chest are many tools, but the appropriate use for each tool will be limited to a few purposes. Some tools can be used for several jobs and some are good really for only one or a few. For example, there are many types of fillers available now to enhance facial volume, but only a few are appropriate for a lip enhancement. Some are clearly wrong for this purpose and will produce lumpiness in the lip or other undesirable effects.

The first product that started this tidal wave was Botox®. This medicine works by temporarily weakening muscles and has been used for over 20 years to medically treat spasm and muscular over-activity. It has been FDA approved to treat over-active muscles and the resulting wrinkles that occur in the scowl area (glabella), crow's feet (corner of the eyes) and is

also used in the forehead and other areas as an "off label" use. The product is injected into the overlying skin with a tiny needle and then has a relaxing effect on the underlying muscle for between three and six months on average. The full effect will take between one and two weeks in most people. This will reduce the wrinkling of the overlying skin when the person shows facial expression by activating their facial muscles. There have been a few interesting long-term studies of identical twins that show that the use of Botox over many years will prevent deep lines and wrinkles from forming in the treated twin. Other competing products such as Dysport® and Myobloc® have since appeared and have similar but not identical characteristics. The dosages are NOT interchangeable. All of these products should be used by properly trained and



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licensed professionals, ideally with expertise in Facial Plastic Surgery to obtain the best results and avoid complications.

What is the difference between a raisin and a grape? Of course, we know that when a grape is dehydrated and loses its water volume, the wrinkly, smaller version of itself is a raisin. As the human face ages, it loses its volume (fat) and skin elasticity. What then happens is the predictable appearance of ever-deepening lines around the mouth, sagging cheeks, thinning lips and jowls. Ultimately the addition of volume, where it has been lost, and the removal of excess volume where it is not needed, can make a huge difference. Excess skin will need to be surgically removed from the face, neck, and eyelids and cannot be corrected by fillers alone.

The choices for volume replacement and non-surgical facial enhancement have never been better. Voluma[®]XC is a new and very exciting filler that is used to add fullness to the mid-face and cheek area. It not only adds to the smoothness and roundness of the cheek, the volume in this area produces a visible improvement in other areas such as the folds around the corners of the mouth and nose. It elevates these deep creases by lifting the cheek. Voluma[®]XC also lasts up to two years in many patients making it an attractive filler economically. So far It only has indications for the mid-face.

Juvederm[®]XC is the first cousin to Voluma[®]XC and is designed for use around the mouth and lips. It is very similar to Restylane[®], a competing brand. These are both hyaluronic acid fillers



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and produce a smooth and natural correction to deep lines and wrinkles. They last between 6 and 12 months on average, depending on the individual and location of use. These are very effective products and take only a few minutes to use, making them perfect for a quick but effective treatment.

When a person needs a more comprehensive addition to their facial volume, I will offer either a fat transfer or Sculptra®. Both are used to add more volume to several areas of the face, such as cheeks, areas around the mouth, brow or temples. The advantages of fat are the generally unlimited supply (relative to the amount needed) and its natural appearance. The patient has a limited liposuction procedure, usually from the tummy area, and

the fat is purified and injected into the desired areas of the face. Results can last years. Sculptra® is a commercial product that induces collagen formation and takes two to three treatments of the injectable, which also can last about two years on average. Both techniques are more cost effective over time for treatment of larger areas of the face.

So now there are great options for a lunchtime appointment wrinkle and line treatment (Botox® and Juvederm®), deeper structural improvement of the sagging mid-face (Voluma®XC) and comprehensive facial volume treatment (fat transfer and Sculptra®). These revolutionary products and techniques have changed the way we treat facial aging and are here today!

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.

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Dr. Mitchell D. Kaye performs an array of cosmetic surgery and non-surgical services. His office is located in Hopkinsville, KY. He has practiced for over 25 years and was trained at the Johns Hopkins Hospital. He is board certified by the American Board of Cosmetic Surgery, the American Board of Facial Plastic and Reconstructive Surgery and the American Board of

Otolaryngology. 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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THE FLU VACCINE AN INSURANCE POLICY FOR THE WHOLE FAMILY

by Dr. Catherine Meeks

No, it's not foolproof. But an annual flu vaccine is a great way to insure against the flu. The CDC recommends everyone six months and older get a flu vaccine each year. It's

designed to protect against the three or four flu viruses most likely to cause illness during the upcoming flu season.¹

For most people, a flu vaccine can protect you

throughout the flu season, which typically lasts from October to May. The best policy? Get vaccinated as soon as the vaccine becomes available, ideally in October.¹

For young kids. The Centers for Disease Control and Prevention (CDC) suggests the nasal spray vaccine for healthy children ages two through eight. For young children, it may work better than the flu shot (and be a little less scary, too). If it's not available early in the flu season, don't wait. Go ahead with the flu shot.¹

Remember: even healthy children are at risk of flu complications that are serious enough to land them in the hospital. Signs of pneumonia include chest pain and fast, difficult breathing.²

If you're pregnant. In recent years, several studies have shown that the flu vaccine is safe and effective, no matter your stage of pregnancy. The flu shot protects both you *and* your baby. In fact, it is much more dangerous *not* to be vaccinated. In addition to pneumonia, the flu can lead to premature labor and other complications.

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If you're pregnant, have just given birth, or are breast-feeding, however, don't get the live (nasal mist) vaccine. You should have an inactivated version instead.³ Ask for a preservative-free vaccine (it will be in a pre-filled syringe).

If you're over 65. As you age, the flu vaccine may not last as well as it does in younger, healthier people. If you're over 65 or have a weaker immune system, you may not create as many antibodies. And, your antibody levels may drop more quickly.¹

A recent study has found that a high-dose flu shot is more effective in seniors than the standard dose. Approved for people 65 and older, the Fluzone High-Dose vaccine contains four times as much as the standard dose. With its use, the researchers believe

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that about 25 percent of flu cases in seniors could be prevented.⁴

The CDC doesn't recommend this vaccine for all seniors, though. Be sure to talk with your doctor or me to see if it's right for you or someone your love. The high dose flu shots are also limited in supply and can be reserved for high-risk patients or elderly that live in high-risk environments.

Where to get a flu vaccine. You can always go to your pharmacy, see

your physician, or go to a health clinic. But you can also call our pharmacy to find out if we have a particular flu shot in stock. Most pharmacies will administer flu shots at anytime, "walk-ins welcome!" If the doors are open, the flu shot light is on! We make it easy for you. If you have any questions about how to do this or where to go, just let me know.

Other ways to stay healthy—and keep others healthier—throughout flu season:

- Wash your hands regularly.
- Stay away from sick people—as much as possible.
- If you come down with the flu, stay home.¹ After all, your productivity won't matter as much if you make everyone at your workplace sick!

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

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NECK PAIN: COMMON CAUSES, AT HOME TIPS, AND TREATMENT OPTIONS

by Dr. Vince Taylor DC, MS, MBA

After discussing back pain last month, it is only fitting to move up the spine to the neck. First, we will talk about the neck's function and anatomy. Our neck or cervical spine is made of seven cervical vertebrae with numerous ligaments, tendons, muscles, and joints that

coordinate movement of our head. It supports this 10 pound head like a balanced teeter totter. Little muscle activation has to occur to keep our heads balanced over our neck when we have proper posture. With all

structures in the body, there is a balance between mobility with stability.

The neck has to be able to move freely and with increased mobility, there is an increased risk for injury. For example, the 5th and 6th cervical vertebrae are the most mobile segments in the neck and as a result of increased mobility, the intervertebral disc is herniated or "slipped" most often at this level. Rarely does the intervertebral disc between the 7th cervical vertebra and the 1st thoracic vertebra herniate. This is because the 7th cervical vertebral segment is a transition segment meaning the 7th cervical vertebra has characteristics of normal anatomy of the neck/cervical vertebrae, but also has characteristics of the thoracic vertebrae. This simply increases stability at that segment and decreases the risk of injury.

Now that we understand basic function and anatomy of the neck, we will talk about causes of pain. Neck pain is the second most common reported type of pain in the body (15%) only following back pain (27%).¹ What are the causes of neck pain? Just like low back pain, there are many causes. Rarely, the causes of neck pain are non-mechanical in nature, but it does occur. These sources may include, but are not limited to neoplasm (cancer: osteoblastoma, hemangioma, osteochondroma, multiple myeloma, neurofibroma and metastases), various infections

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(osteomyelitis, discitis, meningitis, herpes zoster), neurologic (brachial plexitis, neuropathies, reflex sympathetic dystrophy), and referred pain from thoracic outlet syndrome, pancoast tumor, angina, and vascular dissection (early symptoms of a stroke).² Most of the time neck pain is mechanical meaning the joints, tendons, ligaments, and muscles are causing the neck pain. Sprains/strains, degenerative disc disease, fracture, whiplash, and postural tension are all mechanical causes of neck pain.

Neck pain has many potential sources. If your neck pain is mechanical, then there are a couple of exercises that may help alleviate some of your pain. We will primarily be talking about postural exercises. Posture is critical in that if the head is not centered over the shoulders, then excessive force is being generated through the muscles and joints of the spine to hold the head up. According to Renee Calliet, M.D., if the head weighs 10 lbs and the center of the ear sits directly over the center of the shoulder, the load on the spine and its tissue is only 10 lbs. However, if the head is translated forward, its weight will increase by 10 lbs for every inch forward it is. In effect, if the center of the ear is three inches forward from the center of the center of the shoulders, the weight of the head on the spine and its intervertebral discs, joints and muscles is 30 lbs.³ A forward head posture causes even more motion at the 5th and 6th cervical intervertebral disc and 4th and



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5th cervical intervertebral disc levels causing an increased risk of soft tissue injury, joint pain, and disc herniation.

The first postural exercise is chin retractions. To see a visual, simply search “chin retraction” in your web browser and look at the images. The key to this exercise is keeping the head level. We don’t want to look up or down, but keep looking forward. Tuck the chin and head back over the shoulders. If you have long standing forward head posture, there is a good chance you will feel a deep stretch at the base of the skull and into the shoulders. It should not be painful, but have a feeling of relief. The second exercise is thoracic

spine extension. Again, search “thoracic spine extension” in your web browser to see various forms of this exercise. The key is keeping the head centered over the shoulders and extending the mid back. Stretching the pectoralis muscle groups (the chest muscles) will aid in this exercise. Hold the position for 8 to 10 seconds and relax. Do both of these exercises daily at 3 sets of 10 repetitions. These may help your tension headaches if you are having pain wrapping around from the back of the skull over to the forehead, but this will be discussed next month.

If these exercises aren’t beneficial or if your pain

returns, then consider getting evaluated. As in low back pain, if your neck pain is constant with no position of relief, you have a family history of any of the diseases listed above, and there was no sudden or chronic overuse injury, then consider seeing your primary care medical doctor or medical orthopedist. Your chiropractic physician will also direct you to the correct medical physician if your neck pain is non-mechanical in origin. Chiropractic and physical therapy are great conservative treatment options for mechanical neck pain. We do offer both of these services

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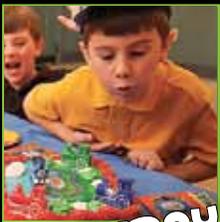
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To your health,

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Sources:

1 The American Academy of Pain Medicine. http://www.painmed.org/patientcenter/facts_on_pain.aspx

2 Essentials of Family Medicine <https://www.inkling.com/read/essentials-family-medicine-philip-sloane-6th/chapter-37/ch37-reader-1>

3 Cailliet R. Soft Tissue Pain and Disability. Philadelphia: FA Davis Co., 1977

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MORE THAN MEDICINE: WELLNESS PRODUCTS AND PERSONALIZED SERVICE AT SANGO PHARMACY

by Pamela Roddy Magrans

At first glance, the word “pharmacy” might invoke images of sterile tables, pill bottles, and white jackets. However, Sango Pharmacy doubles as a wellness market and local storefront—offering

an organic approach to wellness and medicine, customized with a local touch.

Compounding medications, medication synchronization, drive-thru, automatic refills, and delivery service are



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just a few of the services offered by Sango Pharmacy. However, they don’t stop there. In addition to pharmacy services, Sango Pharmacy offers a wide range of organic and/or naturally based products not available in other stores.

Pharmacist and owner, Catherine Meeks, explained, “Sango Pharmacy has evolved into a wellness center that carries a little variety of all things to take better care of yourself, naturally. We carry items that are not available in most stores,” said Catherine.

Compounding Medications

When I heard that Sango Pharmacy offered “compounding” I had to ask the Pharmacist on duty, Catherine Meeks, to define that term. After a brief



explanation, I learned that compounding is the process of creating a pharmaceutical product based on the unique needs of a patient. Rather than the usual “one size pill fits all,” compounding allows the patient to get a tailored medicinal product. This tailored approach may involve dosages or ingredient alterations, based on the written prescription.

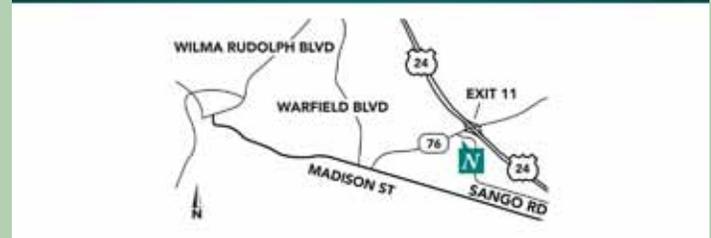
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Compounding is most often used at Sango Pharmacy for diabetes patients who cannot have sweeteners or for children who cannot have certain ingredients due to allergies. Red #40 is one such ingredient found in many children's antibiotics, but Sango Pharmacy can create a child's antibiotic without any dyes or artificial ingredients. Often Sango Pharmacy gets prescriptions written for a medicine with no artificial sweeteners.



Sometimes compounding is used for hormone replacement therapies to get the right mix for the patient's unique needs.

Many larger pharmacies do not compound because it is not cost effective for

them. However, for a locally owned pharmacy tailored to the individual needs of a customer, compounding is an essential service.

Personal pharmacy services: drive-through, delivery, and therapy management

In addition to the normal services offered by a pharmacy, Sango Pharmacy also functions as a medication therapy management center. Staff trained in diabetes management is available for consultation. For patients

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“Simplify my Meds” helps to reduce multiple trips to the pharmacy, because all reoccurring medicines for the family can be renewed at one time monthly.

Catherine Meeks and Whitney Dulin are the two pharmacists on duty at Sango Pharmacy. Both received their Doctorate of Pharmacy degree. Catherine is a 2007 graduate of the University of Tennessee, Memphis. Whitney is a 2014 graduate of Belmont University, Nashville. Rachel

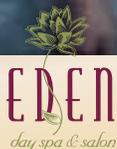


Pulley works as a Health and Wellness Coach and a personal trainer. She has a Bachelor's Degree in Health and Human Performance.

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Upon entering Sango Pharmacy, it is clear to see that this is more than just a pharmacy. An array of local crafted products are on display. Vibrant infinity scarfs hang from the front window. Soy candles and even non-toxic child's fingernail polish adorn the counter shelves near the cash register. Locally made jewelry and hand-made greeting cards add a touch of elegance and

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rarity. I realize quickly that this is not your ordinary pharmacy.

Bottles of lotion, shampoo, and bars of soap boast labels that read “no parabens.” I once again have to ask the pharmacist to define another term for me.

I learn that parabens are

preservatives often found in cosmetics and hygienic products such as soap, toothpaste, and make-up, to name just a few. Some people believe that parabens are harmful



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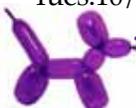
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to the endocrine system and can impact hormone levels. Research exists on both sides of the paraben debate. However, there are many who believe parabens should be avoided if possible, especially if trying to follow a more natural lifestyle.

I pause for a moment or two at the essential oils display. I've been hearing about aromatherapy lately, so I try one fragrance for good measure.

As I skim the product shelves, there are a variety of organic foods: nuts of

differing varieties, chia seeds, and organic peanut butter, flaxseed, and rice chips.

Natural Homeopathic Medicines not easily found at supermarkets are available at Sango Pharmacy such as Arnica, a plant-based painkiller, and Nux Vomica, a plant-based remedy for indigestion.

A myriad of fitness related supplements and foods are kept well stocked, such as protein powders, Quest bars, and omega-3 supplements.

A large section of shelf space is devoted to

supplements. Word of caution: all vitamins are not created equal. Inspecting the label and the ingredients list is crucial to ensuring that the vitamins you take and that we give our children, are a healthy option.

"We live in a processed world and we are trying to help make people aware that they need to ask questions and read their labels," said Catherine. "We are trying to bring awareness to the community about being a little more healthy." If you

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are in the market for a specific vitamin Sango Pharmacy can certainly lead you in the right direction.

As I head towards the door after paying for the protein powder, a white cooler containing the grass-fed Jeni's ice cream tempts me to take some ice-cream to go. Jeni's ice cream is a one of a kind ice cream made from grass-fed milk.

The store shelves at Sango Pharmacy contain a variety of products for anyone looking to purchase organic and/or more natural products for overall wellness. Sango Pharmacy is a full service local pharmacy, but it is certainly more than a pharmacy. Come by 2197 Madison Street Suite 109 and have a look. Visit their website at www.sangopharmacy.com or call (931) 919-2491.



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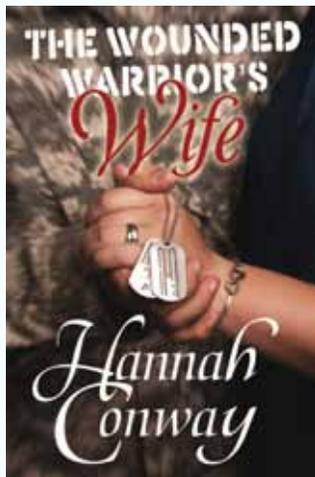
By Hannah Conway

Battles Raging Within Are Those You Must Fight to Win

Whitleigh Cromwell dreamt of a happily ever after with her newlywed soldier husband. Collier Cromwell loved God, his wife, and his country, though military life exacted a demanding toll.

An unexpected deployment during the height of war sends Collier away for yet another year. Their lives tumble down a path marked with struggle, and fatalities. Burdened with unseen emotional wounds and crippled faith, Collier's homecoming only increases their trials.

The angry, defeated hermit at Whitleigh's side barely resembles the loving, faithful hero she married two years



earlier. Concerned about possible career repercussions, admitting his need for help proves difficult for Collier and his behavior worsens.

Angry outbursts—and his cold, callous nature—isn't all that provokes Whitleigh to pack her

bags. Collier seeks solace for his private suffering in the worst possible place, leaving Whitleigh to walk away from shattered pieces of broken trust.

Will Collier seek the healing he desperately needs in time to save their marriage, or is it over? Are there wounds too deep, marriage too broken, and lives so far gone they fall beyond even God's ability to restore?

About the Author

Hannah Conway, a Kentucky native, Army Wife, Stay at Home Mother of two, and Speaker, lives in Clarksville, TN near Fort Campbell, KY where she and her family are currently stationed.



Hannah holds a BA in History from the University of Colorado at Colorado Springs, is an active member of the American Christian Fiction Writers and My Book Therapy.

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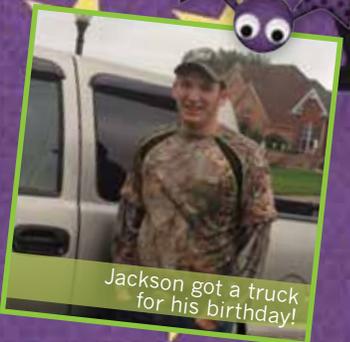
Alani enjoying a day of fishing



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TNACHIEVES MENTOR PROGRAM

by Taylor Lieberstein

There is some bad news and some good news pertaining to education in Tennessee. Bad news first, Tennessee students are currently ranked close to the bottom nationally in numbers of students attaining degrees after high school. Good news, tnAchieves is working diligently to place mentors (among other programs) with students to encourage and help them meet deadlines to achieve some form of post-high school education.

2015 will be the first year for mentors in the Clarksville-Montgomery

County school system. Mentors are being recruited to assist students taking part in the Tennessee Promise program. Tennessee Promise allows any Tennessee high school graduate the opportunity to attend a community college or Tennessee College of Applied Technology, tuition free. Some students may choose to take a different path, such as a four-year university, but most in the Tennessee Promise program will complete their education at a state community or technical college. The keys to the success of this program

are committed mentors, who will be assigned to students to help eliminate the barriers of accessing post-secondary education.

Montgomery County Mayor Jim Durrett stated that in 2011, only 32% of individuals in Tennessee, age 25-64, had college degrees. "Unfortunately, this ranks us near the bottom nationally. Tennessee Promise is an incredible opportunity for today's high school graduates. With the help of our community stepping up as mentors, we can turn those numbers

around," said Durrett. He continues, "We already have approximately 200 students that are planning to utilize this program for college, but they cannot do so without the required mentors, and we currently don't have enough mentors signed up. We all have 10-15 hours a year to spare, I encourage you to use it to help a student and sign up to mentor today."

tnAchieves, a partnering organization to Governor Haslam's Tennessee Promise, serves primarily first generation, low income students in an effort to increase this population's



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likelihood of earning a college credential. While the funding provided by Tennessee Promise is critical to increased post-secondary access, tnAchieves data confirms that working with a mentor further enhances a student's likelihood of entering the post-secondary pipeline. In fact, UT's Center for Business and Economic Research found that students participating with tnAchieves are nearly 21 percent more likely to enter college.

Current mentors to the statewide program report that they spend less than one hour per month serving as a resource to their assigned students. The role is simple but significant as the mentors help the students in their desired county reach their potential.

The process is simple. tnAchieves mentors complete an application, choose their preferred high school (which includes all Montgomery County High Schools and The Middle College at APSU), complete a one-hour training session, attend two one-hour meetings, and communicate with

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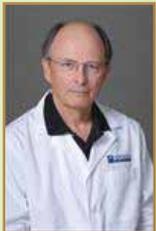
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- Dr. Christopher Standley, DO – Internal Medicine
- Elaina Higgins, FNP-BC – Internal Medicine

Walk-ins Welcome • Flu Shots Available!

students every two weeks via email, phone or text as they transition from high school to college. tnAchieves designed its mentoring program so even the busiest executive, parent, or young professional could make a meaningful impact.

As a mentor the program asks you for a 12-month time commitment. The mentors make initial contact with their students by phone in December and then meet with them for the first time in January. The mentors stay in touch with their students

through their first semester of college. Mentors meet with their students a total of only two times. The meetings occur at the high schools in January and March. Mentors make themselves available to answer student questions about admissions, financial aid, potential majors and careers and ensure the students are meeting their deadlines during these meeting times.

Mentors must be 21 years or older and willing to invest 10-15 hours annually assisting five to ten high

school seniors with post secondary success. Mentors are not asked to assist with schoolwork, only to help students meet program deadlines and requirements. All mentors are subject to a minimum background check. Mentors must apply online at www.tnachieves.org by November 1.

For more information on Tennessee Promise, visit www.tnpromise.gov.

To become a tnAchieves mentor, you must:

Apply online by November 1

BONITA
BUCKLEY
PHOTOGRAPHY

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WWW.FACEBOOK.COM/BONITABUCKLEYPHOTOGRAPHY

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against Bullying

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CENTER COURT

BULLY-FREE RALLY
OCTOBER 4, 10:30AM-4PM,
CENTER COURT

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initiallystitched.com

Complete mandatory
mentor training by
December 15

Attend mandatory
January Team Meeting

Attend mandatory
March Team Meeting

An effective mentor:

Makes initial contact
with students before
January Team Meeting

Reaches out to parents/
guardians if possible

Reminds students of
all meetings and
deadlines

Attends January and
March Team Meetings

Encourages students to
reach their potential

Plays an active role in
eliminating barriers
associated with post-
secondary access and
success

Assists students with
community service
opportunities

Lessens the post-
secondary
intimidation factor
by sharing personal
experiences

*Mentors will receive
more information at
mentor training

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

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floorz

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

931.553.8555

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

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

HAPPY BIRTHDAY!



Happy 1st Birthday
Drew Carter!
Love Daddy, Mommy, Chase & Skye



Happy 1st Birthday Grant!
We love our little hippo!
Love Mommy and Daddy



Happy Birthday London!
Love Mommy, Daddy & Samiyah



Happy 1st birthday to
Yetzael Kaleb!
With love, all of your family XOXO



Happy 2nd birthday Carson!!
Love, mama, daddy n big brothers



HAPPY 2nd BDAY
Enzo Kane Arago!
Love, Mommy & Papa



Choo Choo, Henry turned 2!
We love you! Mommy & Daddy



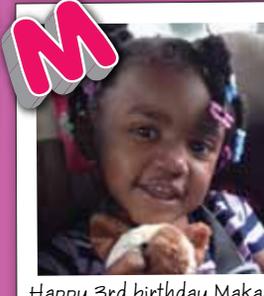
Happy 2nd Birthday Kinsley
Love, Mommy, Dakota, Mimi,
Papa and Aunt Tay Tay



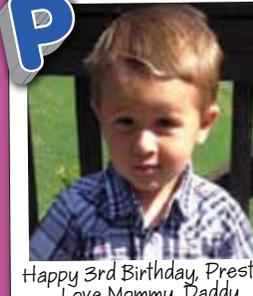
Happy 3rd Birthday to
our Princess Isabella!!!
Love Mommy, Daddy, & Bissies



Happy 3rd birthday Jaylee!!!
We love you oceans!!!!
Love, Mom, Dad, and John :)



Happy 3rd birthday Makayla!
Love Mommy and Daddy



Happy 3rd Birthday, Preston!!
Love Mommy, Daddy,
Brilee, & Kinslee



Happy 4th Birthday Levi!
Love, Mommy, Daddy & Skyler



Happy 5th Birthday Allison!
Love, Daddy, Mommy, & Mallory



Happy 5th Birthday, Ayla!
We love you!
Love, Mom, Dad, & Adam!



Happy 5th Birthday Elias!
We love you! & Papam



Happy 5th Birthday
to our little princess,
Rayelle



Happy 5th birthday Tandy!
Mom & Dad are so proud of you.
We Love you! 5!



Happy 6th Birthday Christian!
Love, Mommy



A Million Loves in Our Heart
Happy 6th Birthday Isabelle
Love Nana, Papo, and Mom

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

HAPPY BIRTHDAY



Happy 6th Birthday Khloe!
Love u mama & dada!



Happy 6th Birthday Sadie!
We love you!



Happy 6th Birthday Skyler!
Love, Mommy, Daddy & Levi



Happy 6th Birthday Stefany!
We Love You!
Dad, Sissy & Bubba!



Happy 7th Birthday Jayleon
We Love You!



Happy 7th Birthday kaylee!
We all love you a ton
little lady bug!



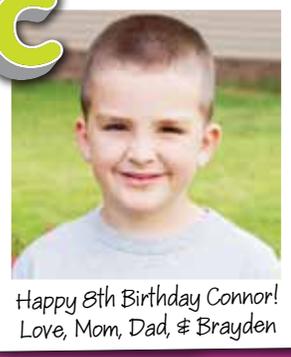
Happy 7th Birthday Keaton!
Love you! Mommy,
Daddy, Hallie & Parker



Happy 7th Birthday
Skyla Lin Freeman
We all Love You!



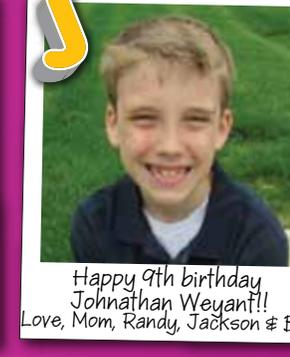
Happy 8th Birthday Blessed!
Love Mom & Dad & Family



Happy 8th Birthday Connor!
Love, Mom, Dad, & Brayden



Happy 8th birthday Skylar!
Love Mom and Dad



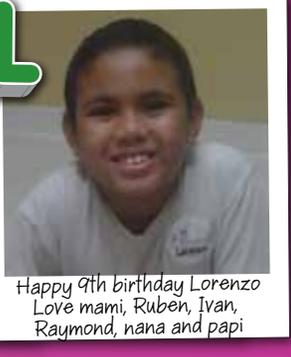
Happy 9th birthday
Johnathan Weyant!!
Love, Mom, Randy, Jackson & Ben



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

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

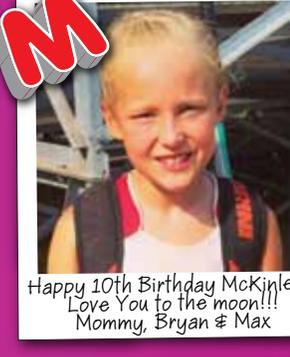
Winners are chosen via random drawing. The winning birthday boy & girl's parent or guardian will be notified each month by phone or email.



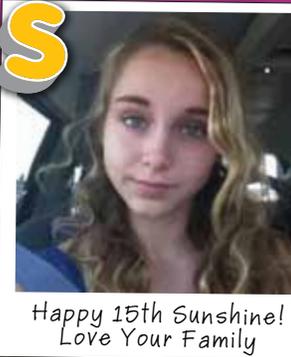
Happy 9th birthday Lorenzo
Love mami, Ruben, Ivan,
Raymond, nana and papi



Happy 9th Birthday Tymela!
I love you as GIGANTIC as
a great lion's roar.. Mommy



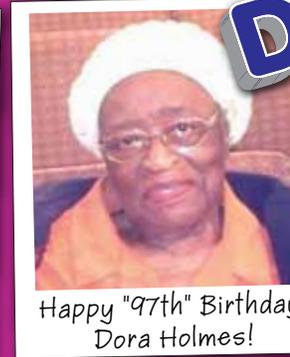
Happy 10th Birthday McKinlee!!
Love You to the moon!!!
Mommy, Bryan & Max



Happy 15th Sunshine!
Love Your Family



Happy 30th Birthday Mommy!
Love, Daddy X, Carli, Lani, & Teo



Happy "97th" Birthday
Dora Holmes!

Ongoing

CELEBRATE RECOVERY

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

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

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

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

CHESS - CLARKSVILLE

Fridays, 4:00 p.m. until.

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

CLARKSVILLE DOWNTOWN MARKET

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

Clarksville City Hall
One Public Square
clarksvilledowntownmarket.com

CLARKSVILLE SCRABBLE CLUB

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

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

FAMILY LIFE CENTER ACTIVITIES

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

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

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY TN

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

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

HOPE RIDERS BIKER CHURCH

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

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

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

UNITE AGAINST BULLYING KICK-OFF EVENT

10:30 a.m. Join us in Center Court as we celebrate the start of Bullying Prevention Month with Captain McFinn at Governor's Square Mall. The mall will be donating a S.H.A.R.K. Patrol Kit to a local classroom and Captain McFinn will give an interactive presentation on the importance of being a buddy.

Center Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net

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

ART&WALK

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

Chick-fil-A Wilma Rudolph

3096 Wilma Rudolph Boulevard
(931) 552-5511

Every Monday in October
5pm-7pm
SAM THE BALLOON MAN

Monday, October 13
5pm-7pm
KIDS NIGHT
Design your own trick or treat candy bag! All supplies will be provided

Tuesday, October 14
10:30am-10pm
NATIONAL DESSERT DAY
Enjoy a free cookie with any purchase

Thursday, October 16
NATIONAL BOSSES DAY
Enter in store through Oct 9th to win! Treat your boss to lunch. We will select up to five offices to bring lunch to on Oct 16th! Winners will be notified on Friday, Oct. 10th.

Friday, October 31
5pm-8pm
HAPPY HALLOWEEN!
Special Treats in the kids meals from 5-8pm

SPIRIT NIGHTS

Monday, October 6
4pm to 7pm
PISGAH ELEMENTARY

Tuesday, October 7
4pm to 7pm
MINGLEWOOD ELEMENTARY

Tuesday, October 21
4pm to 7pm
ROSSVIEW ELEMENTARY

Tuesday, October 28
4pm to 7pm
WEST CREEK ELEMENTARY

Tracy Provo Knight
Attorney at Law

Domestic & Criminal Law



LAW OFFICE OF MICHAEL K. WILLIAMSON
(931) 647-8500 • 114 Franklin Street Clarksville, Tennessee 37040

FREE MESSAGE

SUNDAYS & WEDNESDAYS

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

Sunday	9:00 a.m.	Wednesday	5:15 p.m.
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.



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

3 FRIDAY PRIZER POINT HARVEST WEEKEND

Through Saturday, October 4.

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

FAMILY COMMUNITY EDUCATORS FALL FESTIVAL

8:00 a.m. to 2:00 p.m. There will be crafts, gifts, food, herbs and more as well as entertainment by the Harmonica Cats starting at 11:00 a.m. Contact (931) 648-8245 for information.

Civic Center
 Veterans Plaza
 350 Pageant Lane

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](https://www.facebook.com/hautetotstnsale)

4 SATURDAY NATIONAL BANANA PUDDING FESTIVAL

Through Sunday, October 5. The National Banana Pudding Festival celebrates the ultimate Southern Treat, Banana Pudding. Guests will enjoy two fun-filled days of entertainment on two stages, arts, crafts, food, games, activities for kids of ALL ages and of course Banana

Pudding. The Nation's Banana Pudding Champion is selected at the live cook-off Saturday morning followed by an auction of competing cook-off puddings. Stroll through the "Puddin' Path" and taste ten different banana puddings made by local non-profit organizations. This award winning festival has received the SFEA Best Festival Award and been named a Southeast Tourism Society Top 20 Event. Admission: \$5.

Centerville River Park
 100 Brown Junction
 Centerville, TN

HAUTE TOTS CONSIGNOR PICK-UP

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

Emmanuel Family Life Center
 303 Fairview Lane
[facebook.com/hautetotstnsale](https://www.facebook.com/hautetotstnsale)

SCBC FALL FESTIVAL

9:00 a.m. to 3:00 p.m. Vendor fall festival.

Spring Creek Baptist Church
 2760 Trenton Road

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

BULLYING PREVENTION DAY

10:30 a.m. to 11:30 a.m. There will be "Be a Buddy, Not a Bully" sign making stations set up in Center Court.

11:30 a.m. to 12:00 p.m. Friendship March Against Bullying. The march will leave from Center Court at 11:30 a.m. and will include one lap of the interior of the mall and a stop to sign the Bully Free Pledge.



Lana's Dance Centre

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 Turnout Better.

We Pride Ourselves in
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for Ages 2-adult in large State
 of the Art Studios with Marley
 Flooring & Parental Viewing.



NOW ENROLLING NEW STUDENTS

- Ballet & Pointe
- Tap
- Jazz
- Hip Hop
- Lyrical/Contemporary
- Acro/Tumbling
- Modern
- Topsy Twirlies
- Progressions
- Musical Theatre
- African
- Competitive Dance Teams

www.lanadancecentre.com or
 email
lanadancecentre5678@gmail.com

1919 TINY TOWN RD. 931-494-5312 or 1808 -C ASHLAND CITY RD. 931-503-8050

Pediatrician

Dr. Barbara Aquino



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

931-645-4685

www.aquinopediatrics.com



Welcome our newest
 Pediatric Nurse Practitioner,
Sheila P. Umayam.

She is a graduate of Vanderbilt
 University School of Nursing
 and last month completed her
 Doctor of Nursing Practice
 from Vanderbilt.

*She is a Clarksville resident and
 happy to be back home!*

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 Monroe Carell Jr.
 Children's Hospital
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Pleasant View Children's Clinic

615.746.8333 • Monday – Friday: 8:00 a.m. – 4:30 p.m.

- Board-certified pediatricians
- Accepting New Patients
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OurVIPKids.com

2536 Highway 49 • Suite 110 • Pleasant View

Chick-fil-A Madison Street

1626 Madison Street
(931) 648-4468

SPirit NIGHTS

Thursday, October 2
5pm-8pm

CLARKSVILLE CHRISTIAN SCHOOL

Tuesday, October 7
5pm-8pm

SANGO ELEMENTARY

Thursday, October 9
5pm-7pm

CARMEL ELEMENTARY

Tuesday, October 21
5pm-8pm

EAST MONTGOMERY ELEMENTARY

Thursday, October 23
5pm-8pm

BARKSDALE ELEMENTARY

Tuesday, October 28
4pm-8pm

MOORE MAGNET ELEMENTARY

12:00 p.m. to 4:00 p.m. Special Performance by Nashville recording artist Bailey Dozier. Bailey will lead the Friendship March with Captain McFinn & Coral Rose and then will join us in Center Court for a special performance and meet and greet immediately following the conclusion of the march!

Center Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net

COMMUNITY HEALTH CARE

12:00 p.m. to 4:00 p.m.

JC Penney Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net

11 SATURDAY 2014 COMMUNITY CARES WALK & EXPO

8:30 a.m. to 12:00 p.m. Free event to provide awareness about health, wellness, safety, education and more. Music, free food, silent auction, children's activities, vendors and much more will be present.

Wilma Rudolph Event Center
Liberty Park & Marina
1190 Cumberland Drive

LOUISIANA SATURDAY NITE

4:00 p.m. to 8:00 p.m. Carry out or dine in. Tickets are \$10 for a full Cajun meal. Donations are welcome. All proceeds support the Loaves and Fishes program. Individuals or businesses who donate \$250 will be recognized. For tickets call (931) 624-7010 or (931) 220-8124.

Loaves and Fishes Kitchen
First Presbyterian Church
Activities Center
Corner of Foster and 3rd

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

SMALL TOWN CRAFT SHOW AND FALL FESTIVAL

9:30 a.m. to 2:00 p.m. There will be more than 30 crafters, artists, and home businesses with a huge assortment of products. There is no cost to come shop and if you bring a non-perishable food item or toiletry item for our local food bank you will be eligible to win a door prize from one of our awesome vendors! There will be activities to keep the kids busy as well as homemade lunch and baked goods made by our own ladies club. Just a short drive from Paris and Clarksville, it will be fun for the whole family!

St. Francis of Assisi Catholic Church

1489 Donelson Parkway
Dover, Tennessee
(931) 627-0534

13 MONDAY COLUMBUS DAY

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County
Public Library
350 Pageant Lane

15 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

18 SATURDAY MILITARY APPRECIATION DAY

Active duty and retired military service members and their families receive special discounts throughout the day and can enter to win great prizes. Special Performance and Meet & Greet by Tristan McIntosh. Plus there will be free family entertainment including a face painter from 12:00 p.m. to 4:00 p.m.

Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net

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 1/2 (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

21 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.

DON'T BECOME A STATISTIC.



- 1 OUT OF EVERY 5 HOMES WILL HAVE A BURGLARY, FIRE OR CARBON MONOXIDE POISONING.
- 9 OUT OF 10 CONVICTED BURGLARS AGREED THAT THEY WOULD AVOID A HOUSE PROTECTED BY AN ALARM SYSTEM.
- FIRE KILLS MORE AMERICANS THAN ALL NATURAL DISASTERS COMBINED.
- 1 OUT OF EVERY 3 HOMES WILL HAVE A MEDICAL EMERGENCY THIS YEAR.

FREE ACTIVATION

Use this coupon to receive **FREE** Activation on your home security system.

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Tiffany Mees | 615.866.8687

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MARTIAL ARTS IS FUN, EXCITING & CHALLENGING.

- **BABY CATS** | For ages 2 to 3 1/2
parent participation required
- **TIGER CATS** | For ages 3 & 4
- **ADVANCED TIGER CATS** | For ages 5 & 6
- **PREP KIDZ** | For ages 7-9
- **KARATE KIDZ** | For ages 10-13
- **TEENAGE & ADULT CLASSES** | 14 & older

Try our **FITNESS KICKBOXING CLASS.**



931.472.1008
www.kriegischmartialarts.com

Stop by to check us out!




KRIEGISCH MARTIAL ARTS
2690 Madison St., Suite 190

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

Gateway Medical Center
651 Dunlop Lane

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

TRY FITNESS KICKBOXING AT KRIEGISCH MARTIAL ARTS

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

23 THURSDAY TRY FITNESS KICKBOXING AT KRIEGISCH MARTIAL ARTS

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

24 FRIDAY PRIZER POINT FAMOUS HALLOWEEN WEEKEND

Through Saturday, October 25.
Prizer Point Marina & Resort
1777 Prizer Point Road
Cadiz, Kentucky 42211
(270) 522-3752
www.prizerpoint.com

HALLOWEEN IN OAK GROVE

6:00 p.m. to 9:00 p.m. Haunted House for ages 13+ (not for the faint of heart). See ad on page 20.

Oak Grove Tourism
105 Walter Garrett Lane
Oak Grove, Kentucky
(270) 439-5675
www.visitoakgrove.com

Oak Grove Tourism
105 Walter Garrett Lane
Oak Grove, Kentucky
(270) 439-5675
www.visitoakgrove.com

25 SATURDAY FRIGHT ON FRANKLIN

3:00 p.m. to 7:00 p.m. Trick or treating, hayride, food vendors, costume contest with prizes, and more. See ad on page 17.

Downtown Clarksville
cityofclarksville.com/frightonfranklin
(931) 645-7476

TRUNK OR TREAT

4:00 p.m. to 7:30 p.m. There will be food vendors, a pumpkin carving contest and a HUGE fireworks display at 7:00 p.m. by FUSE. Sponsored by Grace Community Church. For more details visit www.gcomchurch.com/trunkortreat

Kenwood High School
251 East Pine Mountain Road

HALLOWEEN IN OAK GROVE

5:00 p.m. to 9:00 p.m. Haunted House for ages 13+ (not for the faint of heart). Trick or treat maze for costumed children ages 12 and under (while supplies last). See ad on page 20.

SUNBURST BEAUTY PAGEANT

5:00 p.m. Baby Model Search Pageant: Boys and Girls 0-3 Years, Model Search Pageant: Girls 4-27 Years. Be discovered! \$3,000,000 in prizes are awarded yearly! You may enter one hour before the contest starts. Pick up information at the Customer Service Center visit the pageant website sunburstbeauty.com.

Center Court
Governor's Square Mall
2801 Wilma Rudolph Boulevard
governorssquare.net

28 TUESDAY PUMPKIN PALOOZA CARVED & PAINTED PUMPKIN CONTEST

6:00 p.m. to 8:00 p.m. Light refreshments, ribbons and prizes will be awarded. Please visit customhousemuseum.org for contest details.

Customs House Museum & Cultural Center
200 South Second Street

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PARENTS NIGHT OUT {A Safe Place That Cares}
Ages: 3-12 Years Old
COST: Member - \$20 first child, \$10 each additional child.
Non-Member - \$25 first child, \$12.50 each additional child.
Call or email for **Parent Night Out** dates and availability!

ALSO OFFERED AT BOTH CLARKSVILLE YMCA'S

<p>TAE KWON DO <i>Various skill levels for children & adults!</i> Sessions Run Monthly. COST: Member: \$65 Per Session Non-Member: \$100 Per Session</p>	<p>DANCE & GYMNASTICS <i>Multiple styles ages 2.5 years & up.</i> 4 Classes per Session/Month. COST: 30 minute class- Member \$20 Non-Member: \$30 COST: 45 minute class- Member \$35 Non Member: \$45</p>
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<p>North Clarksville YMCA 390 Needmore Road</p>	<p>Clarksville YMCA 260 Hillcrest Drive</p>
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FOR MORE INFORMATION CONTACT Becky Lyons
rl Lyons@ymcamidtn.org • 931-647-2376 ext. 71722

31 FRIDAY HALLOWEEN

PRIZER POINT FAMOUS HALLOWEEN WEEKEND

Through Saturday, November 1.

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

CLARKSVILLE FIRST CHURCH OF THE NAZARENE TRUNK OR TREAT

6:00 p.m. to 7:30 p.m. Bring the kids over for an evening of family fun on Halloween night. There will be games, prizes, and candy for kids. For more information contact the church at (931) 302-9912 or visit our website at www.clarksvillefirst.com.

Clarksville First Church of the Nazarene
150 Richview Drive

November

1 SATURDAY 39TH ANNUAL CANDY CANE LANE

9:00 a.m. to 5:00 p.m. Fort Campbell's Market and Craft Fair, open to the public. Admission is \$5/day or \$8/both days. See ad on page 42.

Gate 10 Gym
Fort Campbell, Kentucky
fortcampbellosc.com

2 SUNDAY 39TH ANNUAL CANDY CANE LANE

10:00 a.m. to 3:00 p.m. Fort Campbell's Market and Craft Fair, open to the public. Admission is \$5/day or \$8/both days. See ad on page 42.

Gate 10 Gym
Fort Campbell, Kentucky
fortcampbellosc.com

3 MONDAY CANDY BUY BACK

10:00 a.m. to 3:00 p.m. Grace Dental, in partnership with Operation

THE ROXY REGIONAL THEATRE

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

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. October 1 & 2
8:00 p.m. October 3 & 4
Tickets \$25 (adults) and \$15 (13 and under)

THE LEGEND OF SLEEPY HOLLOW

Washington Irving's classic tale recounts the frightening events which took place in Sleepy

Hollow during the late eighteenth century. This world premiere adaptation breathes new life into an old story which has entertained readers and influenced writers of horror for almost 200 years and features two of literature's most iconic characters: Ichabod Crane and the Headless Horseman.

8:00 p.m. October 10, 11, 17, 18
2:00 p.m. October 11, 18, 25
Tickets \$20 (adults) and \$15 (13 and under)

THE ROCKY HORROR SHOW

Prepare to do the "Time Warp" like you have never done it before! Dig out your fishnet stockings and sharpen your stilettos ... that sweet transvestite and his motley crew from Richard O'Brien's cult classic are back for the third year! Recommended for mature audiences.

8:00 p.m. October 24, 25, 31
7:00 p.m. October 30
Midnight October 31
Tickets \$25

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

Gratitude, will buy back unopened candy from kids under 13 for \$1/ pound.

Grace Dental
304 Providence Boulevard
(931) 648-4100

27 THURSDAY PASS THE TURKEY 5K

Registration starts at 6:30 a.m. near the Target side of Governor's Square Mall. 5K starts at 7:30 a.m. Start and finish at Governor's Square Mall. Join

the Clarksville Running Club for our annual fundraiser for Manna Café. See ad on page 27.

clarksvillerunningclub.com

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

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

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. 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. 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. Through October 26.

RICHARD HOGAN: MY VIEW

Through October 31

MARGARET EVANGELINE: FROM THE COLLECTION

Margaret Evangeline is a contemporary painter, sculptor, and installation artist who lives

and works in New York City. See her paintings from the museum collection, including our never-before displayed "Flag Veil River." Through October 31.

ALETHA CARR: NEW CONNECTIONS

Carr's assemblages consist of discarded objects, such as marbles, action figures, and electronics. Her work is a reminder of our collective history, and observing it is an act of remembering and re-interpreting. Through October 31.

ACTIVITIES:

THIS MONTH IN THE CHILDREN'S ROOM: THE WONDERS OF LIGHT

Tuesday through Friday, 10:00 a.m. to 5 p.m., Saturday: 10:00 a.m. to 12:00 p.m. October's activities feature shadows, optical illusions, reflections, prisms, mirrors, books, puzzles, crafts, toys, games, poems, and the eye, as well as the sun, moon, and stars. Activities vary weekly. The Children's Room is located in the Kimbrough Gallery. These activities are included in your regular admission.

FAMILY DAY: BUBBLE BLAST IN THE COURTYARD

Saturday, October 4th, 10:00 a.m. to 3:00 p.m. Come test our

bubble-makers or bring one of your own. Remember, just about anything you can blow through is a potential bubble-maker. The activities in the courtyard are free to all. Regular admission will be charged for touring the museum. In case of inclement weather, the event will be held October 25th, from 10:00 a.m. to 3:00 p.m.

LET'S FIND: BUGS

October 8th & 9th, 10:30 a.m. to 11:30 a.m. Children 2 – 5 years old and their adults are invited to help Ms. Sue look for bugs in the museum. We will also read a story and make a craft. This activity is free with your paid admission or museum membership. Siblings are always welcome.

FALL BREAK MODEL TRAINS

Our model trains will be making special runs for Fall Break! October 14th & 16th, 1:00 p.m. to 3:00 p.m. and October 15th & 17th, 10:00 a.m. to 12:00 p.m.

ART & LUNCH FILM: MAN RAY: PROPHET OF AVANT-GARDE

October 23rd, 12:00 p.m. Bring your lunch and enjoy a film on artist Man Ray. In conjunction with the exhibit *Even When: Recent Works by Susan Bryant and*

Billy Renkl. Free admission to film. Bagged lunches welcome.

PUMPKIN PALOOZA

Oct. 28th, 6:00 p.m. to 8:00 p.m. The Customs House Museum will be holding a carved and painted pumpkin contest in both youth (ages 10-17) and adult (ages 18 and up) categories. Entry fee is \$3 for youth and \$5 for adults. Entries will be accepted Oct. 24th and 25th. A Pumpkin Palooza event will be held on Oct. 28th, where ribbons and awards will be announced. Palooza admission is free to contestants or anyone in costume! For contest guidelines and how to enter, see our website at www.customshousemuseum.org.

The Museum will be closed Monday, October 13th for Columbus 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.

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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.

CENTERSTONE FAMILY CENTERED SERVICES

Serves children and adolescents up to the age of 17. 901 Martin Street, (931) 503-4600.

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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 CFAA@outlook.com.

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES CLARKSVILLE MODEL RAILROAD CLUB

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact (931) 221-7508, csa@apsu.edu, or visit www.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.

ROXY REGIONAL SCHOOL OF THE ARTS

For ages 10 to 18. The Roxy Regional Theatre's School of the Arts meets every Saturday throughout the school year, offering classes in drama, dance, voice and technical theatre for ages 10 to 18. Each session ends with an "informance" on the Roxy's mainstage, where family and friends may witness a student's growth and development as an artist as well as an individual. Children's roles in mainstage productions are often cast from the School of the Arts.

During the fall 2014 session, students are working on scenes from David Mamet's *A Life in the Theatre*, which will be performed for family and friends in December. In the spring, students will be working on Disney's *The Aristocats Kids*, which will be presented on the mainstage in May/June 2015.

Acting classes meet every Saturday during the school year from 9:00 a.m. until 11:00 a.m. Cost is \$60 per month. Alternating weeks of dance, voice and technical theatre classes are available from 11:00 a.m. until 12:30 p.m. for a combined total of \$100/month. No pre-registration is necessary, but all students are required to audition a monologue of their choice (1.5 minutes maximum) on their first day.

For more information, please visit www.roxyregionaltheatre.org, email roxytheatre@bellsouth.net or call (931) 645-7699.

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, CAPPALactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

MONTGOMERY COUNTY CHILD CARE PROVIDERS BY AREA

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

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

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

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

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

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from

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THE LEAF CHRONICLE
Readers Choice Awards

an ancestor who aided in achieving American independence. Email us at sevierstation@yahoo.com.

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

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

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

For more information on the benefits of being a member or the service the Association offers contact the office between 8:00 a.m. and 4:00 p.m. 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. 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 6733 Air Assault Street, 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/CroatiansinTennessee/

DAGAN FOUNDATION

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

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

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

FREE CAKES FOR KIDS KY & TN

Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! Free Cakes for Kids

Fort Campbell is a volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or don't have time to bake, then you are welcome to donate store bought cakes. To learn more about our organization or ways you can help, check us out on facebook [facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370](https://www.facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWAY

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

FRIENDS OF ROTARY PARK

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

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

GATEWAY HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. 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 their struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit www.reformu.com or call (931) 233-0519.

SUNCREST HOME HEALTH

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit www.traeyc.org.

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

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

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

810 Greenwood Avenue, (931) 920-7330. 1820 Memorial Circle, (931) 920-7300. Crisis Walk-In Center, Gateway Medical Center at 651 Dunlop Lane, (931) 502-2025. 511 Eighth Street, (931) 920-7200. Family Centered Services, 901 Martin Street, (931) 503-4600.

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.

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.pastoralcounselingctr.org.

THE PATH LIFE COACHING

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

Please contact Dr. Julee Poole for more information at JuleeSPoolePHD@aol.com or (931) 906-8449.

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) 887-8333.

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 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@afsususa.org or (865) 617-0665. The local Miss Tennyky Area AFS Volunteer Leadership Team web site is www.afsusa.org/misstennyky/. Follow AFS on Facebook: AFSUSA, Twitter: afsususa, YouTube: AFSTV and Flickr: afsususa.

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 RIGHTEOUSNESS ACADEMICALLY

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale

Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit www.orgsites.com/tn/chara or e-mail clarksvillechara@gmail.com.

CLARKSVILLE HOMESCHOOL NETWORK

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

HOPKINSVILLE SAHM MEETUP GROUP

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to momsclubofclarksvillewest@gmail.com. Look for both groups on Facebook.

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

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:30 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-ordinators, 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 Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 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 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, relocation@fortcampbellmwr.com or www.fortcampbellmwr.com/ACS/familyReadiness.htm.

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CAMP WILLOW CREEK

Camp Willow Creek is designed for young people ages six to sixteen who have lost a loved one due to death in the past two years. The child must have turned six years old by January 1, 2014. Camp Willow Creek teaches these young people coping skills to grieve in a healthy manner through group sessions which are developmentally appropriate for each age group. In addition to the group sessions, campers have the opportunity to participate in arts and crafts, swimming, fishing, canoeing, karaoke, and other activities. The community is also very involved in providing presentations by Tender Paws of Clarksville pet therapy, Stewart County EMS, Stewart County Volunteer Fire Department, and Dr. Rita Tinsley/K9 Search and Rescue. A wonderful aspect of Camp Willow Creek is there is no cost to the participant. Camp Willow Creek is held at Camp Brandon Springs, a retreat center located at Land Between the Lakes, 65 miles northwest of Clarksville. Round-trip transportation is also provided free. Camp is sponsored by Gateway Hospice and funded by the Gateway Medical Center Volunteer

Auxiliary. Camp Willow Creek is staffed by volunteers including social workers, teachers, school counselors, and others who are trained through Gateway Hospice. Nurses are available on site, if needed.

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

CLARKSVILLE OSTOMY SUPPORT GROUP

A local support group for people who have undergone ileostomy, colostomy, urostomy or who suffer from Crohn's disease or other diseases of the bowel. Meets the second Monday of the month from 5:00 p.m. to 7:00 p.m. in the Liberty Rooms at Gateway Medical Center, 651 Dunlop Lane. Please call (931)-502-3800 to confirm the meeting for each month.

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the LEAP Building, 1860 Wilma Rudolph Boulevard. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or mcausey@tnvoices.org, Jennifer Allen at (615) 854-2165 or jallen@tnvoices.org; or Sharon Jarrell at (931) 266-6064.

DIABETES SUPPORT GROUP

Gateway Medical Center offers information related to self-management of diabetes. Each meeting showcases a different expert speaker as well as Q&A time. The group meets the third Tuesday of each month at 5:30 p.m. in the Liberty Rooms of the Hospital, 651 Dunlop Lane. For more information, contact Registered Dietitians at (931) 502-1692.

FOCUS AUTISM NOW

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

GRIEF SUPPORT

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understand environment. AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new support group will start every 8-10 weeks. For more information please contact Henry Moore Jr. at (931) 551-4100.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact cvoiland-free@jdrf.org.

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL)

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

PARENTS HELPING PARENTS

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

PARKINSON AWARENESS AND FELLOWSHIP GROUP

Interested in knowing more about Parkinson? Do you need the support of those who have Parkinson? You are welcome to all meetings on the second Tuesday of each month at 5:00 p.m. This lively group of people meet at Christ Presbyterian Church, 1230 Rossvie Road, across the road from Rossvie schools. Wayne King, (931) 645-8174, Coordinator.

TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Gateway Medical Center. To have your pet screened call Kathy at (931) 553-8959.

YMCA'S RESTORE MINISTRIES SMALL GROUPS

Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

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



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